



“तस्य भासा सर्वमिदं विभाति”

# चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

त्रिंशत् (XXX) स्रोतः

FEBRUARY - 2023

द्वे (II) रश्मिः





Chinmaya Mission Mulund

Organises

*Gnana Yagna*



*by Swami Ramakrishnananda ji*

*in Tamil*

*Evening*

Kamba Ramayanam - Ayodhya Kadam

From: 4th Feb to 8th Feb 2023

Time: 7.00 pm to 8.30 pm

*Morning*

Gnana-Vignana Yoga (Bhagawad Geeta Chpt-7)

From: 5th Feb to 9th Feb 2023

Time: 7.00 am to 8.00 am

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

Contact: 8879717030

*All are cordially invited*





# Chinmaya Mission Mulund

Organises Gnana Yagna  
in English

## on *Bhartiya Samskriti*



- Session 1 - Purpose and duties of life
- Session 2 - Spiritual practices and Temples
- Session 3 - Stages, categories and time-lines of life
- Session 4 - Life after death, Reincarnation and Ceremonies
- Session 5 - Concepts of God, Avatar and Guru

by *Swami Sharadananda Saraswati*  
(C.I.F)

From: 22nd Feb to 26th Feb 2023

Time: 08:00 am to 09:15 am

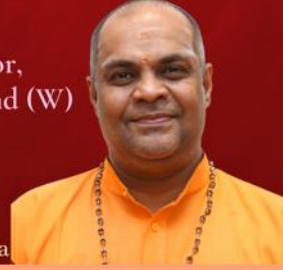
Venue: Chinmaya Shreeram, First floor,  
Aroto House, P. K. Rd, Mulund (W)

Contact: 98195 69631

*All are cordially invited.*

To offer Gurudakshina visit:

[www.chinmayamissionmulund.com/guru-dakshina](http://www.chinmayamissionmulund.com/guru-dakshina)



# Chinmaya Mission Mulund

Organises

Gnana Yagna

on

## *Kaivalya Upanishad* in Malayalam

by *Swami Sharadananda Saraswati*  
(C.I.F)



From: 21st Feb to 26th Feb 2023

Time: 7.00 pm to 8.30 pm

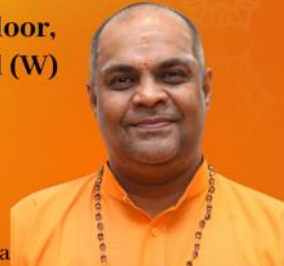
Venue: Chinmaya Shreeram, First floor,  
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Contact: 98195 69631

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# SHREE RAM NAVARATRI MAHOTSAVA CHINMAYA SHREERAM 20<sup>TH</sup> PRATISHTHAPANA DAY 22<sup>ND</sup> TO 30<sup>TH</sup> MARCH 2023 WITH KALASHABHISHEKAM



## DAILY PROGRAMME

DATE	DAY	TIME	PROGRAMME
22 to 29 March	Wed to Wed	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.

## 22<sup>ND</sup> TO 28<sup>TH</sup> MARCH, EVENING PROGRAMME

22<sup>nd</sup>  
March

7.00 to  
8.30 pm

Satsang on 'Ishwar Kripa'  
In Hindi  
By Br. Archit Chaitanya ji  
CM Mulund



Satsang on 'Dharma' based  
on Ramayana in English  
By Swami Swatmananda ji  
CM Mumbai

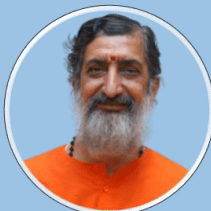
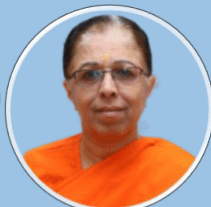
7.00 to  
8.30 pm

23<sup>rd</sup> &  
24<sup>th</sup>  
March

25<sup>th</sup> &  
26<sup>th</sup>  
March

7.00 to  
8.30 pm

Satsang on 'Shree Ram - Bali  
Samvada' in Hindi  
By Swamini Anaghananda ji  
CM Thane



Satsang on 'Tukaramanche  
Abhang' in Marathi  
By Swami Medhajananda ji  
CM Khopoli

7.00 to  
8.30 pm

27<sup>th</sup>  
March

28<sup>th</sup>  
March

7.00 to  
8.30 pm

'Sangeet Seva' on  
Geet Ramayana  
By Shri. Vivek ji and  
Sushri. Varsha ji in Hindi  
CM Dombivili



## SHREE RAM SAHASRANAMA ARCHANA

29<sup>th</sup> March, Wednesday, 6.00 pm to 8.00 pm

- Devotees wishing to participate in Shree Ram Sahasranama Archana must register their names in advance.
- Kindly register your name in advance at Chinmaya Shreeram.

## SHREE RAM NAVAMI DAY PROGRAMME

30<sup>TH</sup> MARCH, THURSDAY

PROGRAMME	TIME
Akhanda Shree Ram Nama Japa	6.30 a.m. to 12.00 noon
Ved Mantra Pathan	6.30 a.m. to 8.00 a.m.
KALASHABHISHEKAM	7.30 A.M. TO 9.30 A.M.
Shodashopachara Pooja	8.30 a.m. to 10.00 a.m.
11 times Shreeram Raksha Stotram Chanting	10.15 a.m. to 11.45 a.m.
Maha Arati	12.00 noon
Bhajans	12.30 pm
Mahaprasad	12.30 pm
Evening Special Pooja	5.45 pm

*All are invited for the Programme and Mahaprasad*



## FORTHCOMING PROGRAMME

### Shri Hanuman Jayanti

- Date: 6<sup>th</sup> April 2023, Thursday
- Shri Hanumanji Pooja – 6.30 am
- 108 times Hanuman Chalisa Chanting – 8.00 am onwards

## SHREE RAM NAVARATRI OFFERINGS

### Ramnavami day – 30<sup>th</sup> March, Thursday

SEVA	OFFERINGS
Mukhya Yajamana for Shodashopachara Pooja	15,000/-
Annadana for 50 persons	2,500/-
Annadana for 25 persons	1,500/-

### Kalashabhishekam – 30<sup>th</sup> March, Thursday

ABHISHEKA	OFFERINGS
Ganga Jal Abhisheka	500/-
Milk Abhisheka	750/-

### Shreeram Sahasranama Archana - 29<sup>th</sup> March, Wed

SEVA	OFFERINGS
Mukhya Yajamana	7,500/-
Flowers	2,000/-
Chinmaya Shreeram Sahasranama Archana	250/-

### 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/-

- Donations can be made by cheques drawn in favor of “CCMT A/c Chinmaya Mission Mulund”, payable at Mumbai.
- Donations are exempt under section 80G of Income tax.
- Donations / Offerings are acceptable at Chinmaya Shreeram every day from 5.00 pm to 7.30 pm.
- Kindly scan QR code for Donations / Offerings.



### CHINMAYA MISSION MULUND

Chinmaya Shreeram, First floor, Aroto House, P.K. Road, Mulund (West)

Tel.: 022 25671381 (Between 5.00 pm to 7.30 pm)

WhatsApp: +91 22 2567 1381 [www.chinmayamissionmulund.com](http://www.chinmayamissionmulund.com)



## EDITORIAL COLUMN

*Harih Om!*

क्षणं प्रतिक्षणं यन्नवं नवं, तच्च सुन्दरं सच्च तच्छिवम्।  
वर्ष नूतनं ते शुभं मुदं, उत्तरोत्तरं भवतु सिद्धिदम्॥

‘That which is fresh and new at every moment is indeed beauty. That is the Truth and verily that alone is auspicious. May this New Year be auspicious, delightful and bring greater and greater achievements and well-being for you.’

We, at Chinmaya Shreeram, bade adieu to 2022 and ushered in the New Year 2023 with the customary Vishnu Sahasra Nama Archana from 5 to 7 pm on New Year’s Eve which was attended by a large number of devotees.

There could not be a better way to begin the New Year than with a Jnana Yajna in Marathi by Swami Pratyayananda ji, CM Nanded on the third chapter of the Geeta i.e. Karma Yoga from 11<sup>th</sup> to 17<sup>th</sup> January at the Bombay Presidency International School, Mulund East.

In the mornings, Swamiji spoke on *Chaangdev Pasashti*, the sublime teachings of the One Truth by the spiritual giant Jnaneshwar Maharaj, while in his boyhood to Changdev, a great Yogi of those times who had lived 1400 years. Changdev had mastered death but not the ego. Jnanoba in these 65 *ovis*, like a compassionate master turned the student's attention to the Infinite Self within, the one without a second.

Swamiji in his unique witty style and elucidation with several examples brought home, in the minds of the listeners, the ideas discussed in the texts. The Yajna, attended by over 250 people was a great success owing to the sincere and cooperative endeavour of the volunteers under the guidance of the President Shri Deepak Gupte and Br. Architji.

Swamiji also addressed the youth on one of the days to instil the importance of having a right goal, means to reach the goal, reasons for failure and the importance of the *CHYK* movement in giving right direction to the



youth and channelizing their energies in the right direction. 16 youth attended the address.

Pujya Swami Purushottamananda ji was fondly remembered and homage was paid to him on the Punya Diwas of His Mahasamadhi on 17<sup>th</sup> January, the concluding day of the Marathi Yajna.

On Sunday, 15<sup>th</sup> January, on the occasion of Makara Sankranti, the customary Ayyappa Pooja was celebrated in a grand manner Chinmaya Shreeram. The altar of the Lord of the Sabari Hills was beautifully decorated atop the 18 steps (signifying the seeker's climb towards the spiritual goal). The celebration began with Ganesha Pooja, Varuna Pooja and then Shodashopachaara Pooja to Lord Ayyappa which included Abhishekams of milk, ghee, honey, chandan etc., Ayyappa Sahasranaama Archana, followed by bhajans and Arati. Pujya Swami Pratyayananda ji paid a visit to the Centre while the Pooja was in progress. He gladly

participated in the Pooja, sang bhajans and addressed the devotees on the importance of worship of the Lord. About 60 devotees attended the function. Lunch packets were distributed as Prasad. Chinmaya Shreeram reverberated with the *Sharana Ghoshams* of ‘Swamiye Sharanam Ayyappa’ and bhajans by the devotees.

The monthly Sampurna Geeta Parayanam was held on Sunday 22<sup>nd</sup> January followed by the Arati. Talking about Arati, we invite devotees to become Arati Yajmans for the daily evening Arati to Pujya Gurudev and the Ram Durbar at Chinmaya Shreeram. Performing Arati along with our near and dear ones, accompanied by Vedic chants at this serene and divine place is a truly fulfilling experience. Those interested can contact on 9819998936.

*Lokah Samasthah Sukhinoh Bhavantu!*

*Smt. Lakshmi Kumar  
Editor - Chinmaya Adesh*

*Dated 22nd Jan'23*

## **Article on Pujya Guruji's address**

(In December 2022, Chinmaya Mission Mulund had organised a camp for children and elders titled 'Sacred Seven', which we had covered in the last month's editorial. This is an article by one of our facilitators Biswajit Gupta on Pujya Guruji Swami Tejomayananda ji's address to the campers.)

As an offering to Guruji, the children chanted the Sapta Mokshapuri shloka which formed the theme of the camp and then sang the camp song. Guruji loved the camp song for its lyrics, by Rama Bhatia, music composition by CHYK Sindhuja Venkatraman, and its rendition by the children. His face lit up with a big smile and he gave a double thumbs up!

Guruji began his address to the children after seeking Gurudev's blessings. Naturally his opening remark was a question, "Mokshada nagari! What is moksha?" There were several answers from the children but the one he liked best was, "Moksha is peace and happiness". Guruji's examples were vivid! The

children were told to think of two photographs of theirs – one as they leave for school and another when the final bell rings and school is over! The going to school with reluctance is the sign of bondage and the joy at the end of the day when school is over is moksha! Chutti!

Moksha is Ananda Swaroop. It is called liberation, emancipation and all that but it is ananda! Guruji went on, “Isi liye yahan (meaning for the children) mokshada nagari and badon ko (meaning the parallel camp for elders) Tips for happy living”. “Moksha hai ananda roop aur inko diye hain tips hamne ananda ke!”

How is ananda obtained? Where is it to be found? If ananda is in ice-cream would a non-stop eating of ice-cream bring happiness?

We have to do two things daily – give and take! Aren't all our transactions just this? Give and take! Once again, Guruji made this understanding of give-and-take so simple with an example of daily life. It is not possible to

only breathe in or to only breathe out! Both have to happen. We need to learn what to take and what to give. Take the name of the Lord. And what to give? Only that which is yours can be given! Is it possible for someone to give away the Taj Mahal?

What does one have? The most common understanding is of giving money. If one has money and can spare some of it, then it can be given for a noble purpose. It should not be squandered. This is “dhana-daana”. If someone has no money to give but he is healthy and strong, the strength can be put to use. This is “shrama-daana”. Some have time to spare. Such persons should spend time with the old and aged. Similarly, one can donate spare land (bhoomi-daana). Cows can be donated as “go-daana”. Knowledge can be given as “vidya-daana”. If one cannot teach, one can assist those who are teaching.

If none of the above is possible, we can be polite and sweet in our speech! This costs no money! Both, the speaker and listener,

become happy! And what if even the art of talking is absent? One can think, isn't it? That is why we should pray, “Sarve bhavantu sukhinah, sarve santu niramayah” We can wish well for all. May they be happy and healthy!

Just see how many things one has for giving! Take, the Lord's name. Give, seva in any form! But some are worried about what will be left for them if they give! Arre! Jo kuch tere paas hai, uska nitya hi karna daana, Kami na hogi tujhe kabhi bhi kyun ki daata hai Bhagwan!

Mukh mein ho Ram naam, Ram seva haat mein. One for taking, other for giving! This will make you happy and the receiver too! Isn't this Moksha Nagari!

How many Moksha Nagaris are there? Seven? No! Just one! Your heart! Any number might be told to you but in the end what matters is what is in your hriday-mandir, hriday-puri!

So easily, sweetly and effortlessly Guruji explained moksha for both the parallel camps – Tips for Happy Living and Moksha Nagari.

## CHINMAYA GEETA ESSAY COMPETITION 2022 PRIZE WINNERS LIST

NAME	PRIZE	LANGUAGE
HARI KUMAR	FIRST	ENGLISH
NAGARATNA HOLLA	FIRST	KANNADA
SUDHA KURDUKAR	FIRST	MARATHI
KALA VISWANATHAN	FIRST	TAMIL
R. BHUVANESWARI	SECOND	ENGLISH
SARITA RASALKAR	SECOND	KANNADA
HIMAGAURI KULKARNI	SECOND	MARATHI
NITHYA MANI	THIRD	ENGLISH
RATNA BARGI	THIRD	KANNADA
BISWA JIT GUPTA	CONSOLATION	ENGLISH
GUHAPRASATH RAJGOPAL	CONSOLATION	ENGLISH
JAI SHARMA	CONSOLATION	ENGLISH
K. KAMALINI RAO	CONSOLATION	KANNADA
SUNITA DAMLE	CONSOLATION	MARATHI
DAMAYANTEE AMRUTE	CONSOLATION	MARATHI

*May the brilliancy of Lord Sun enter thee to shine through  
your intellect. Be regular in your Japa and invoke the Grace of  
the Lord upon your Buddhi.*

*Swami Chinmayananda*



## Why Ethics?

**H. H. Swami Chinmayananda**

In the religion of the rishis, ethics and morality are not a set of heartless rules of "do's" and "don'ts", with a baseless threat of an eternal damnation for all those who dare disobey those prophet-made rules. This is at once the strength and weakness of Hinduism. It is a weakness inasmuch as it gives freedom for those who want to condemn themselves to an ugly life of sighs and sobs for themselves and, death and destruction for others. Compared with other religions of the world the brilliance and beauty of Hinduism are not merely in that we are not enslaved by the commandments of any single prophet, but also in that we are not forced to obey implicitly any rules of conduct prescribed by any divine authority of an ancient dead past; they strive to make us understand why a certain way-of-life has been prescribed.



No doubt, many of the moral and ethical rules of right living are common in all the existing religions. But only in Hinduism are they emphasised as so many intelligent policies of economizing the personality dynamism available in individuals. The quality and quantity of thoughts entertained by any given personality determine the amount of wear and tear suffered. We see amidst us cheerful men living a life, both vigorous and youthful, even at the age of eighty, and also wretched specimens who show the weariness of eighty years even at the age of eighteen. Dissipation of mental energies ends in the "tuberculosis of the mind". To detect this wasteful disease at the right moment and to carefully nurse back the tubercular mind to a healthy condition is the contribution of ethics in our Yoga. Such a rehabilitated mind returned to the pursuit of the right values of life brimming with an ever-growing energy, becomes the right vehicle to gain real achievements in life.

A mental rehabilitation programme consists of two distinct aspects:

- (a) conserving energy, and
- (b) redirecting it into profitable channels.

Energy is now wasted through wrong channels of egoistic self-assertion and vain sense of self-importance. To divert the thought flow from these self-destructive-directions is to stop all exhaustions and thereby accomplish the conservation of our mental and intellectual energies. No columns of living energy can be indefinitely conserved, for, they grow in their force and can, when left to themselves, blast even the thickest barriers and continue again to flow through the same old wrong ruts of dissipations.

In order to avoid this calamitous tragedy, the conserved energies should not be held back indefinitely but must be intelligently diverted to water profitably the fields of useful endeavour. It is to emphasize this purpose that in Hinduism ethical and moral life has been given but a secondary importance when

it is compared with the insistence of the rishis upon regular scriptural study, meditation and constant and faithful devotion unto the Supreme. Ours is not a Sunday-Church devotion or a Friday-Mosque religion. In our Sacred Books, the insistence is upon the seeker's mind lifting itself in attunement with the ideal of his heart constantly (nityam).

In all the sermons of the rishis, prescribing such moral values and ethical beauties of conduct, they concluded their declarations with the same chorus - they repeatedly advise us to apply the mind so purified at the feet of the Lord-of-our heart (ishta devata) in steady contemplation. This is true in the Upanishads, in the Geeta and in the puranas. This yoga-spirit is the strength of Hinduism. Its practical positivism is the glory of our culture. The great rishis can be, perhaps, accused of having failed to dogmatically prescribe, or fanatically insist upon, a series of blind and deaf, mute and dead, "do's" and "don'ts". In our modern days of rules and regulations', covenants and

legislations, bills and enactments, we perhaps feel even unhappy that there are no definite commandments in our religion - regarding which we "are not to question why", we "are but to do and die".

Artistic self-growth, spiritual fulfilment in life, moral unfoldment within, ethical growth in the personality - these cannot be achieved except in an atmosphere of freedom and understanding. These were the goals pointed out by our rishis for man to follow. They had no intention of marching a dead thoughtless multitude through definite routes towards either the dark chambers of an eternal hell or into the well-lit golden halls of a perpetual Heaven.

The rishis were evolving God-men from the animal-men and their moral and ethical rules were all to chasten men to become men-of-God - pure at heart, noble in thoughts, magnanimous in attitude, and living in action. The perfection in Hinduism is a State of Joyous Harmony lived by man among men

even while living in this very embodied existence. Ethics in India is a hand-maiden to such a diligent and daring seeker.

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**चिन्मय मिशन मुलुंड**  
नवीन अभ्यास वर्ग व गीता पठण  
दि. - ०२.०२.२०२३ पासून  
दर गुरुवारी  
विषय - साधना पञ्चकम्  
(आदि शङ्कराचार्य कृत)  
संध्याकाळी - ५.०० ते ६.००  
सेविका - श्रीमती दमयंती अमृते  
संपर्क - ९८३३३९१६२७  
स्थळ - बी-२९, राष्ट्र सारथी सोसायटी, दीनदयाळ नगर,  
नवघर रोड, मुलुंड (पूर्व), मुंबई - ४०००८१



Vishnu Sahasranama Archana on the  
eve of New Year



## आजचा दिवस आपला परम पूज्य स्वामी तेजोमयानंद

कर्म करून त्यांचे फळ प्राप्त करणे, त्यांचा संग्रह करणे व ते वितरीत करून सेवा करणे या गोष्टी आपण फक्त वर्तमान काळातच करू शकतो. भूतकाळाबाबत वर्तमानात आपण काहीही करू शकत नाही. तसेच भविष्यकाळासंबंधीही आता आपल्या हातात काहीच नसते. गतकाळाच्या मृत क्षणांबद्दल आणि भविष्यातील अज्ञात क्षणांबद्दल आपण कधीच काही करू शकत नाही. जिवंत आणि स्फूर्तिदायक वर्तमानकाळातच कठोर परिश्रम करून आयुष्यातील प्राप्त करण्याजोग्या गौरवशाली गोष्टी प्राप्त करता येतात.

भविष्यकाळ वेगाने वर्तमानात परिवर्तित होऊन भूतकाळाच्या गर्तेत जमा होत असतो. काळ कधीच थांबत नाही. तो निसटतच असतो. आपल्या नवीन योजनांना सुरुवात करण्यासाठी 'आत्ता' हीच शुभ घडी

आहे. विलंब नेहमीच घातक, निरुपयोगी व निरुत्पादक असतो. कोणत्याही महान आणि योग्य हेतूने कर्म करण्यास आजचाच सुमुहूर्त आहे. संधी सगळ्यांनाच मिळत असतात. जे चाणाक्ष असतात ते त्याचा फायदा करून घेतात, मूर्ख मात्र त्या दवडतात. म्हणून सेवा करण्याची संधी हुशारीने आणि सावधानतेने ओळखू या आणि जोपर्यंत आवाक्यात आहे, तोपर्यंत आपण तिचा पुरेपूर फायदा करून घेऊन आपल्या इच्छेप्रमाणे फळ मिळवू या.

अशाप्रमाणे आपल्या संधींबद्दल आपण सजग होऊन त्यांचा उपयोग करण्यात तत्पर आहोत हे सिद्ध केल्यास व सातत्याने प्रयत्न करण्याइतपत आपण समजदार असल्यास आपले योग्य व प्रामाणिक परिश्रम सार्थकी लागतील.

भावी अपयशाच्या किंवा अडथळ्याच्या भयाने आपण जराही शिथिल होता कामा नये. एकदा आपण महान आणि उदात्त कार्याला सुरुवात केली की, आपण नजरेच्या

टप्प्यात आलेल्या परिपूर्ण यशाच्या राजमार्गावरच असतो. आपण निवडलेल्या लक्ष्याच्या उदात्ततेवरील श्रद्धेने आणि आत्मविश्वासाने उचललेल्या धिम्या, साहसी पावलांमुळेच सगळ्या देदिप्यमान यशाची प्राप्ती होत असते. सातत्याने आणि आनंदाने उचललेल्या लहान लहान प्रयत्नांच्या पावलाने आपण भव्य दिव्य कर्माचे व यशाचे शिखर गाठू शकतो. प्रयत्नांचे सातत्य राखण्यासाठी निश्चय करण्याचे धाडस आणि उदंड उत्साह भरपूर प्रमाणात असल्यावर प्रामाणिक साधकास निश्चितच यशप्राप्ती होईल.

जोरदार, जाणीवपूर्वक आणि अर्थपूर्ण सुरुवात करण्यासाठी आपण उत्साहाने स्वतःला फटकारून जागृत केलेच पाहिजे. तरच आपल्या प्रामाणिक व खोलवर रुजलेल्या आशा-आकांक्षा, डोळ्यापुढील ध्येय आणि त्यासाठी केलेल्या योजना आपल्या हयातीतच पूर्ण होतील. आध्यात्मिक किंवा ऐहिक महान सफलतेचे हेच एक गमक आहे.

आपल्याला जागृत करण्यासाठी याच्याहून मुहुर्त वाट



पाहण्याची गरज नाही. योग्य काम करण्यासाठी वर्तमान क्षणापेक्षा दुसरा सुयोग्य क्षण नाही. जेव्हा आपला दृष्टिकोन प्रामाणिक आणि ध्येय दिव्य असेल तेव्हा आपण त्वरेने काम हाती घेण्यात मुळीच हयगय करू नये. अचानक आपल्या लक्षात येईल की, यापूर्वी इतक्या संधी आपल्याला कधीच मिळालेल्या नव्हत्या. आपल्या कामामध्ये अशा रीतीने प्रोत्साहित झाल्यावर चांगले कर्म करण्यासाठी आपल्यापैकी कोणालाच अधिक उत्तेजनाची आवश्यकता वाटणार नाही. निःस्वार्थीपणे व समर्पणाच्या भावनेने केलेले कर्म म्हणजेच सत्कर्म. योग्य मानसिक धारणेने अंगीकारलेल्या अशा सत्कर्मांमध्येच अक्षय आनंदाचा ठेवा व उदंड उत्साहाचा स्रोत अंतर्भूत असतो. **आपण तो प्राप्त करून घेतलाच पाहिजे.**

आपली दुर्बलता व कमकुवतपणा यांची चिंता करण्याचे कारण नाही. आपल्या जवळ जे जे उत्तम आहे त्याचा उपयोग करून समोर असलेले कार्य करण्यास सुरुवात करू या. जसजसे आपण पुढे जाऊ तसतसे आपल्यातील,

न वापरलेल्या, प्रभावी क्षमतांचा प्रचंड धबधबा कोसळू लागल्याचे आपल्याला आढळून येईल. हा नियम आहे, याला अपवाद नाही. उत्साहपूर्ण व प्रामाणिक प्रयत्न न करणारे व स्वतःला विकसित करण्याच्या या संधीचा फायदा न घेणारे निव्वळ मूर्खच! हे सर्व आजच करा. या क्षणाला आपण सुरुवात केलीच पाहिजे.

अकार्यक्षम आणि अयशस्वी लोकांची कुरकुर असते की, परिस्थिती जर अनुकूल असती तर त्यांनी खूप काही केले असते. त्या उलट, विजयपथावर असलेला खंबीर माणूस काम करण्यासाठी व यशस्वी होण्यासाठी अधिक चांगल्या परिस्थितीची वाट पाहात वेळ दवडत नाही. उपलब्ध असलेल्या क्षेत्रात मोठ्या धडाडीने सुरुवात करून तो त्याचे सामर्थ्य सिद्ध करतो. शेवटी आवश्यक ती परिस्थिती तो स्वतःच घडवतो. आपण आपला मोठेपणा आणि वैशिष्ट्य वर्तमान परिस्थितीतच सिद्ध केले पाहिजे.

प्राप्त परिस्थितीत मोठ्यात मोठ्या कामाची सुरुवात करण्यासाठी, आपल्या आशा कृतीत उतरविण्यासाठी व

उत्तम यश मिळविण्यासाठी आवश्यक ते रंगमंच येथे आणि आत्ताच आहे. सर्व कर्मे तडीस नेणाऱ्या परमेश्वरावर - 'यज्ञाध्यक्षा'वर पूर्ण श्रद्धा ठेवून, दुःख, कष्ट, टीका, दोषारोप, अडथळे आणि कठीण प्रसंग यांची पर्वा न करता सेवाक्षेत्रात उतरण्याचे धाडस आपण केलेच पाहिजे. आपण यशस्वी झालेच पाहिजे.

महत्त्वाचे म्हणजे समाज व विश्वाची सेवा करण्यासाठी आपल्याला उपलब्ध झालेल्या संधींबद्दल आपण नम्र आणि कृतज्ञ राहू या. आपल्या स्फूर्तिदायक ध्येयामध्ये स्वतःला झोकून देऊ या आणि उत्साहाने त्यांच्याशी एकनिष्ठ राहू या. त्यानंतरच ते ध्येय साध्य करण्यासाठी आपण आपल्या क्षमता सहजपणे एकत्रित करू शकतो.

आपले पूर्ण मनसामर्थ्य आणि क्षमतांविषयी सांप्रतची आवश्यक ती कर्तव्य-कर्मे प्रेमाने करण्यास आपण सज्ज होऊ या. परिश्रमपूर्वक चांगले काम करून, घाम गळून, आपण यशस्वी होऊ या. आपल्या ध्येयाने जर आपले

मन प्रेरित झालेले असेल तर कर्म करण्यातच आनंद दडलेला असतो, हे लक्षात येईल.

ध्येय प्राप्तीसाठी निःस्वार्थीपणा व आनंदाने काम करण्याची क्षमता अधिकाधिक वाढविलीच पाहिजे. प्रत्येक दिवशी ध्येयाच्या दिशेने केलेली यशस्वी वाटचाल उद्याचा उज्ज्वल उषःकाल दाखवू शकेल. आपल्या शांत झालेल्या अंतःकरणात, परिपक्व झालेल्या प्रज्ञेच्या प्रकाशात रोज सायंकाळी चिंतन केलेच पाहिजे, ज्यायोगे समाधानाच्या रुंदावलेल्या कक्षांना सोनेरी किनार लाभेल.

आजचा दिवस आपला आहे. कालचा दिवस भूतकाळात जमा झाला आहे, उद्या अजून उगवायचा आहे. कर्म आणि सेवा करण्यासाठी, आचरणातून स्वतःला अभिव्यक्त करण्यासाठी आणि प्रेम करीत जगण्यासाठी प्रत्येक दिवस अगणित संधीचा वर्षाव करीत असतो.

आपले जीवन समृद्ध, सफल व नित्य परोपकारी होण्यासाठी आपण या सुसंधीचा दक्षतेने लाभ उठवलाच

पाहिजे. अशा काही धैर्यशाली, प्रामाणिक ईशसेवकांच्या संघाकडूनच, भले ते संख्येने थोडे असले तरी, राष्ट्राची जडणघडण होईल, विश्वाचे रक्षण होईल. आपण हे केलेच पाहिजे.

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**Geeta Jnana Yajna in Marathi by Swami Pratyayananda ji CM Nanded at Mulund East**



**Ayyappa Pooja on Makara Sankranti day**



## Daivi Sampatti Karmāsangah (Non-attachment to Action)

*[A series of short talks by Br. Archit Chaitanyaji (formerly 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 3<sup>rd</sup> January to 2<sup>nd</sup> February 2022. This column is a transcription of the talks by Smt. Malati Majumdar, a study class member.]*

“Karm-Yogi” is one who has mastered “Karm-Yoga” – One who has complete command over the “Yoga” aspect of Karma.

Karma Yogi is one who performs worldly duties while keeping the mind attached to God.

There is a मापदंड/māpadanḍa (standards) of कर्म /karma अनासक्ति /anāsakti in him.

What is meant by कर्म अनासक्ति? It means

detachment from action.

Attachment (sanga) can be of two types – (1) attachment to the fruits of action (2) attachment to the act itself.

There are three methods / means of action: Kaya, Vacha, Manasa.

Kaya = Action performed at the physical level (body).

Manasa = Action performed at the thought level.

Vacha = Action performed by words through speech.

Speech or words are the most frequented means of action, followed by the physical level and thought level.

For example, one may say, “I punched him a couple of hard knocks in my mind”. This is action at the mental level. Thinking, deliberating something. It is very difficult to relinquish (let go) thoughts.

Just as handing over the responsibilities of the household to a newly married daughter-in-law is difficult – it is not easy to give up

attachment. One has reached the retirement age but is unwilling to bow out. And then social norms forcibly enforce retirement after a certain age. The attachment is such that it refuses to let go. The passion to act is unyielding.

The Lord indicates that once Karma-Yoga (Karma = occupational duties, Yog = Union with God) is steadfast, the attachment to action will also decline. Detachment to action increases. Completely giving up action is not an option. So how does one perform actions such that detachment is cultivated – one is able to let go with ease.

The Puranas talk about Kings who ruled the land with complete dedication, relinquished the power and proceeded to live the remainder of their life in the forest (Vana-prashtah). Imagine the detachment they exercised in discharge of their role.

How does one cultivate this attitude of dispassion / detachment towards action?

A short story will illustrate the point – there



were two good friends who parted company when one of them got a job. While leaving, he told his friend, “You may live in my house as long as you wish. Just maintain the place and pay for the water, electricity.” It was a luxurious home and the offer was generous one – the friend took it up gladly. A number of years passed by – he continued to live in his friend’s residence, taking care, maintaining it. One day he received a letter from his friend saying that he was prospering where he was and intended to settle there for good. “I gift the house to you”. This was indeed a windfall for the friend who was living in that house. He was delighted. And then came thoughts, “The fence of the house needs to be repaired. I wonder what will be the valuation of this house?”

What changed? All along he lived there, he was taking care to maintain the house, but now that he owned it, there was a feeling of attachment.

So, the attitude with which he discharged his

duty earlier was with detachment. This is the attitude one must cultivate – knowing that we own nothing in this world. Everything belongs to the Supreme Lord Jagadeeshwara (Jagat-ishwar). Jagannath, the Lord of the world owns everything – he has entrusted me with a small task, role that I must discharge for Him. Such a perspective in conducting our actions helps being grounded.

The moment one gets attached to actions, all the tribulations surface.

Just like a person tending to his garden or the garden of someone else. One may argue that without ownership of actions, how can there be sincerity? Actions will become indifferent, laidback.

That actions do not become tainted by indolence, apathy, one should dedicate the action to God. I am merely a caretaker assigned with a small task by Him. When one engages in performance of duty with this mindset, detachment to action becomes resolute.

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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