



“तस्य भासा सर्वमिदं विभाति”

# चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

एकत्रिंशत् (XXXI) स्रोतः

MARCH - 2024

त्रिणि (III) रश्मिः



# Chinmaya Mission Mulund



organises

**Gnana Yajna**

*by Pujya Swami*

*Jitatmananda Saraswati Ji*

(Chinmaya Mission Kozhikode - Kerala)



**BHAGAWAD GEETA CHAPTER 13**

**From: 9th to 15th March 2024**

**Evening: 7 pm to 8.30 pm (in Malayalam)**

**Talk on Mahavakya "Prajnanam Brahma"  
based on AITAREYOPANISHAD**

**From: 10th to 15th March 2024**

**Morning: 7.30 am to 8.30 am (in Malayalam)**

===== **VENUE** =====

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

**Contact: 9820085372**

**9819569631**



**All are cordially invited**





# CHINMAYA MISSION MULUND

organises

## BALAVIHAR SEVAK / SEVIKA TRAINING PROGRAMME



**Date:** Sunday, 17<sup>th</sup> March, 2024

**Time :** 3.00 pm to 6.00 pm

**Eligibility:** Individuals above 18 years committed to start Balavihar classes.

### HIGHLIGHTS OF THE TRAINING PROGRAMME:

- The vision of Balavihar
- Introduction to the curriculum
- Art of story telling
- chanting of stotrams
- Innovative ways to teach bhajans etc

### What is Balavihar?

Balavihar is a weekly gathering of children between the ages of five-fifteen years.

### What is the aim of Balavihar?

To help children bloom, grow and inculcate values through fun filled activities. It provides spiritual and cultural grounding for children growing up in modern world.

### What is the frequency and duration?

Once in a week for 60 minutes

### How many Sevak / Sevika are required to conduct a Balavihar?

1 to 3

### When and Where to take?

As per the Sevak / Sevika's convenience

### Why should I become a Sevak / Sevika?

Contributing positively in building our future generation, opportunity to grow at emotional, intellectual and spiritual level, Self learning process, Unlearn and Learn life concepts

### Entry Free

To register click on the link below

<https://chinmayamissionmulund.com/csbalavihar-sevika-training-2024/>

Contact: Pavitra - 9867338832

VENUE: Chinmaya Shreeram, Aroto House, P K Road, Mulund (West)



# SHREE RAM NAVARATRI MAHOTSAVA

CHINMAYA SHREERAM 21<sup>ST</sup> PRATISHTHAPANA DAY

9<sup>TH</sup> APRIL TO 17<sup>TH</sup> APRIL 2024

## DAILY PROGRAMME

DATE	DAY	TIME	PROGRAMME
9 <sup>th</sup> April to 16 <sup>th</sup> April	Tuesday to Tuesday	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 at Chinmaya Shreeram

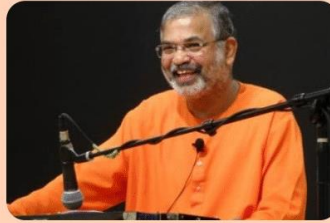
9<sup>TH</sup> APRIL TO 15<sup>TH</sup> APRIL 2024



9<sup>th</sup>  
April

7.00 to  
8.00 pm

‘Ramajayam Gurunamajayam’  
A dance tribute to Lord Shree  
Rama and Param Pujya Gurudev  
by Kanaka Sabha  
Performing Arts Centre



10<sup>th</sup> to  
14<sup>th</sup> April

7.00 to  
8.30 pm

Satsang on ‘Purajana Geeta’  
(Doha No. 42 to 47-Uttara Kaanda)  
in Hindi  
By Pujya Swami Advaitananda ji  
CM Nashik

15<sup>th</sup>  
April

7.00 to  
8.30 pm

‘Sangeet Seva -  
Ek Shaam Ramji ke naam’  
By Swami Advaitananda ji  
CM Nashik

# SHREE RAM SAHASRANAMA ARCHANA

16<sup>TH</sup> APRIL 2024, TUESDAY, 6.00 PM TO 8.00 PM

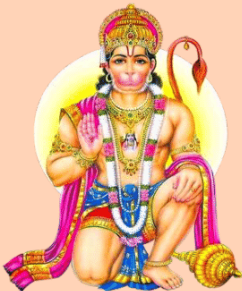
- Devotees wishing to participate in Shree Ram Sahasranama Archana must register their names in advance at Chinmaya Shreeram.
- For queries, contact: 9867338832

# SHREE RAM NAVAMI DAY PROGRAMME

17<sup>TH</sup> APRIL 2024, WEDNESDAY

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.
Shodashopachara Pooja	8.00 a.m. to 9.45 a.m.
Shreeram Raksha Stotram Chanting	9.45 a.m. to 11.15 a.m.
Satsang in Hindi with Acharya Vivekji CM Dombivli	11.15 a.m. to 11.59 a.m.
Maha Arati	12.00 noon
Bhajans by Devotees	12.30 p.m.
Mahaprasad	12.30 p.m.
Evening Special Pooja	5.45 p.m.

*All are cordially invited for the Programme and Mahaprasad*



## FORTHCOMING PROGRAMME

### Shri Hanuman Jayanti

- Date: 23<sup>rd</sup> April 2024, Tuesday
- Shri Hanumanji Pooja – 6.30 am
- 108 times Hanuman Chalisa Chanting – 8.00 am onwards

# SHREE RAM NAVARATRI OFFERINGS

## RAMNAVAMI DAY – 17<sup>th</sup> APRIL, WEDNESDAY

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

## SHREE RAM SAHASRANAMA ARCHANA – 16<sup>th</sup> APRIL, TUESDAY

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/-
Daily Flower Decoration	1,000/-

### Donations can be made in any of the following methods:

- Cheques drawn in favor of “CCMT A/C Chinmaya Mission Mulund”, payable at Mumbai.

- Personally, at Chinmaya Shreeram every day from 5.00 pm to 7.30 pm.

- Scan the QR code for donations/offerings.

**(Donations above Rs. 500/- are exempted under section 80G of Income tax)**



FOR DETAILS PLEASE CONTACT

**CHINMAYA MISSION MULUND,**

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

Ph.: 9820085372, 9867338832

☎ : +91 22 2567 1381

[www.chinmayamissionmulund.com](http://www.chinmayamissionmulund.com)



## EDITORIAL COLUMN

*Harih Om!*

Dear Readers,

The highlight of the month that went by was the Jnana Yajna at Chinmaya Shreeram by Swami Ramakrishnananda ji, CM Nagapattinam. 'Inspirations from Ramayana for Success' was the theme of the talks in English in the evenings from 10<sup>th</sup> to 14<sup>th</sup> February. In the mornings from 11<sup>th</sup> to 15<sup>th</sup> February, Swamiji spoke in Tamil on Chapter 4 of the Bhagawad Geeta- *Jnana Karma Sannyasa Yogah*. More than 100 seekers attended the talks in the evenings and about 40 in the mornings. Swamiji's jovial and unique style of explanation with Powerpoint presentations enthralled the audiences.

Earlier in the month, on 2<sup>nd</sup> February Swami Abhedananda ji, Spiritual head of Chinmaya Mission South Africa visited our Centre for *Arati* followed by *Satsang*. The *Satsang* which was fixed with a notice of less than a day



was well attended. Swamiji captivated the audience with his heart touching talk and practical tips on ‘How to get rid of *Ahankar*’.

On Saturday 3<sup>rd</sup> February, there was a session on ‘Intellectual Transformation’ under the ‘Transforming Indians to Transform India’ initiative.

The monthly Sampoorna Geeta Parayanam was conducted from 3.30 to 6.30 pm on Sunday 18<sup>th</sup> February followed by the *Arati*.

We look forward to the Geeta Jnana Yajna (Chapter 13) in Malayalam by Swami Jitatmananda ji, CM Kozhikode, Kerala from 9<sup>th</sup> to 15<sup>th</sup> March at Chinmaya Shreeram. In the mornings, Swamiji will expound the Mahavakya ‘Prajnanam Brahma’ based on Aitareyopanishad from 10<sup>th</sup> to 15<sup>th</sup> March. Please spread the word to your contacts who understand Malayalam. All are invited with family and friends for the talks.



A Balavihar Sevak/Sevika Training has been arranged on Sunday 17<sup>th</sup> March at Chinmaya Shreeram from 3 to 6 pm. The training programme will cover the vision of Balavihar, introduction to the curriculum, the art of story-telling, chanting of *stotrams*, innovative ways to teach *bhajans* etc. Those willing to become Sevaks/Sevikas are invited to enrol for the training programme. Unto Him Our Best!

*Lokah Samasthah Sukhinoh Bhavantu!*

*Smt. Lakshmi Kumar*

*Editor - Chinmaya Adesh*

*Dated 28th February 2024*

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Swami Abhedanandaji's Satsang

# Book of the Month

## श्रीरामचरितमानस प्रवचन

गोस्वामी तुलसीदासजी विरचित श्रीरामचरितमानस में कहा गया है की रामकथा गूढ़ है जिसमें अनेक रत्न छिपे हुए हैं। जैसे पर्वतों में छिपे हुए मणियों को देखने के लिए एक मर्मी की आवश्यकता होती है वैसे ही रामकथा की भी बात है।

स्वामी तेजोमयानन्दजीने अपने प्रवचनों में स्वयंप्रकाश भक्ति मणि को मधुर व सरल भाषा में प्रकट किया है।

इसी प्रकार अध्यात्म के अन्यान्य विषयों पर भी प्रकाश डाला है। कथा श्रवण पठन की सार्थकता इसी में है की हृदय में श्रीरामप्रेम उत्पन्न होकर निरंतर बढ़ता जाए। स्वामीजी ने इसी बात को वारंवार दोहराया है। श्रीराम प्रेम ज्ञान को सरस बना देता है। हमें विश्वास है की सभी साधकों की प्रार्थना होगी की प्रिय लागहु मोहि राम।

स्वामीजी के प्रवचन अब दो खण्डोंके एक संग्रह में चिन्मय श्रीराम पुस्तकालय में उपलब्ध हैं।





## Voice of Chinmaya

### H. H. Swami Chinmayananda

OURS is an Age of Science. The new India thrilled with her freedom is looking forward for a healthy future wherein the maximum number can come to enjoy the maximum amount of peace and happiness in life. From time immemorial, ours has been the land of spiritualism and the whole world has always been looking up to us to teach them the right ways of living and the true moral standard of behaviour. Geographically, India is but a sub-continent, but our Spiritual Empire has no boundaries at all in the world. Even today the world is looking up to India with reverence and adoration – not because of her material wealth, military strength, man-power or literature, but they are looking up to us the ‘world monopolists’ in this great Science of Living. In no other field can we so immediately come to excel ourselves as in the

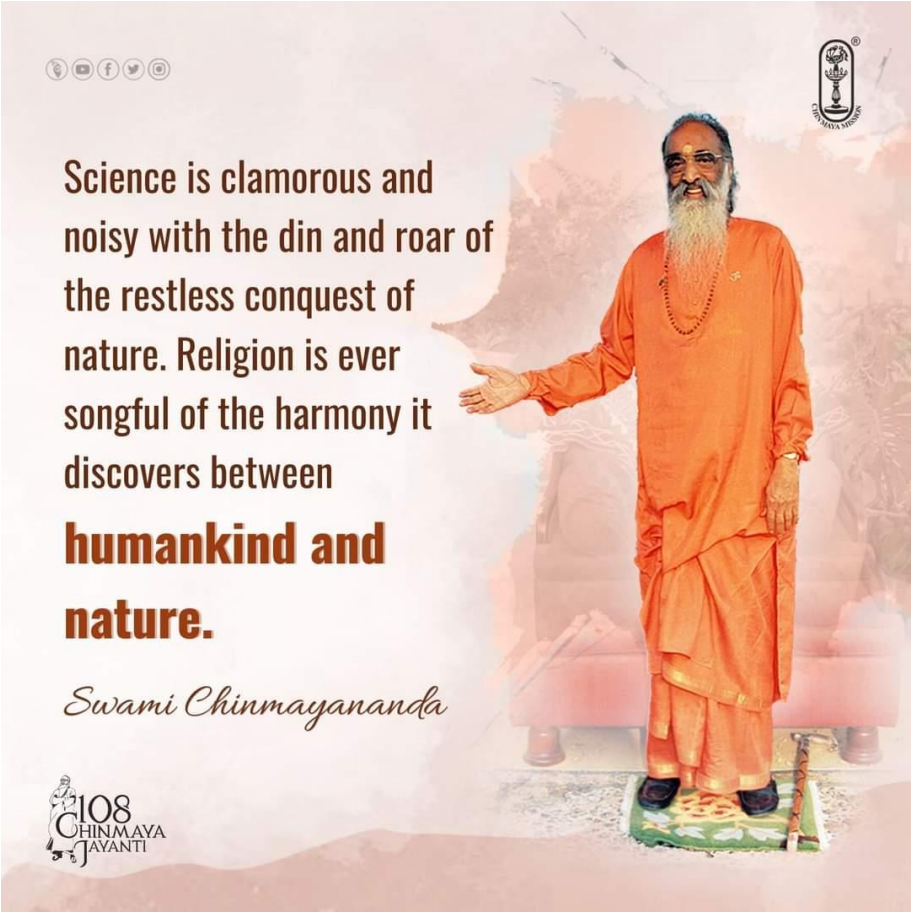
Field of the Spirit, since we have a full theory and a complete technique of rehabilitating man as a better social being and a greater unit in Nature.

The attempts of establishing peace through war have been proved completely to be but a madman's midsummer day-dream! The melodramatic attempts at bringing about a greater happiness to man merely by a scheme of greater production and better distribution is the most modern experiment which has already been realized as a failure by all subtly intelligent observers. It is waiting for the common man's discovery. The cynical desperation with which the day's thinkers are gasping today at the scheme of things in the world, is a clear indication of its true picture. Before it takes roots and spoils the beauty of the generation's character, it will do good to bring this idea within the understanding of the world. This great mission can be accomplished only by an awakened Hindustan that has



grown strong in her morality, firm in her ethics, and devoted in her spiritual strength.

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Science is clamorous and noisy with the din and roar of the restless conquest of nature. Religion is ever songful of the harmony it discovers between **humankind and nature.**

*Swami Chinmayananda*

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## हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

सत्य हे आत्मनिष्ठ आहे. ते ज्ञानाचा विषय नाही. असे आहे तर जे जे काही अस्तित्वात आहे ते सत्य कसे काय असू शकेल? ज्यांनी सत्याचा साक्षात्कार करून घेतला आहे अशांची काही उदाहरणे आहेत का?

यद्यद्वेद्यं वस्तुसतत्त्वं विषयाख्यं।

तत्तद्ब्रह्मैवेति विदित्वा तदहं च।

ध्यायन्त्येवं यं सनकाद्या मुनयोऽजं

तं संसारध्वान्तविनाशं हरिमीडे ॥१॥

अर्थ - जी काही वस्तू विषय म्हणून जाणली जाते ती सर्व काही सारतः ब्रह्मच आहे आणि ते ब्रह्म मी आहे, असे जाणून सनकादि ऋषी त्या अज आत्म्याचे ध्यान करतात. 'त्या' संसारांधकाराचा नाश करणाऱ्या श्रीहरिंची मी स्तुती गातो.

सर्व काही सत्य आहे - सोन्याची कुंडले, सोन्याच्या

बांगड्या किंवा सोन्याचा हार यांच्यामधील सार सोनेच असते. फक्त त्याची नावे, आकार आणि वापरण्याचे हेतू वेगवेगळे असतात. आकारांना धरून ठेवलेले आपण, फक्त अलंकार बघतो, परंतु सोनार जो सारतत्वात रस घेणारा असतो तो सोनेच पाहतो.

या विश्वातील वेगवेगळी नावे, आकार, गुणधर्म आणि त्यांची कार्ये ही सर्व जड, बदलणारी, सांत आणि असत् आहेत. तथापि, ते सर्व मूलतः अपरिवर्तनशील आणि अनंत सत्यच आहे. सत्याच्या दर्शनाने आपण हे संपूर्ण जगत सत्य म्हणूनच जाणतो. हे विश्व जे साक्षात्कारापूर्वी दुःखमय वाटत होते ते त्यानंतर आनंदमय वाटते. हे जग आनंदमय आहे इतकेच नव्हे तर मी स्वतःही आनंदमय आहे, कारण मी सुद्धा सत्य आहे जे सत्-चित्-आहे (ब्रह्मैवाहमिदं जगच्च सकलं चिन्मात्रविस्तारितं..... मनीषा पञ्चकम्-२).

सर्वांना सत्य माहीत असते- ज्या लोकांना 'मी शरीर आहे' असे वाटत असते ते आध्यात्मिकदृष्ट्या अज्ञानी

असतात - (देहोऽमित्येव जडस्य बुद्धिः .....-  
 विवेकचूडामणि-१६०). त्यांना वाटते बाकीचे लोक  
 सुद्धा अज्ञानीच आहेत. दुसऱ्या शब्दात त्यांच्या धारणा  
 चुकीच्या असतात. याऐवजी ज्यांना साक्षात्कार झालेला  
 असतो त्यांना माहीत असते की बाकीचे लोकही,  
 साक्षात्कारीच आहेत कारण कोणीही वास्तविकरित्या 'मी  
 शरीर आहे' असा अनुभव घेतलेला नसतो; तर 'मी शरीर  
 जाणतो' असाच असतो. साधक, श्रद्धेद्वारे काही जण  
 साक्षात्कारी महात्मे आहेत आणि बाकीचे नाहीत, अशी  
 धारणा ठेवतो. धर्माविषयी साशंक असलेली व्यक्ती  
 साक्षात्कारी महात्मे खरोखरीच होते का किंवा आहेत का  
 याबद्दल अनिश्चित असते.

अशा या संशयग्रस्त लोकांना भगवान श्रीकृष्ण खात्रीपूर्वक  
 सांगतात की, हजारो युगांतून हजारो महात्मे तपश्चर्या,  
 योग्य ज्ञान याद्वारे 'मला' सत्याला प्राप्त झालेले आहेत-  
 (बहवो ज्ञानतपसा पूता मद्भावमागताः ॥- भगवद्-गीता  
 ४.१०). श्री शंकराचार्य सनक्, सनातन, सनतकुमार,



सनन्दन यांच्यासारख्या महान ऋषींची उदाहरणे देतात. हे चौघेजण सृष्टिकर्ता ब्रह्माजी यांचे मानसपुत्र आहेत. ते नेहमी लहान मुलांसारखे दिसतात आणि सतत सत्यामध्ये रमण करतात. त्यांची हृदये भगवद्भक्तीने संपृक्त झालेली आहेत. त्यांचे वास्तव्य जनलोक या अनुभव क्षेत्रात असते. परंतु ते कुठेही-अगदी ब्रह्मलोकापर्यंत गमन करू शकतात. ते त्यांच्यामध्येच किंवा ज्ञानाच्या खऱ्या साधकांबरोबर ज्ञानचर्चा करतात. छांदोग्य उपनिषदामध्ये वर्णन आलेले आहे - नारदऋषी हेही ब्रह्मदेवांचे मानसपुत्र आहेत. ज्येष्ठ बंधू सनत्कुमार यांच्याकडून त्यांनी सत्यज्ञान प्राप्त केले होते.

साक्षात्कारी महात्म्यांची उदाहरणे, महान संत आणि ऋषी यांची चरित्रे आपणाला प्रेरणा देतात. ती आपल्याला खात्री देतात की, ध्यानाद्वारे आपणही त्यांच्याप्रमाणेच चुकीच्या धारणांचा त्याग करू शकतो आणि हरिंचा-सत्याचा साक्षात्कार करून घेऊ शकतो.



## Daivi Sampatti Tattva-Gnanartha-Darshanam (Being focussed on the Goal of Moksha)

*[This column is a transcription by Smt. Malati Majumdar, a study class member, of the talks based on the Bhagawad Geeta titled 'Daivi Sampatti' - the spiritual wealth to be acquired by a seeker, posted in the YouTube channel of Chinmaya Mission Mulund, from 3<sup>rd</sup> January to 2<sup>nd</sup> February 2022.]*

In the 13<sup>th</sup> Chapter, the Lord has expounded the Saadhana of तत्त्व-ज्ञानार्थ-दर्शनम् (Being Focused on the Goal of Moksha).

अध्यात्मज्ञाननित्यत्वं तत्त्वज्ञानार्थदर्शनम् ।

एतज्ज्ञानमिति प्रोक्तमज्ञानं यदतोऽन्यथा ॥ 12॥

adhyātma-jñāna-nityatvaṁ tattva-jñānārtha-  
darśhanam

etaj jñānam iti proktam ajñānaṁ yad  
ato'nyathā

adhyātma—spiritual; jñāna—knowledge;  
 nityatvam—constancy; tattva-jñāna—  
 knowledge of spiritual principles; artha—for;  
 darśhanam—contemplation/focus; etat—all  
 this; jñānam—knowledge; iti—thus;  
 proktam—declared; ajñānam—ignorance;  
 yat—what; ataḥ—to this; anyathā—contrary  
 तत्त्व (tatva, “real nature, essence; element”) +  
 ज्ञान (gyān, “knowledge”) : What is the goal of  
 spiritual knowledge (तत्त्व-ज्ञाना) ? It is to  
 achieve salvation (मोक्ष Moksha) - literally  
 means freedom from samsara.

All efforts (पुरुषार्थ) should be continuously  
 (सतत) directed towards achieving this  
 ultimate goal of salvation (मोक्ष).

What this means is that one should never lose  
 sight of this goal – one should be completely  
 focused on this aim.

In other words, the target should be  
 constantly in the radar – it should never slip  
 into forgetfulness, oblivion (विस्मृति)

Generally, athletes place a poster prominently

as a reminder of the target they want to achieve. Once a coach had set a goal for a sprinter, a time-limit for the distance – he dedicated his efforts to achieve this target.

तत्त्व-ज्ञानार्थ-दर्शनम् (Being Focused on the Goal of Moksha) means that this aim should never move out of radar in any stage of life. This burning desire for salvation in other words is “Mumuksha – मुमुक्षा - मोक्ष की कामना.

The desire for salvation – मुमुक्षा – can be intense, passionate, fiery (तीव्र) or impassive, apathetic, indifferent (मन्द)

तीव्र मुमुक्षा – in other words, an intense desire for salvation. This is what I want in life – all efforts are directed towards this sole goal. I am willing to accept all other things in the interest of this ultimate objective. All acts are means towards this end.

Whether one is in the phase of the householder i.e. “Grihastha Ashram गृहस्थाश्रम” or life of renunciation i.e. Sanyaas ashram, embracing the tenets of these phases are penultimate to the final goal of salvation.



One who has lost focus of the goal (मन्द मुमुक्षा) needs to be frequently reminded – for example a student who is distracted needs to be reminded to study when exams approach... Such people who lack singularity in their focus have multiple targets – he has a long to-do list and salvation will be one of the items in this bucket-list.

Like the indicator in airports listing the scheduled flights, the destined flight number gradually ascends in the long list.... Similarly the flight to “Moksha” is low on priority.....it will take off sometime in future...

There are other priorities that take precedence and the focus on salvation is dissipated, diluted or even non-existent. “I don’t think it is possible to attain in this lifetime” is what people casually declare. This is indifference - मन्द मुमुक्षा!

In Vivekachudamani, an example of intense desire is given – The urgency which propels a person to seek water when his hair is on fire should be the same urgency with which one

should seek God!

If one has this burning, intense desire to attain salvation - तत्त्व-ज्ञानार्थ-दर्शनम् – he feels that he is running out of time – he simply cannot indulge in time-pass. His single minded dedication will prompt him to act diligently – mindful of each passing moment.

Half-heartedness doesn't work – it is of no use if a person dozes off while attending a Satsang. On the contrary, a person who is truly dedicated, will have boundless enthusiasm – his life will never be monotonous – every moment will be different, novel.

When will such an intense desire for salvation arise in one? It will arise only when there is complete and utter surrender in the Feet of the Lord. Only when one realises that the only source of inexhaustible joy rests with the Lord, will he give up seeking from worldly – that is seeking refuge (आश्रय) in other than the Lord.

Man keeps seeking refuge in other sources - If

his attempts to take refuge in wealth fails, he will seek refuge in relationships (संबंध), if both wealth and relationships don't bring joy, then he will turn to Ashram. His refuge will always be worldly.

When one has, through discriminate intelligence, come to the realisation that worldly refuge is but limited and cannot be an infinite source of complete security (निश्चित), does one develop total focus on the end-goal.

Only and only when one surrenders refuge in worldly means, can he become hungry for the divine grace and his quest for salvation truly take off. Lackadaisical half-hearted, casual approach will not serve in any way.

In chapter 9, the Lord exhorts:

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।

तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥ 22॥

ananyāśh chintayanto mām ye janāḥ  
paryupāsate

teṣhām nityābhiyuktānām yoga-kṣhemam  
vahāmyaham

ananyāḥ—always; chintayantaḥ—think of; mām—Me; ye—those who; janāḥ—persons; paryupāsate—worship exclusively; teṣhām—of them; nitya abhiyuktānām—who are always absorbed; yoga—supply spiritual assets; kṣhemam—protect spiritual assets; vahāmi—carry; aham—I

BG 9.22: There are those who always think of Me and engage in exclusive devotion to Me. To them, whose minds are always absorbed in Me, I provide what they lack and preserve what they already possess.

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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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