



“तस्य भासा सर्वमिदं विभाति”

चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

नवविंशति: (XXIX) स्रोतः

APRIL - 2022

चत्वारि (IV) रश्मिः

SHREE RAM NAVARATRI MAHOTSAVA

CHINMAYA SHREERAM 19TH PRATISHTHAPANA DAY

2ND APRIL TO 10TH APRIL 2022



वन्दे चिन्मयश्रीरामं सीतालक्ष्मणसंयुतम् ।
अग्रे गणेशहनुमन्तौ आत्मारामः पुनातु मे ॥



SHREE RAM NAVARATRI MAHOTSAVA
CHINMAYA SHREERAM 19TH PRATISHTHAPANA DAY
2ND APRIL TO 10TH APRIL 2022

DAILY PROGRAMME (2ND APRIL TO 9TH APRIL 2022)

DATE	DAY	TIME	PROGRAMME
2 nd April to 9 th April	Saturday to Saturday	6.30 a.m. to 6.30 p.m.	Akhanda Shree Ram Naam Japa
		7.30 a.m. to 8.30 a.m.	Morning Special Pooja
		5.45 p.m. to 6.30 p.m.	Evening Special Pooja

EVENING PROGRAMME (7.00 PM TO 8.00 PM)

DATE	DAY	PROGRAMME
2 nd April	Saturday	Nrutya Seva Divyanjali (A Bharata Natyam Dance Presentation) by Kanaka Sabha Dance Ensemble
3 rd April	Sunday	Programme by Balavihar children based on Ramayanam
4 th April	Monday	Bhajan Sandhya 'मन में बसे श्रीराम' by Shri. Vivek ji and Sushri. Varsha ji CM Dombivili
5 th April	Tuesday	Satsang in Hindi on 'श्रीराम स्तुती' by Swamini Nishkalananda ji CM Kalyan
6 th April	Wednesday	Satsang in Hindi on 'सुग्रीव शरणागति' by Br. Nilesh ji

EVENING PROGRAMME (7.00 PM TO 8.30 PM)

DATE	DAY	PROGRAMME
7 th April	Thursday	Chanting of 'हरि पाठ'
8 th April	Friday	Sundarkanda Parayanam

SHREE RAM SAHASRANAMA ARCHANA

9th April 2022, Saturday, 6.00 p.m. to 8.00 p.m.

- ❖ Devotees wishing to participate have to register their names in advance.
- ❖ To register your names please contact:
Vaijayanti Sanzgiri: 9152258427
Shruti Shetty: 9619269909

SHREE RAM NAVAMI DAY PROGRAMME

10TH APRIL 2022, SUNDAY

PROGRAMME	TIME
Akhanda Shree Ram Naam Japa	6.30 am to 12.00 noon
Vedic Mantra Pathan	6.30 am to 8.00 am
Shodashopachara Pooja	8.30 am to 10.00 am
11 times Shreeram Raksha Stotram Chanting	10.15 am to 11.45 am
Maha Arati	12.00 noon
Bhajans	12.30 noon
Mahaprasad	12.30 noon
Evening pooja	5.45 pm to 6.30 pm

*All are cordially invited for the
Programme and Mahaprasad*

SHREE RAM NAVRATRI OFFERINGS

Ramnavami day – 10th April 2022, Sunday

SEVA	OFFERINGS
Mukhya Yajamana for Shodashopachara Pooja	10,000/-
Annadana for 50 persons	2,500/-
Annadana for 25 persons	1,500/-

Shreeram Sahasranama Archana day - 9th April 2022, Saturday

SEVA	OFFERINGS
Mukhya Yajamana	5,000/-
Flowers	2,000/-
Chinmaya Shreeram Sahasranama Archana	101/-

Other Sevas:

SEVA	OFFERINGS
Chinmaya Shreeram Suvarnalankar	10,000/-
Chinmaya Shreeram Vastralankar	5,000/-
Akhanda Deep for Navaratri	2,100/-
Flower Decoration for Navaratri	1,000/-

Note:

- Donations can be made online:
www.chinmayamissionmulund.com/shreeram-navami-2022-offerings/
- Donations can be made by cheques drawn in favor of “CCMT A/C Chinmaya Mission Mulund”, payable at Mumbai.
- Donations are exempted under section 80G of Income tax.
- Donations/offerings are acceptable at Chinmaya Shreeram every day from 5.00 pm to 7.30 pm.
- Kindly follow all Covid protocols while visiting the temple.



Chinmaya Mission Mulund

invites you to



Hanuman Jayanti

**On Saturday,
16th April 2022**

-Programme-

- **Shri Hanumanji Pooja – 6.30 a.m**
- **108 times Hanuman Chalisa Chanting
– 8.00 a.m. onwards**

**Venue: Chinmaya Shreeram, First floor,
Aroto House, P. K. Road, Mulund (W).**

www.ChinmayaMissionMulund.com



EDITORIAL COLUMN

Harih Om!

The month of March began with the auspicious Maha Shivaratri Celebration on the first day of the month itself. As is customary every year, Rudrabhishekham was performed with chanting of Sri Rudram 11 times from 5 to 9 pm at Chinmaya Shreeram. The premises reverberated with the divine chants. Now that things have opened up after the pandemic, devotees attended the event in large numbers.

The Maha Shivaratri celebration for Balavihar children was held on Sunday, 6th March at Chinmaya Sheeram in which more than 50 children from Balavihars across Mulund participated. Children individually performed Shodashopachaara puja to Bhagawan Shivji followed by bhajans and narration of the story of Ganga Maiyya's descent to earth and Bholenathji's compassion in handling the same.

Chinmaya Mission Mulund organised a Sadhana Camp in Chinmaya Mauli Ashram, Pune, from 4th to 7th March, the topic of the Camp being “Ananda Mimamsa”- The analysis of happiness by Br.Nileshji and also temple visits to Dehu and Alandi on the way back. A detailed account of the Camp has been separately included in this issue of Chinmaya Adesh. The camp was well received by the participants.

After a gap of 2 years, a Sangeet Seva by our CHYK member and Carnatic vocalist Shri. Hari Kumar accompanied by Shri. Prasad Balan on the mridangam and Smt. Rajani Iyer on the violin was organised at Chinmaya Shreeram. The programme, filled with melody and devotion, was well attended and appreciated by the devotees.

And the wait is getting over. We are all set to celebrate the Shree Ram Navaratri Mahotsava 2022 in the customary manner on a grand scale from 2nd to 10th April. There will be Akhanda Shree Raama Naama Japa from

6.30 am to 6.30 pm on all days of the Ram Navaratri Mahotsava, special Shodashopachaara pujas in the morning and evening, Satsangs with Acharyas of Chinmaya Mission centres, cultural programmes, Parayanam etc. The popular Shree Ram Sahasra Nama Archana is scheduled for 9th April. Please register for the Ram Sahasranama Archana in advance. The Ram Navami Day on 10th April will be the grand finale with Vedic Chanting, Shodasopachara puja, 11 times chanting of Rama Raksha Stotram, Arati, and Mahaprasad. This also marks the 19th Pratishtapana day of the Shree Ram Parivar at Chinmaya Shreeram. The details of the programmes have been broadcast through WhatsApp and are also being shared in this issue.

We cordially invite our readers with family and friends to participate in all the programmes during the Ram Navaratri and the Mahaprasad on the Rama Navami day and be a recipient of Shree Ramji's blessings.

Lokah Samasthah Sukhino Bhavantu!

Smt. Lakshmi Kumar

Editor - Chinmaya Adesh

Dated 29th March'22

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Rudrabhishekam at Chinmaya Shreeram on
Maha Shivaratri day



Balavihar children celebrating Maha Shivaratri

Chinmaya Mauli Camp- A Delve into Bliss

After a lull of two years forced by the pandemic situation, Chinmaya Mission Mulund organized a Sadhana Camp at Chinmaya Mauli, Pune from 4th to 7th March 2022 under the leadership of Br. Nileshji. The topic of the Camp was “Ananda Mimamsa”- Analysis of Happiness based on Brahmananda Valli from Taittiriya Upanishad.

About 20 people took part in the Camp. A bus had been arranged for to and fro travel. The group was warmly welcomed at the Pune Ashram by Brni. Maitreyiji and her team from Chinmaya Mission, Pune. Lovely arrangements for stay and food had been made at the Ashram.

The participants gathered at the Vittal-Rakumabai temple in the Ashram for daily chanting and Arati. Br. Nileshji conducted the sessions on “Ananda Mimamsa” in the beautiful Satsang Hall and concluded with a quiz to test the understanding of the participants. Everyone enjoyed the chant and

study of the relevant portion of the Upanishad with Shaankara Bhasya and other commentaries lucidly explained by Nileshji. The Upanishad gives the increasing degrees of worldly happiness of a perfect man, Pitrus, various categories of Devas, Gandharvas upto Brahmaji only to bring home the point that all this is only a fraction of the Bliss of the Self, enjoyed by a Self-realised saint and thus to inspire the seeker to strive for Self-Knowledge which is the source of all happiness. Nileshji highlighted the importance of Vairagya as a necessary value for the spiritual seeker and the inverse proportion between happiness experienced and desires entertained. The Self is the only source of all happiness but we misunderstand it to come from things, beings and situations in the world. The Science of Happiness as articulated in our Sastras was well expounded by Nileshji.

Brni. Maitreyiji shared the stories of the glorious saints of Maharashtra in the precincts of the temple in the evenings.

Amma's captivating narration of the sublime devotion of the great saints and the compassion of the Lord melted the hearts of the listeners. CHYK member Shruti Shetty who accompanied the group entertained the participants with a lovely ice-breaking session in the beginning of the camp and interesting activities and games daily at night.

On the last day, on the way back to Mumbai, Brni. Maitreyiji accompanied the group to Alandi, the Jeeva Samadhi shrine of Sant Dhyaneswar (fondly called as Jnanadev, Jnanoba, Mauli), and Dehu, the abode of Sant Tukaram, both on the banks of the Indrayani river. Amma took the group around the temples highlighting the significant aspects of the temples and Leelas of the Saints. In Dehu, there are three temples: 1. the Tukaram Maharaj Janma Sthan Temple, Dehu – place where Tukaramji was born, around which a temple was built later, 2. Sant Tukaram Vaikunthstan Temple – from where Tukaramji ascended to Vaikunth in his mortal form;

3. Saint Tukaram Maharaj Gatha Mandir, Dehu – a modern and massive structure; housing an imposing statue of Sant Tukaram, over 4,000 abhangs composed by Tukaram Maharaj inscribed on the walls and a Vittal Rakumabai shrine.

The wall which moved and steered its way for Jnanoba and his siblings to meet Changdev Maharaj (remains still maintained at Alandi), the place where the abhangs were returned by the Indrayani River Goddess to Tukaramji, the holy tree circumambulated by Jnanoba's mother, the famous Ajan Vriksha were all shown by Maitreyi Amma to the participants along with explaining their significance.

The group thoroughly enjoyed the fulfilling and enlightening camp.





The Life of Rhythm and Joy

H. H. Swami Chinmayananda

Startling to modern man will be the pronouncements of Sir Arthur Eddington, the British mathematician and physicist, made in his American lectures (1934) at Cornell University. He raises the question: "Why should anyone suppose that all that matters to human nature can be assessed with the measuring rod?" He then answers: "The nature of all reality is spiritual." Many scientists in our century have found the courage to acknowledge and declare that which their counterparts of the last generation would never have considered worth their serious thought.

Sir Eddington goes even further by declaring that he "is not sure that the mathematician understands the world of ours better than the poet and the mystic." All true artists, poets, literary men, and

scientists as they live peacefully with the harmony of life around them come to apprehend the presence of a great rhythm in existence. This vague comprehension surprises some, staggers a few, and excites the curiosity in others. But very rarely do Western scientists feel sufficiently provoked to pursue the theme and endeavor to live in harmony with this spiritual oneness.

The sages of the *Upanisads* have been the messengers of this inner harmony. They investigated it, observed its play, and systemized their knowledge into a subjective science, complete with its theoretical explanations and practical methods. Nature is not to the Eastern thinker an unwilling and alien arrangement of things. To him it is but the expression of the very harmony that exists everywhere, which is at once the core and the substance of the entire universe. Everything exists in *It* and everyone must seek his fulfillment in *It*.

To discover this harmony, to live in attunement with it, is to master life. One who has so perfected himself will have no tensions or strains while living through his experiences or while braving his own day-to-day problems. Unfortunately, to the majority of us, this harmony is an accidental vision, an unpredicted divine visitation. Even when this harmony is felt, we know not how to persuade it to remain with us: it comes at its own sweet will, woos us for a moment, then like the buzzing courtiers of flowers, it leaves us to pine for its next visit.

In their study, the subjective scientists of the *Upanisads* observed the favorable conditions that produce and maintain this elation and ecstasy, and they gave us a perfect picture of the conditions and causes which dim this spiritual glory. “This deity of harmony, itself seen manifest in all of the activities of the universe, always dwells in the hearts of men as the Supreme Self. Those who realize it through the immediate perception of the

heart attain immortality"- this is the roar of the *Upanisads*. To live in attunement with this general harmony, in a close-knit bond of love between the individual and the universe around him, is the happiest fulfillment that life can ever offer to mankind.

This life of rhythm and joy is the goal of perfect living, the state of God-realization which knows no fatigue, recognizes no failure, perceives no discord. To live this divine life one must end all spirit of antagonism with the outer-world of things and beings. Hate none. Love all. With this love you will conquer even the most brutal of forces around you.

The message of Vedanta thunders, "Man, you are of one nature, the substance of God, one soul with your fellow man. Awake and progress toward your absolute divinity; live for the God in yourself and in others." This secret message which was given until now only to a select few, must now be preached openly and freely for all mankind immediately, urgently, and ardently.



गीतेची व्यवस्थापन - दृष्टी परम पूज्य स्वामी तेजोमयानंद

श्रीमद्भगवद्गीता मार्गदर्शन पुरवणारा आश्चर्यकारक ग्रंथ आहे. तुम्ही अध्यात्म ज्ञानाचे साधक असा की नैतिक पेचप्रसंगात सापडलेली व्यक्ती असा की एखाद्या बहुदेशीय उद्योगाला यश मिळवून देणारे व्यवस्थापकीय संचालक असा. गीता तुम्हाला साध्य प्राप्त करून देण्यासाठी मार्गदर्शन करते.

भगवान श्रीकृष्ण कोणत्याही अधिकाऱ्याला त्याच्या कंपनीचे व्यवस्थापन यशस्वीपणे करण्यासाठी महत्त्वाचे मुद्दे प्रस्तुत करते. एका अधिकाऱ्याकडे खालील क्षमता असणे आवश्यक आहे.

१) ज्ञान - याचा अर्थ, संपूर्ण संस्थेविषयी, त्याची लक्ष्ये व ध्येये, त्याचे आपल्या देशातील स्थान तसेच दुसऱ्याही देशातील स्थान याविषयी परिपूर्ण दृष्टी. त्या संस्थेमध्ये काम करण्यासाठी अनेक विभाग असतील.

परंतु त्या प्रमुखाने सर्वांमधील एकत्व बघितले पाहिजे. संपूर्ण आणि भाग यांच्यामधील संबंध काटेकोरपणे लक्षात घेतला पाहिजे.

२) बुद्धी - सर्व कामकऱ्यांना समजेल अशा प्रकारे व त्यांच्या कर्मक्षेत्रात लागू होईल अशी दृष्टी त्यांना देण्यास प्रमुखाकडे विवेक व दूरदर्शित्वाची क्षमता असली पाहिजे. ही क्षमता म्हणजे बुद्धी. दृष्टी सत्यात उतरवताना अनेक समस्या व अडथळे उभे राहतील. ते कदाचित लक्ष्यासंबंधी असतील किंवा मानवनिर्मित असतील. अशा वेळी कशाची गरज असेल तर बुद्धीची- या समस्यांचे नेमके कारण जाणून घेण्याची आणि त्या परिणामकारकरीत्या दूर करण्याची क्षमता. दोन प्रकारच्या लोकांना सांभाळण्यासाठी बुद्धी आवश्यक असते - ज्यांना अडचणी आहेत असे आणि जे स्वतःच अडचणी बनतात असे. या दोन्ही प्रकारांना हाताळण्यासाठी अधिकाऱ्याकडे मानवी मनाचे उत्तम ज्ञान असले पाहिजे.

३) धृती - धारिष्ठ्य किंवा सहनशीलता- आपल्या ध्येयाला सातत्याने धरून ठेवण्याची क्षमता म्हणजे धृती. कोणतेही ध्येय सहजासहजी आणि ताबडतोब प्राप्त होत नाही, हे प्रसिद्ध आहे. आपल्या धैर्याची परीक्षा घेणारे अनेक अडथळे आपल्या मार्गात येतात. त्याचप्रमाणे जेव्हा कामकरी दृष्टीचे नीट आकलन करू शकत नाहीत, तेव्हा ते सक्षम नेत्याला सुद्धा वैफल्य जाणवण्याइतके विचित्र प्रकारे वागतात. अशा सर्व प्रसंगांत या लोकांना वश करून घेण्यासाठी आणि आपले ध्येय साध्य करण्यासाठी प्रमुख आत्यंतिक धीट लागतो. ही क्षमता म्हणजे धृती.

एका यशस्वी संस्थाचालकाकडे या मूलभूत गुणवत्ता असतातच. त्याचा परिणाम म्हणजे सुख, जे, सर्वांगीण समृद्धीमुळे अनुभवास येते.

आणखी एक मुद्दा विचारात घेणे महत्त्वाचे आहे. तो म्हणजे कोणत्याही प्रकल्पाचे यश विविध प्रकारच्या कामासाठी योग्य माणसाची निवड करण्यात आहे. दिलेले काम आणि कर्तव्य यांमध्ये वैविध्यता असेल पण हेतू

आणि त्यासाठी पूर्ण समर्पण यांच्यामध्ये एकत्व असलेच पाहिजे. ध्येय जितके महान आणि प्रेरणा जितकी उच्चतर तितकी नेत्रदीपक यशाची निश्चितता अधिक. या परिणामाचे प्रत्यक्ष प्रमाण म्हणजे भगवान श्रीकृष्णांनी महाभारत युद्धात अर्जुनाला प्रशिक्षित करून समस्यांचे व्यवस्थापन केले. नंतर त्याच अर्जुनाने पांडवांना यश मिळवून दिले.

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Sangeet Seva by Carnatic vocalist
Shri. Hari Kumar accompanied by
Shri. Prasad Balan on the mridangam
and Smt. Rajani Iyer on the violin



Daivi Sampatti **Maitrah (Friendliness)**

(A series of short talks by Br. Nileshji based on the Bhagawad Geeta titled 'Daivi Sampatti' - the spiritual wealth to be acquired by a seeker were posted in the YouTube channel of Chinmaya Mission Mulund, one virtue a day from 3rd January to 2nd February 2022. This column is a transcription of the talks by Smt. Malati Majumdar, a study class member.)

What is Maitrah? One who has the quality of friendliness (Mitrata) is called Maitrah (Friend).

What is the quality of friendliness – it does not mean a person who has numerous friends!

Quality here refers to an attitude one must cultivate. So when can we say one has the quality of friendliness.

The first quality is that a true friend does not display jealousy (Matsarya). A true friend will

not bear the thought “He is doing better than me... he is more successful than I am”. Jealousy arises when there is an attitude of competitiveness, comparison. A true friend is **one who does not have a nature of competitiveness**: he does not compare. Comparison may give rise to feelings of dearth, limited success and lead to jealousy.

A true friend is one whose actions are not defined by status, position. He is not judgemental. He is devoid of pride in his own status, position – **he is not a person who acts pretentiously or who publicly parades himself, his possessions or his accomplishments.**

At times people tend to demean juniors or people who serve them by behaving disrespectfully – like addressing a waiter: displaying attitude of superiority – a deplorable trait that leads to downfall.

In Mahabharata, the story of Dhruvad Maharaj and Dronacharya is such an example. They were close friends in childhood while

they were in the same Gurukul. With passage of time, Dhrupad became King while Dronacharya struggled to sustain his family. In the face of abject poverty Dronacharya approached Dhrupad Maharaj for help. He expected that as a friend, Dhrupad Maharaj would extend help – but Dhrupad Maharaj did not extend any value to the friendship. “I am a King, you are a pauper, how can we be friends?” This humiliation had repercussions in the Mahabharat war.

In contrast, the friendship between Sudama and Lord Krishna is remarkable – Both of them were friends from Gurukul days. The Lord did not judge Sudama when Sudama hesitantly approached Lord Krishna – the king of Dwarka. The Lord rushed forward to embrace Sudama and broke his mental barriers.

A true friend is one who treats others with equal respect, without being judgemental.

The third trait of a true friend is **one who does not interfere in personal matters.** The

reference here is just not to a friend but the attitude that defines a person. Avoids undue intrusion in matters that don't concern him.

For example, a person has suffered losses in business and a friend approaches and probes, "How much money did you lose? How will you now manage?" Such is not the quality of a friend.

A person's house was burgled and a friend says "What was the need to keep this much money at home?" This is unwanted, unwelcome intrusion. A true friend will help where possible, without judgement or question.

Another quality of a friend is that he will not give unsolicited advice.

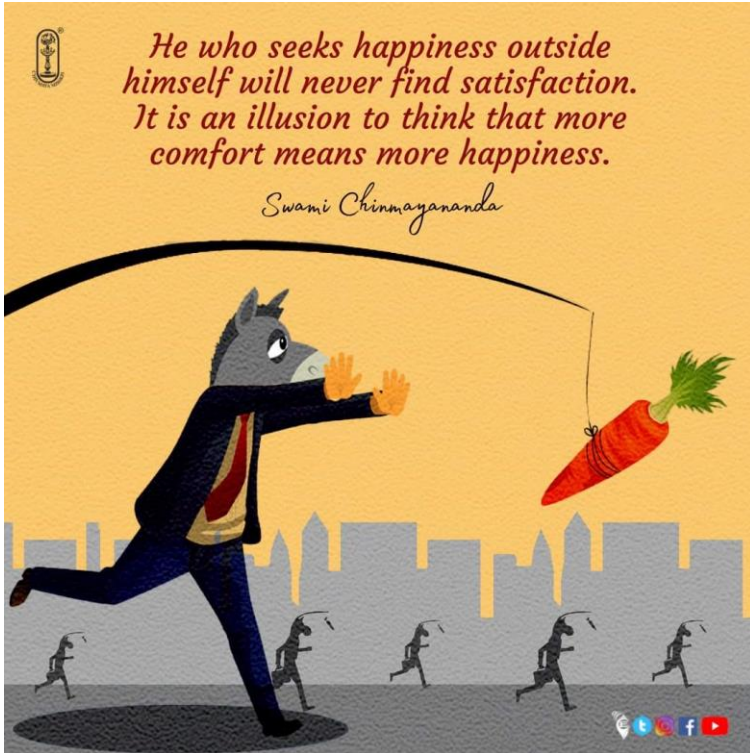
Sharing the success of a child who scored excellent marks in an exam, his father's friend enquires, "So what line of further education you wish to pursue?" "Engineering is my interest," says the boy. "Why are you opting for this... there are so many better course...". What was a mere conversation,

ended with unsolicited views. Totally needless.

One experiences tranquillity on approaching a person with attributes of a true friend – one feels comfortable. His presence evokes peace – not feelings of wanting to escape when sighted! A person who lacks the qualities of a true friend is never welcome!

This quality of friendliness is indeed truly precious!

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Chinmaya Shreeram is open to devotees for darshan during daily chanting from 5pm and Arati at 6.30 pm.

Chanting schedule (5 to 6 pm):

Monday	Narayaneeyam and Shiva Stotras
Tuesday	Ganapati Atharvasheersham
Wednesday	Ramcharitmanas
Thursday	Vishnu Sahasranaam, Bhagawad Geeta & Guru Stotras
Friday	Lalita Sahasranaam & Devi Stotras
Saturday	Hanuman Chalisa & Hanumat Stotras

6pm to 6.30pm (Daily) – Ram Raksha Stotra, Shri Suktam, etc.


Chinmaya Mission Mulund



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