



"तस्य भासा सर्वमिदं विभाति"

चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

एकत्रिंशत् (XXXI) स्रोतः

OCTOBER - 2024

दशम (X) रश्मिः



Happy
Navaratri



CHINMAYA MISSION MULUND
organises



CHINMAYA GARBHA SAMSKARA

A pre-natal course based on the
wisdom of our scriptures

For whom?

For married couples
who are expecting a baby or
planning to have a baby
some time



When?

September 29th and
October 6th 2024
(both Sundays)
Time: 4 to 6 pm

Where?

Venue: Chinmaya Shreeram, 8, Aroto
House, P.K. Road, Mulund West



REGISTRATION
IS COMPULSORY

**HAPPY PARENTS MAKE HAPPY BABIES AND
HAPPY BABIES MAKE A HAPPY WORLD!**

For details,

contact Lakshmi Kumar on 9820590472

www.chinmayamissionmulund.com



Why should young couples attend
the Chinmaya Garbha Samskara
Course?



- Every prospective parent wants a happy and healthy child who will grow up to be a noble human being. Do we know that a lot of that depends on the preparation and mental well-being of the parents?
- Do we realize that we are essentially divine and so is the child that is going to come into the world?
- Do we know that the unfoldment of the child starts in the womb itself?
- Our rich Vedic culture gives us many ways to ensure a safe pregnancy and prepare us for child birth. Are we aware of our precious scriptures and this great tradition and heritage of Bharat?
- Have we realized the power of prayer?

**To discover all these and more, come, join us in this programme
spanning 2 hours on 2 Sundays for making this beautiful
phase of our lives a meaningful and happy journey.**



Scan QR code for quick registration
www.chinmayamissionmulund.com

ENTRY IS FREE

REGISTRATION IS COMPULSORY

Couples who wish to register for the Chinmaya Garbha Samskara can click on the following link:

<https://chinmayamissionmulund.com/ch-garbha-samskara-regn/>



Chinmaya Mission Mulund
CHINMAYA GEETA FEST - 2024



Bhagwad Geeta Chapter - V

KARMA-SANNYĀSA YŌGAḤ

THE YOGA OF TRUE RENUNCIATION OF ACTION

- * GEETA CHANTING FOR CHILDREN**
- * GEETA CHANTING FOR ELDERS**
- * VIDEO QUIZ (FOR AGE 16 AND ABOVE)**

For more details visit:

www.chinmayamissionmulund.com/geeta-chanting-competition

For any queries contact:

Vasantha Balan - 8879717030

Lakshmi Kumar - 9820590472



Chinmaya Mission Mulund



CHINMAYA GEETA CHANTING COMPETITION
FOR CHILDREN - 2024

Bhagwad Geeta Chapter - V

KARMA-SANNYĀSA YŌGAḤ
THE YOGA OF TRUE RENUNCIATION OF ACTION

PRELIMINARY ROUND ON
SUNDAY, 17TH NOVEMBER 2024

CHANT GEETA



ENCHANT KRISHNA

For more details regarding
Portion, Dates, etc. visit:

www.chinmayamissionmulund.com/geeta-chanting-competition

For any queries contact: **Vasantha Balan - 8879717030**

Lakshmi Kumar - 9820590472



Chinmaya Mission Mulund
CHINMAYA GEETA CHANTING COMPETITION
FOR ELDERS - 2024



ON

Bhagwad Geeta Chapter - V

KARMA-SANNYĀSA YŌGAḤ
THE YOGA OF TRUE RENUNCIATION OF ACTION

PRELIMINARY ROUND ON
SUNDAY, 10TH NOVEMBER 2024,
9.30 AM TO 12.00 NOON AT CHINMAYA SHREERAM

CHANT GEETA



ENCHANT KRISHNA

For more details regarding portion, dates, etc. visit:
www.chinmayamissionmulund.com/geeta-chanting-competition

Vasantha Balan - 8879717030

Lakshmi Kumar - 9820590472

Last date of registration for Preliminary round:

1st Nov 2024



Chinmaya Mission Mulund

VIDEO QUIZ

Bhagwad Geeta Chapter - IV

KARMA-SANNYĀSA YŌGAḤ

THE YOGA OF TRUE RENUNCIATION OF ACTION

ON

8th Dec 2024, Sunday, 7.00 pm to 8.30 pm



“ Watch attentively one-hour video of Pujya Gurudev Swami Chinmayananda’s based on 4th chapter and answer the Questionnaire in English based on the video. ”



Eligibility: Age 16 and above

Registration form fee: Rs. 50 /-

For any queries contact: Vasantha Balan - 8879717030

Lakshmi Kumar - 9820590472

Venue: Chinmaya Shreeram, Aroto House, First Floor,
P K Road, Mulund(W)

DEAR GEETA LOVERS

The grand vision behind the Geeta Fest, is that chanting initially introduces one to the world renowned Bhagawad Geeta. Naturally this leads to the study of the text, resulting in the gain of the knowledge revealed therein.

We invite all of you to be a part of the Geeta Fest and request parents and well-wishers to contribute and donate generously towards this noble endeavor.

Sponsorship for 10 Children	Rs. 300 /-
Sponsorship for 25 Children	Rs. 750 /-
Sponsorship for 50 Children	Rs. 1500 /-
Certificate Sponsorship	Rs. 1000 /-
Prize Sponsorship	Rs. 2500 /-

To donate visit:

<https://chinmayamissionmulund.com/geeta-chanting-competition-sponsorship/>

Contact: Smt. Vasantha Balan – 8879717030



EDITORIAL COLUMN

Harih Om!

Dear Readers,

‘गोविंदा आला रे आला

ज़रा मटकी सम्भाल बृजबाला’

The month of September started with the grand Joint Balavihar Celebration of Krishna Janmashtami at Chinmaya Shreeram on 1st September. More than 100 children from 7 Balavihars of Mulund and Bhandup participated in the celebration. The programme started with the invocation, introduction and a picture quiz on *Shri Krishna Charitra* which was well received by the children and the parents. Then the Balavihars came up with individual performances. Chinmaya Shiv Srishti presented melodious *bhajans* while Chinmaya Shreeram, Chinmaya Vatsal, Chinmaya Durga and Chinmaya Prasad came up with beautiful dance presentations based on popular devotional melodies. The senior children of

Chinmaya Shreeram performed a skit on Jagannath Yatra depicting the great history of the Lord's Leela at Puri. The children of Chinmaya Shree Krishna enacted the 'Brahma Moha Bhangam Leela' of Lord Krishna. The Senior Balavihar Chinmaya Ashok came up with an *Antakshari* with a difference- An *Antakshari* based on the verses of the Bhagavad Geeta – the song-divine of the Lord. All the Balavihars came up with great performances which enthralled the children and the parents alike. This was followed by the eagerly looked forward-to event, the *Dahi Handi*. Children and parents then danced in joy to numbers like "Anand Umang Bhayo, Jai Ho Nandlal Ki; Haathi Ghoda Paalkhi, Jai Yashodalal Ki." The dedication of the Sevikas, the enthusiasm and sincerity of the children, the cooperation of the parents and above all the Grace of the Guru Parampara ensured the success of the programme.

ॐ नमस्ते गणपतये, त्वमेव प्रत्यक्षं तत्त्वमसि Next came the Ganesh festival. We are indeed proud to

be born in a culture which keeps on giving us avenues to remember, celebrate and worship the Lord in His various forms and get closer to Him. On 7th September, Ganesh Chaturthi was celebrated with *Shodashopachaara Pooja* in the morning and *Ganapati Atharvasheersha* chanting, *Bhajans* and *Arati* in the evening. The next day, the *Visarjan* of Lord Ganesha was performed. *Visarjan* is commonly understood as immersing the mud idol or letting go of the form of the Lord. *Visarjan* is expanded as *Vishesha Sarjan* meaning special creation. After having worshipped the form which is supposed to purify our minds, we have to shift our attention from the form to the formless, which is the true nature of the Lord as well as ourselves. That is the celebration of transitioning from the form to the formless, the ultimate imperishable Truth.

The monthly Sampurna Geeta Parayanam was conducted from 3.30 to 6.30 pm on Sunday, 15th September followed by the

Arati.

Our Centre organised a Sadhana camp in Ayodhya, the most sought-after destination of all devotees from 20th to 27th September. We shall cover the camp in the next issue of Chinmaya Adesh.

Following the success of the Chinmaya Garbha Samskar sessions last year, similar sessions have been arranged this year too, on 2 Sundays viz. 29th September and 6th October. The registration process is in progress. 'Happy parents make happy babies' is the motto of Chinmaya Garbha Samskar, the newest initiative of Chinmaya Mission to inculcate the valuable message of our scriptures to the child while in the womb itself and to ensure the preparation of the parents to usher in a healthy and happy baby. 'Unto Him Our Best'.

Lokah Samasthah Sukhinoh Bhavantu!

Smt. Lakshmi Kumar

Editor - Chinmaya Adesh

Dated 27th September 2024



Karma Yoga (Part 4 of 4)

H. H. Swami Tejomayananda

Continued from Previous issue :

Karma Yoga : enjoy every action

There is another dimension to this beautiful *sloka*.

*Karmanyevadhikaraste ma phalesu kadachana,
Ma karma-phala-hetur-bhur-ma te
sango 'stvakarmani*

The right is to work only, but never to its fruits; let not the fruit of action be thy motive, nor let thy attachment be to inaction.

We want happiness, that too permanent happiness, right now. Actions are performed in the present and the result comes in the future, may be after an hour, a year or even after this life. Please reflect on this : if I keep my happiness in the result of an action, then I have postponed my happiness to the future and since the future is always uncertain, my happiness also becomes uncertain and

fleeting. How strange that I want happiness in the present and am working to gain it in the future!

Hence, the Lord tells us not to keep our happiness in the fruits of actions. Action is done in the present; it can never be done in the past or the future. If your joy is in the work, then happiness is always present. Besides, only actions are in your control, never the results, thus your happiness becomes certain in the present.

You may ask, “How can there be happiness in merely the actions?” Suppose you have been standing in a hot, crowded bus for hours and someone offers you a seat. How wonderful it is just to sit down! When you have high fever, you are unable to eat a single morsel of food. Later, even eating a thin slice of bread is delicious. People suffering from asthma discover the delights of breathing comfortably after a small puff of the inhaler. So, you see, there can be joy in every action – in sitting, eating and breathing. If you enjoy every

action and offer it to the Lord, you are doubly blessed. Thus, resorting to *karma yoga*, you will certainly reach the Supreme.

(Concluded)

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Joint Balavihar Krishna Janmashtami Celebrations



हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

जाग्रद् दृष्ट्वा स्थूलपदार्थानथ मायां
दृष्ट्वा स्वप्ने ऽ थापि सुषुप्तौ सुखनिद्राम् ।
इत्यात्मानं वीक्ष्य मुदास्ते च तुरीये
तं संसारध्वान्तविनाशं हरिमीडे ॥१६॥

अर्थ :- जो जाग्रतावस्थेत स्थूल पदार्थांचा, स्वप्नावस्थेत भासमय पदार्थांचा आणि गाढ निद्रावस्थेत निद्रेच्या आनंदाचा आणि चतुर्थावस्थेत आपल्या सत् स्वरूपाचा आनंदाचा अनुभव घेत असतो त्या श्री हरिंची- संसारांधकाराचा नाश करणाऱ्यांची - मी स्तुती गातो.

जन्मापासून ते मृत्युपर्यंत, जन्मजन्मांतरांतून मी एक जीव म्हणून जाग्रत, स्वप्न, सुषुप्ती या तिन्ही अवस्थांमधून जात असतो.

तीन अवस्था - जाग्रतावस्थेत मला माझ्या भौतिक शरीराची जाणीव असते आणि मी माझ्या बाहेर असलेल्या स्थूल भौतिक शरीराचा अनुभव घेतो. स्थूल, सूक्ष्म आणि

कारण शरीराशी तादात्म्य पावून जाग्रतावस्थेत मी-जीव वेगवेगळी कर्मे करतो आणि स्थूल व सूक्ष्म इच्छांचे समाधान करून वेगवेगळ्या प्रकारच्या सुखांचा आनंद उपभोगतो.

स्वप्नावस्थेत मला माझ्या भौतिक शरीराची व भौतिक जगाची जाणीव नसते, पण त्या स्थितीत मी माझे जग प्रक्षेपित करतो. सूक्ष्म व कारण शरीराशी तादात्म्य पावून तोच मी जीव शून्यातून संग्रहित वासनांद्वारे संपूर्ण जगाची कल्पना करतो, वेगवेगळ्या स्वप्नांमध्ये मी वेगवेगळ्या भूमिका धारण करतो व जाग्रत अवस्थेप्रमाणेच सुख-दुःख अनुभवतो.

सुषुप्ती अवस्थेत मला ना भौतिक जगाची आणि स्थूल शरीराची, ना सूक्ष्म मनाद्वारे प्रक्षेपित केलेल्या जगाची आणि सूक्ष्म शरीराची जाणीव असते. कारण शरीराशी तादात्म्य पावून स्थूल व सूक्ष्म जगाला माझ्यामध्ये लीन करून मी सुखाने निद्रेचा अनुभव घेतो - त्यावेळी मला कशाचीही जाणीव नसते. या तीन अवस्थांचा वैशिष्ट्यपूर्ण क्रमाने आपण अनुभव घेत नाही. काही लोक प्रवचनामध्येच

निद्राधीन होतात. एका उपदेशकाला सांगण्यात आले की त्याच्या उपदेशाचा शेवट जागृती आणण्याने झाला ! काही लोक दोन स्थितींचा एकत्रितपणे अनुभव घेतात, जसे झोपेत चालणे आणि काही लोक कायमच दिवास्वप्न पाहत असतात. काही लोक स्वतः झोपतात आणि दुसऱ्यांना मात्र घोरत ठेवून त्रास देतात. लोक एकमेकांना 'गुड नाईट' आणि 'स्वीट ड्रिम्स' म्हणतात. परंतु वास्तविक गुड नाईटची स्थिती येण्यासाठी स्वप्नरहित झोप असायला पाहिजे ! सर्वसाधारणपणे आपण रात्री झोपतो आणि दिवसा जागे असतो. परंतु काही लोक रात्रीची मजा अनुभवण्यासाठी दिवसा झोपून राहतात. इतक्या प्रकारच्या विविधता असल्या, तरी सुद्धा सर्वच व्यक्ती जीवनभर कुठल्या ना कुठल्या तरी अवस्थेत असतातच.

व्यक्ती अनुभवत असलेल्या या तीन स्थिती येतात आणि जातात. प्रत्येक अवस्था दुसऱ्या दोन अवस्थांवरिहित असते. एक भिकारी त्याच्या स्वप्नात कोट्यधीश होऊ शकतो किंवा कोणा दुसऱ्या व्यक्तीच्या बाबतीत याच्या विरुद्ध स्थिती असू शकते. मी जागा असताना स्वप्नामधील मेजवानीचा आनंद

घेऊ शकत नाही – जरी स्वप्नातील मेजवानीतील एकूण एक पदार्थ मला स्पष्टपणे आठवत असला तरी. मी सुषुप्तावस्थेत माझ्या प्रिय कुत्र्याला सुद्धा नेऊ शकत नाही. सुषुप्ती अवस्थेचा अनुभव घेण्यासाठी मला माझ्या जाग्रतावस्थेतील स्वप्नजगताचा त्याग करावाच लागतो.

जाग्रतावस्थेचा अनुभव घेत असताना मी जाग्रत पुरुष असतो. स्वप्नावस्थेचा अनुभव घेत असताना मी स्वप्न पुरुष असतो आणि निद्रावस्थेत मी सुषुप्ती पुरुष असतो. या तीन अवस्थांमध्ये मी – जीव दुसऱ्या दोन विरहित अशा एकाच स्थितीचा अनुभव घेत असतो, तर मग मी खरोखर कोण आहे ?

चतुर्थावस्था – मी वास्तविक साक्षी चैतन्य आहे, जे येणे-जाणे, तिन्ही अवस्थांचा अन्वय-व्यतिरेक प्रकाशित करते. मी आत्मा आहे जो व्यक्तीच्या सुखदुःखांचा साक्षी आहे. प्रत्येक व्यक्ती त्यातून जात असतो. मी नित्य सत्-चित् आहे जे माझे अधिष्ठान आहे आणि व्यक्ती व जगत यांचा प्रकाशक आहे. मी केवळ व्यक्ती आणि व्यक्तीचे जगत

यांचाच साक्षी आहे असे नव्हे तर सर्व जीवांचा मी अनंत आत्मा आहे व संपूर्ण विश्वाचा प्रकाशक आहे. आत्म्यालाच 'चतुर्थ' असेही म्हणतात. याचे कारण तो तिन्ही अवस्थांपासून विलग आहे म्हणून नव्हे तर त्या तिन्ही अवस्थांहून त्याची विलक्षणता दर्शविण्यासाठी ! जी व्यक्ती आत्म्याला तिन्ही अवस्थांचा प्रकाशक म्हणून जाणते ती सर्व बंधनातून मुक्त होते.

आत्म्याच्या बंधमुक्त करणाऱ्या ज्ञानाने मला संसाराच्या बंधनातून मुक्त करणाऱ्या श्रीहरिंची मी स्तुती गातो.

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Ganesh Chaturthi
Celebrations at
Chinmaya Shreeram

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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