



“तस्य भासा सर्वमिदं विभाति”

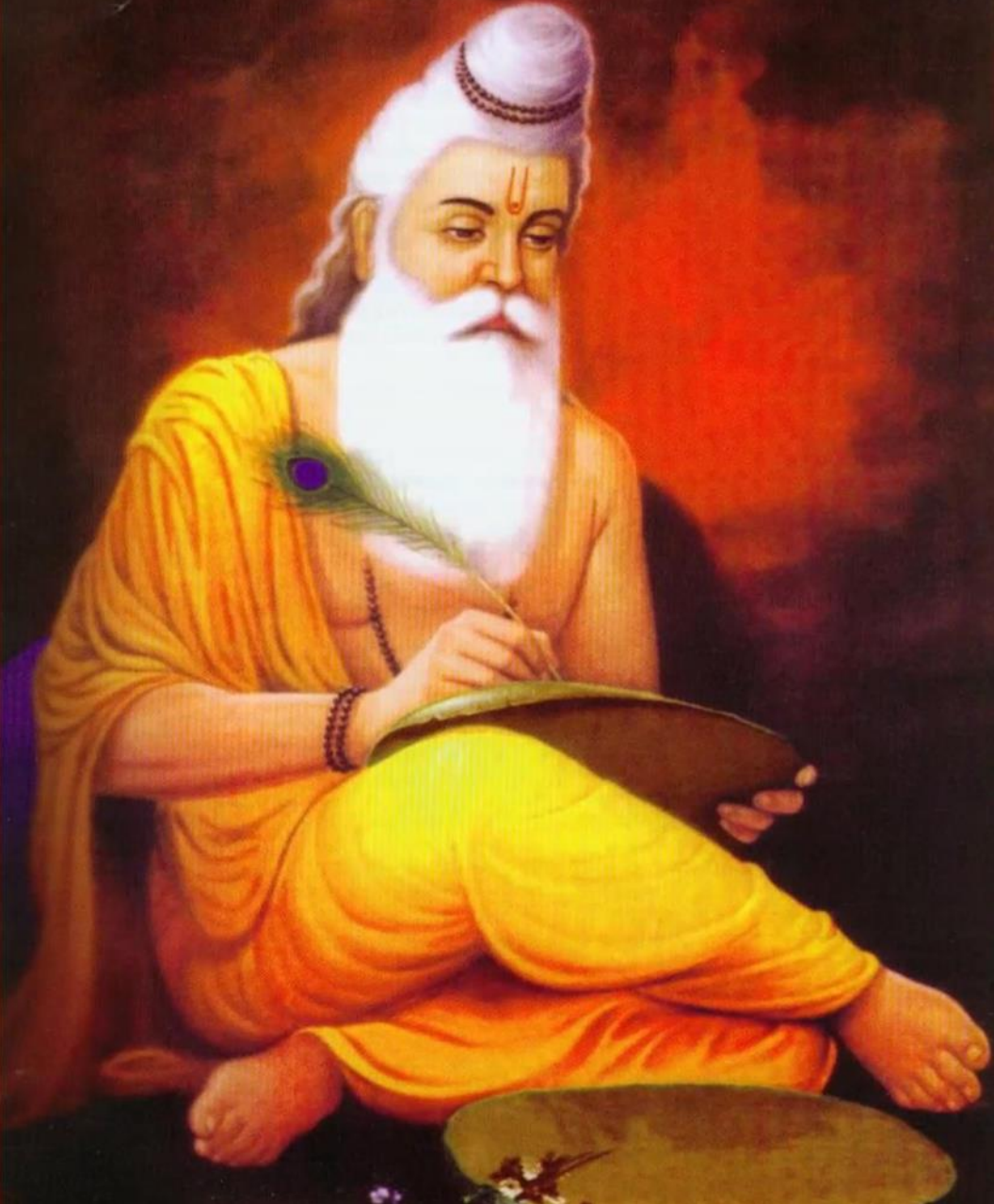
चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

अष्टाविंशति: (XXVIII) स्रोतः

JULY - 2021

सप्त (VII) रश्मिः





Ram Navami Annadanam - 2021

The funds that were collected from devotees on account of Annadanam for the Sri Rama Navaratri Mahotsava 2021 were utilised towards Annadanam to the needy through Vatsalya Trust, Mumbai.

Vatsalya Trust is a Public Charitable Trust started in 1983 with the objective to care, help and empower destitute and deprived members of the society with special emphasis on destitute children and skilling unemployed youth. The Trust runs a care and rehabilitation centre for the orphan, abandoned and destitute children including those with special needs.



Chinmaya Mission Mulund
organizes



PRAYER – MY PPE KIT

(An Online Camp for Children)



CAMP HIGHLIGHTS:

Thought-provoking
sessions on :

- Prayer
- Idol Worship
- Temples
- Great Saints
- Gratitude

Interesting activities
like :

- Likhita Japa
- Model Gopuram
- Manuscript Writing
- Bhajans
- Quiz

Last date of
Registration
11th July


****Camp kits will be provided****

Camp
Donation
₹1000/-

When : 24th and 25th July 2021

From : 2 pm to 5 pm

Eligibility : 3rd Std to 8th Std

Venue : Online on  zoom

Online Registration:
www.chinmayamissionmulund.com


For queries contact:

Guhaprasath - 9769587375,
Lakshmi Kumar - 9820590472



ON THE OCCASION OF GURU POORNIMA
Chinmaya Mission Mulund
organises

VIDEO QUIZ

 **FRIDAY, 23rd JULY 2021**

 **7.00 PM TO 8.30 PM**

RULES:

- 1) Watch attentively **45 mins** video of Pujya Gurudev Swami Chinmayanandaji based on Second chapter in English and answer the questions based on the video seen on **CHINMAYA MISSION MULUND YOUTUBE CHANNEL**. Video link will be available on our website.
- 2) Once the video is played, link for the questionnaire will be immediately posted in the description and comment section.
- 3) Questionnaire will be in English. It can be accessed only for 30 mins after Gurudev's video ends.
- 4) Any individual aged 14 and above can participate.
- 5) **Registration is on the spot.**
- 6) **Results** will be displayed on **25th July 2021** on our website www.chinmayamissionmulund.com

PARTICIPATE AND BE A RECIPIENT OF PUJYA GURUDEV'S GRACE

For any queries contact –

Shruti Shetty: 9619269909; Pavitra Shetty: 9867338832; Vasantha Balan: 8879717030



Chinmaya Mission Mulund

ONLINE CHINMAYA GEETA FEST - 2021



Bhagwad Geeta Chapter - II

SĀṆKHYA YOGAḤ

The Yoga of Knowledge

- ✦✦ GEETA CHANTING FOR CHILDREN
- ✦✦ GEETA CHANTING FOR ELDERS
- ✦✦ ELOCUTION (FOR GROUPS E, F, G & H)
- ✦✦ VIDEO QUIZ (FOR AGE 14 AND ABOVE)

For more details visit:

www.chinmayamissionmulund.com/geeta-chanting-competition

For any queries contact:

Shruti Shetty - 9619269909

Pavitra Shetty - 9867338832 Vasantha Balan - 8879717030

ONLINE CHINMAYA GEETA ELOCUTION COMPETITION-2021

2nd CHAPTER - SĀṆKHYA YOGAḤ

IN ENGLISH AND MARATHI

📅 SUNDAY, 22nd AUGUST 2021

GROUP	ELIGIBILITY	TOPIC	TIME LIMIT
E	STD - VII, VIII, IX, X	Ladder of Fall (Shloka 62 & Shloka 63)	MAX. 5 Mins
F, G, H	AGE 16 and above	Stitha Pragnya Lakshana (Shloka 55 to Shloka 72)	MAX. 7 Mins

NOTE:

- 1) For registration visit our website www.chinmayamissionmulund.com
- 2) Last date of registration is **15th Aug 2021**.
- 3) Guidance and Study material for the competition will be available on our Chinmaya Mission YouTube channel. Contact us for more details.
- 4) During the competition, the participant is not allowed to read any part of the speech from notes, paper etc.
- 5) Criteria for judgment

Content	Language	Overall Effect
50%	25%	25%

Content: Understanding of topic, Organization of thoughts etc.

Overall Effect: Presentation, Expression, Diction etc.

- 6) The decision of the judges will be final. Exceeding the time limit will disqualify the participant.

Registration
is free.

For any queries contact –

Shruti Shetty: 9619269909; Pavitra Shetty: 9867338832; Vasantha Balan: 8879717030



Chinmaya Mission Mulund

ONLINE

CHINMAYA GEETA CHANTING COMPETITION - 2021



Bhagwad Geeta Chapter - II

SĀṆKHYA YOGAḤ

The Yoga of Knowledge

CHANT GEETA



ENCHANT KRISHNA

For more details regarding

Preliminary round registration, portion, online guidance visit:

www.chinmayamissionmulund.com/geeta-chanting-competition

For any queries contact:

Shruti Shetty - 9619269909

Pavitra Shetty - 9867338832 Vasantha Balan - 8879717030

Last date of registration for Preliminary round: 24 Oct 2021

Online guidance will be provided

** No registration required for attending guidance sessions**

No Registration Fee

Geeta Guidance Schedule

ONLINE

CHINMAYA GEETA CHANTING COMPETITION - 2021

Chinmaya Mission Mulund will conduct online guidance sessions for the participants to help them prepare for Geeta Chanting Competition.

The details are as under:

Day: Every Sunday

Dates: Jul 4, 2021 to Jul 25, 2021

Time: 11.00 AM – 11.45 AM

For more details visit:

www.chinmayamissionmulund.com/geeta-guidance-schedule-2021/

** No registration required for attending guidance sessions**

GEETA CHANTING FOR CHILDREN - 2021

GROUPING AND PORTIONS: IInd CHAPTER

GROUP	STANDARD	PORTION	SHLOKAS FOR PRELIMINARY ROUND (VIDEO SUBMISSION)	SHLOKAS FOR FINAL ROUND
A	Nursery, Jr. KG & Sr. KG	39 – 43	39 – 41	39 – 43
B	I st & II nd	39 – 48	42 – 46	39 – 48
C	III rd & IV th	39 – 53	46 – 53	39 – 53
D	V th & VI th	50 – 72	54 – 61	50 – 72
E	VII th , VIII th , IX th & X th	45 – 72	64 – 72	45 – 72

CRITERIA FOR JUDGEMENT

The following shall be the criteria for the **Preliminary level**:

Pronunciation	Memory, Presentation & Overall Effect	Total
75 marks	25 marks	100 marks

The following shall be the criteria for the **Final level**:

Memory	Pronunciation	Presentation & Overall Effect	Total
50 marks	40 marks	10 marks	100 marks

• CHINMAYA MISSION MULUND •



Geeta Chanting for Elders-2021

2nd CHAPTER - SĀṆKHYA YOGAH

GROUPING AND PORTIONS:

Group	Age	Portion	Shlokas for Preliminary Round (Video Submission)	Shlokas for Final Round	No. of Shlokas
F	16 to 35	39 – 61	54 - 61 (Seeing the book)	39 - 61 (By heart)	23
G	36 to 55	39 – 63	54 - 61 (Seeing the book)	39 - 63 (By heart)	25
H	56 & above	54 – 72	54 - 61 (Seeing the book)	54 - 72 (By heart)	19

CRITERIA FOR JUDGMENT:

Rounds	Memory	Pronunciation	Presentation & Overall Effect	Total
Preliminary	-	70	30	100
Finals	50	40	10	100

For any queries contact:

Shruti Shetty – 9619269909

Pavitra Shetty – 9867338832

Vasantha Balan – 8879717030

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EDITORIAL COLUMN

Harih Om!

“Prayer, in its truest sense, is an attempt to invoke the mightier potential that is already in us, through mental integration.” - Pujya Gurudev Swami Chinmayananda

“Prayer – My PPE Kit” is the theme of our upcoming Online Children’s Camp- a theme so relevant at all times and more so during these times of challenge. The children’s camps of our Centre have been well appreciated by parents and enjoyed by the children in the past. The upcoming camp scheduled to be conducted on 24th and 25th July 2021 via Zoom for children from 3rd to 8th Grade will have valuable and thought-provoking sessions on prayer, symbolism of forms, significance of temples, great saints, sense of gratitude etc. interspersed with fun-filled, interesting activities like manuscript writing, model gopuram, likhita japa, bhajans, quiz etc. Readers may share this information among

family and friends and encourage children to avail of this wonderful opportunity to learn amidst fun and games. The registration for the camp can be done on our website: www.chinmayamissionmulund.com

“*Chant-Study-Know-Live*” was the vision of Pujya Gurudev when he inspired the annual Geeta Chanting Competition for children worldwide. Keeping in line with this initiative, Chinmaya Mission Mulund also organises the Geeta Fest every year with a host of interesting activities not only for the children but people of all age groups. The Geeta lovers will be pleased to know that the Chinmaya Geeta Fest-2021 has been announced. Keeping with the times, like last year, the Fest will be conducted online so that all can participate from the comfort of their homes. The portion for the year is going to be Verses 39 to 72 of Chapter 2 - Sankhya Yoga - the Yoga of Knowledge. The Fest will include in addition to Geeta Chanting Competition for children, Elders Chanting Competition, Elocution and

Video Quiz. The group-wise portions for the chanting competition for children and elders as well as the details of the elocution and video quiz are available on our website address given above. Like last year, guidance lectures are going to be conducted for the chanting for all the groups, links of which are available on the website. The video quiz, wherein a video of Pujya Gurudev expounding a few verses from the current portion of Ch.2 will be shown and participants will have to answer a questionnaire based on the video, is going to be conducted as a celebration of Guru Purnima on 23rd July from 7 to 8.30 pm. This is an event where everybody, young and old, whether they have heard the Geeta before or not, can participate and get immensely benefitted.

A Geeta Jnana Yajna was conducted on “Stitha Prajna Lakshana” by Br.Nileshji in Hindi from 27th to 30th June, 7 to 7.30 pm. The talks were premiered live on the YouTube Channel of Chinmaya Mission Mulund and dedicated to

Pujya Guruji Swami Tejomayanandaji on his 71st birthday. Those who missed the talk series can find it on our YouTube channel.

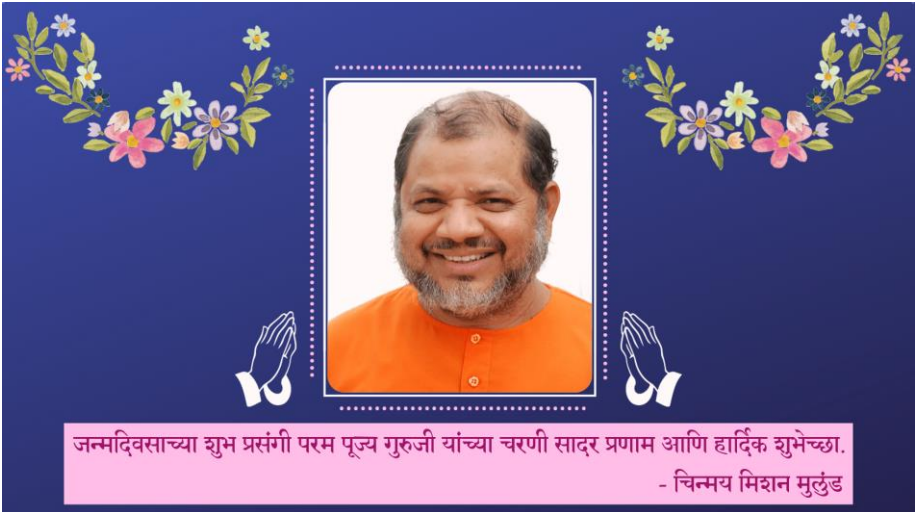
Do participate in the Geeta Fest as well as the Geeta Jnana Yajna and benefit from the wisdom contained in this great manual of life which is also the quintessence of the entire teaching of the scriptures.

Lokah Samasthah Sukhino Bhavantu!

Smt. Lakshmi Kumar

Editor - Chinmaya Adesh

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Tribute to Pujya Guruji on his birthday
(30th June 2021)



The Avadhuta Gita

H. H. Swami Tejomayananda

The *Avadhuta Gita* is the song of Avadhuta Dattatreya. He is said to be the incarnation of Lord Vishnu as the son of sage Atri and his devoted chaste wife Anasuya. He is also described as the combined incarnation of the Hindu Trinity Brahma, Vishnu, and Shiva born of the same parents. Avadhuta is a perfect yogi, well established in the experience of the Self. He is the spiritual master of the nine yogis of the Nath tradition of which Gorakhnath is the most famous. Dattatreya had imparted knowledge to great Kings like Prahalad and Yadu as well.

Avadhuta is a man of renunciation of the highest order. He is defined as that yogi who transcends all worldly obligations as a result of his perfect abidance in the Self, which is neither a doer nor an enjoyer. An Avadhuta has no body attachment, body identification,

or even body consciousness. He is not a missionary, or a founder of an organization. He revels in his bliss of realization and sings the glory of the Self. He does teach those who care to listen to him or wish to learn from him.

An Avadhuta is also defined by interpreting each letter of this word. The letters *A*, *Va*, *Dhu*, and *Ta* stand for imperishable (*Aksara*), worshipful (*Varenyam*), freedom (*Dhut bandha*), and abidance in Truth (*Tattvanistha*) respectively. The yogi, being imperishable, worshipful, free from worldly bondage, and established in the Self, is called Avadhuta.

The *Avadhuta Gita* contains 271 verses divided into eight chapters. The main theme of the entire text reveals the nature of the Self which is absolute, one without a second, unborn, imperishable, free from all limitations of time, space, objects, causation, doership, enjoyership and all pairs of opposites like virtue and vice, merit and sin, joy and sorrow, and so on. The first four chapters deal with

this theme in the form of a dialogue with one's own mind, in the language of negation and also in highly poetic compositions.

The fifth chapter advises one not to be sorrowful, and to avoid all lamentations since Atman is ever blissful. In the sixth chapter the absolute nature of the Self is revealed that admits to no duality, plurality, or differences of any kind. The next chapter sings the glory of the state of an Avadhuta and the later one defines the word Avadhuta by interpreting each of the letters of that word.

Thus, we can see that the *Avadhuta Gita* is one of the most profound works on *Advaita Vedanta* that discusses the absolute non-dual Reality. As such it is not meant for the uninitiated students or those who are just beginners. Avadhuta Dattatreya says that it is by the grace of the Lord alone that one has a desire to realize the non-dual *Brahman* which leads to freedom from all fear. He also says that a seeker should not look for external signs of a teacher.

"A guru may be young, or living in pleasure; he may be illiterate, a servant, or a householder; but none of these should be given importance. Does one give up a gem dropped in the dirt?"

According to Avadhuta Dattatreya, one can gain Self-knowledge through one's own efforts blessed by the Lord and the guru. Purity of mind is of utmost importance. He repeats: "One cannot attain *Brahman* through mere repetition of mantras or the recitation of the Vedas or performance of various rituals." The great Avadhuta has sung his song spontaneously after purifying himself through meditation and becoming absorbed in the unbroken bliss of *Brahman*.

The State of an Avadhuta

Let us now see in a few verses the state of Avadhuta Dattatreya in his own words as described in chapter 7.

1. The Avadhuta wears a garment made of rags cast off by the side of the street. He walks a path which is free from merits and

sins. Absorbed in the pure bliss of *Brahman*, the yogi lives in a deserted place.

2. The signs of the Avadhuta may or may not be visible. Even though he is beyond right and wrong, he is absolutely honest. How is it possible for such an enlightened soul to get involved in disputations and arguments?

3. The Avadhuta may or may not observe the rules of the yoga but still he is a yogi. He enjoys himself whether he has possessions or not. He moves with grace, immersed in the natural bliss arising from his own pure mind.

Avadhuta Dattatreya gives an interpretation of each letter of the word Avadhuta. The letter *A* indicates that the yogi is free from the snare of hopes (*ashamukta*) and rejoices in bliss (*ananda*). The letter *Va* indicates his freedom from *vasanas* (past inherent tendencies) and his living in the present (*vartamana*). The letter *Dhu* indicates that even though his body is smeared with dirt or ashes, he is ever pure and is free from the need of meditation (*dhyana mukta*). The last

letter *Ta* stands for his abidance in contemplation of Truth (*tattva chinta*).

Avadhuta Dattatreya's uncompromising, non-individualistic view of the Absolute is most beautifully expressed in the following verse:

O Brahman, by going on a pilgrimage seeking You, I have denied Your omnipresence. By meditating on You, I have given You form and thus denied Your formless Nature, and by singing hymns in Your praise, I have denied Your indescribable Nature. Please forgive me for these offenses.

Even though the Avadhuta ever remains steadfast in the Absolute, he does feel everyone's sorrow, and helps everyone with love and compassion. This indeed is the true greatness of an enlightened sage. In the concluding verse of the text the result of the study of this blissful song composed by Dattatreya Avadhuta song is indicated as:

‘Those who read it or listen to it become free from rebirth that is from their identification with the body and its properties.’



माणूस आणि चातुर्य परम पूज्य गुरुदेव स्वामी चिन्मयानंद

एक महान नवीन उत्साह दिसत आहे. आपल्या सर्व मित्रांच्या हृदयात नवहिंदुत्वाचा भाव उसळत आहे. नवीन प्रत्ययास येत असलेल्या आणि आपल्या राष्ट्रीय संस्कृतीबाबत सहिष्णू असलेल्या विचारांना सावधानतेने उत्तेजन, पोषण दिले पाहिजे, संरक्षण दिले पाहिजे आणि रुजवले पाहिजे. उत्पादनाच्या सर्व क्षेत्रांत हे काम करण्याची आणि त्यावर लक्ष ठेवण्याची जबाबदारी आपल्याला सक्षम व विश्वासू लोकांवर सोपवता येते. पण संस्कृतीच्या क्षेत्रात प्रत्येकजण स्वतः स्वतःचा विश्वस्त असतो आणि प्रत्येकाला स्वतःचे वर्धन स्वतःच करावे लागते.

सांस्कृतिक विकसन हे व्यक्तिनिष्ठ विकसन असल्यामुळे कोणीही व्यक्ती दुसऱ्याची प्रत्यक्षपणे, परिणामकारकरीत्या मदत करू शकत नाही. प्रत्येकाने

स्वतःची जबाबदारी स्वतःच उचलली पाहिजे, स्वतःची कर्मे नियमित केली पाहिजेत, स्वतःच्या भावना शिस्तबद्ध केल्या पाहिजेत, आपले स्वतःचे दृष्टिकोन व्यवस्थित ठेवले पाहिजेत आणि जीवनाची उदात्ततम मूल्ये, सभोवतालच्या सर्व संपर्कात, जोपासली पाहिजेत.

उच्चतर जीवन जगण्यासाठी जेव्हा आपण पवित्र उर्जेच्या रहस्यमय मूळाचा शोध घेण्याचा प्रयत्न करतो, तेव्हा आपण कर्मांच्या जगतात, आपल्या भावनांमध्ये किंवा विचारांमध्ये तिला जाणण्यास अपयशी ठरतो. सर्व कर्मे म्हणजे केवळ विचारांचे शरीर स्तरावर प्रगटन असते. ते विचार आपल्यामध्ये असतातच. आपल्यामध्ये खोलवर रुजलेल्या इच्छांची अभिव्यक्ती म्हणजे आपले विचार आणि ते उदात्तर ऊर्जेपर्यंत पोहोचण्याच्या सर्व रहस्यमय प्रयत्नांचे मूळ त्याहूनही अधिक कितीतरी खोल असते.

आपल्या इच्छा आपल्या ज्ञानाद्वारे ठरवल्या व नियमित केल्या जातात. चातुर्य म्हणजे आपण

आपल्यामध्ये आत्मसात केलेले ज्ञान जे आपण जगतातील प्रत्यक्ष वा अप्रत्यक्ष अनुभवांच्या निरीक्षणाद्वारे व बौद्धिक मूल्यांकनाद्वारे मिळवलेले असते. चातुर्य आपल्या इच्छांची प्रत ठरवतात आणि पर्यायाने आपल्या विचारांची वा कृतींची. जेव्हा व्यक्तीतील चातुर्याची गुणवत्ता व त्याचे घटक बदलतात तेव्हा त्याची जीवनपद्धती आणि वस्तूंकडे बघण्याची दृष्टी ताबडतोब बदलते. आता त्याच्या नवीन चातुर्याद्वारे निर्धारित केले गेलेले नवीन जीवन जगण्यात त्या व्यक्तीला काहीही अडचण पडत नाही.

आजचे आपले चातुर्य, ज्याच्या मार्गदर्शनात आपण विचार व भावना करतो आणि आपल्या दैनंदिन जीवनाची कर्मे करतो, ते चुकीचे आहे - आपल्या व्यक्तिमत्त्वाची जाण आणि त्याबरोबरच जीवनाचा अर्थ व हेतू. अर्थातच आपल्यामध्ये आणि वस्तू व व्यक्तींच्या जगतामध्ये सुयोग्य संबंध कसे असावेत हे आपल्याला माहीतच नाही. म्हणून आपण वस्तूंना कवटाळणे चालूच ठेवतो.

त्या नाशवंत वस्तू आपण शाश्वत असण्याची अपेक्षा ठेवतो. आपण अशा वस्तूंमागे धावत असतो ज्या निव्वळ दुःखाचे खड्डे असतात. आपली खोटी आशा त्यांच्यापासून सुख मिळावे ही असते आणि मग आपल्याला मिळते निराशा. आपण त्यांच्याखाली गुदमरून जातो, भुईसपाट होऊन जातो.

आपल्याला वाटते आपण जगाकडून पराभूत झालेलो आहोत- परिस्थितीकडून फसवले गेलेले, कंगाल केले गेलेले आहोत. वस्तू व व्यक्तीचे जगत्, घटनांचे जगत् आणि अन्य जागा यांच्यामध्ये, तसे करण्याचे सामर्थ्यच नाही. जीवनाचे हे सर्व कण्हणे आणि यातना आपल्यामधील आपला चुकीच्या ज्ञानातून उगम पावतात. एक दारू प्यायलेला माणूस खाली पडतो आणि त्याला जखमा होतात. तो त्याच्या नशेत रस्त्याच्या कडेला असलेल्या मैलांच्या दगडांवर, विजेच्या खांबांवर आणि झाडांवर सुद्धा ओरडाओरडा करतो व त्यांच्याशी मारामारी करतो. त्याचप्रमाणे चातुर्याच्या नशेत असलेला

माणूस त्याच्या दुःखांसाठी जगाला दोष देतो.

चुकीचे मार्गदर्शन करणारे ज्ञान खऱ्या चातुर्यात परिवर्तित करणे हे सर्व धर्मग्रंथ, देवदूत आणि गुरू यांचे उद्दिष्ट आहे. म्हणून प्रत्येकाने योग्य ज्ञान-विवेक समजून घेण्यासाठी, त्यावर मनन करण्यासाठी आणि आत्मसात करण्यासाठी कठोर प्रयत्न केले पाहिजेत. तसे करून त्याने आपल्या चातुर्यामध्ये आवश्यक ते बदल घडवून आणले पाहिजेत. जेव्हा आपण कुठल्या तरी गावात गाडीने फेरफटका मारायला जातो, तेव्हा आपली सफर सुखदायी, आनंददायी तेव्हाच होते जेव्हा वाहनचालक पूर्ण शुद्धीत असतो, कुशल असतो, समंजस असतो. आपल्या जीवनाचेही हेच सत्य आहे. जेव्हा आपले खरे चातुर्य आपले मार्गदर्शन करते, तेव्हाच आपले जीवन सुखी व आनंदी होते.

आपल्यापैकी प्रत्येकाने आपल्या चातुर्यामध्ये अशा प्रकारचा आंतरिक बदल केला नाही तर जीवनात बदल होणे शक्य नाही. जीवनाच्या सर्व पैलूंमध्ये मिळणारे यश

कशावर अवलंबून असेल तर आपल्या चातुर्याच्या पुनर्रचनेवर !

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Dynamism is generated when we discover for ourselves a goal and dedicate ourselves to it with reverence and love.

Swami Chinmayananda

In view of the prevailing COVID -19 situation and the safety guidelines of the Government of Maharashtra, Chinmaya Shreeram is closed for darshan till further notice.

Chinmaya Mission Mulund



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