



“तस्य भासा सर्वमिदं विभाति”

चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

द्वत्रिंशत् (XXXII) स्रोतः

APRIL - 2025

चत्वारि (IV) रश्मिः

SHREE RAM NAVARATRI MAHOTSAVA
CHINMAYA SHREERAM 22ST PRATISHTHAPANA DAY
30TH MARCH TO 6TH APRIL 2025



वन्दे चिन्मयश्रीरामं सीतालक्ष्मणसंयुतम्।
अग्रे गणेशहनुमन्तौ आत्मारामः पुनातु मे ॥



SHREE RAM NAVARATRI MAHOTSAVA

CHINMAYA SHREERAM 22ND PRATISHTHAPANA DAY

30TH MARCH TO 6TH APRIL 2025

DAILY PROGRAMME

DATE	DAY	TIME	PROGRAMME
30 th March to 5 th April	Sunday 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 at Chinmaya Shreeram

30TH MARCH TO 4TH APRIL 2025



30th
March

7.00 to
8.00 pm

Nritya seva
by Aarambh Dance Academy
Smt. Priya Vinod and Group



31st March
to
3rd April

7.00 to
8.30 pm

Satsang on 'Manah Shodhanam'
in Hindi
By Pujya Swami Medhajananda ji
CM Khopoli



4th
April

7.00 to
8.30 pm

'Sangeet Seva -
Rama Nama Mahima'
By Acharya Vivekji and
Acharya Varsha ji
CM Dombivli

SHREE RAM SAHASRANAMA ARCHANA

5TH APRIL 2025, SATURDAY, 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

6TH APRIL 2025, SUNDAY

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. to 2.30 p.m.
Evening Special Pooja	5.45 p.m.

All are cordially invited for the Programme and Mahaprasad



FORTHCOMING PROGRAMME

Shri Hanuman Jayanti

- Date: 12th April 2025, Saturday
- Shri Hanumanji Pooja – 6.30 am
- 108 times Hanuman Chalisa Chanting – 8.00 am onwards

SHREE RAM NAVARATRI OFFERINGS

RAMNAVAMI DAY – 6th APRIL, SUNDAY

SEVA	OFFERINGS
Mukhya Yajamana for Shodashopachara Pooja	15,000/-
Annadana for 20 persons	2,500/-
Annadana for 12 persons	1,500/-

SHREE RAM SAHASRANAMA ARCHANA – 5th APRIL, SATURDAY

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

CHINMAYA MISSION MULUND

organises

BALAVIHAR SEVAK / SEVIKA TRAINING PROGRAMME

Date: Sunday, 13th April, 2025

Time : 3.00 pm to 5.30 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.

Entry Free

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

To register click on QR Code

Or visit the site

<https://chinmayamissionmulund.com/csbalavihar-sevika-training-2025/>

Contact : 9867338832

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





CHINMAYA MISSION MULUND - CGCC 2025



Bhagwad Geeta Chanting Sevika/Sevak Training Programme

DATE 19th APRIL, 2025 SATURDAY

TIME 11 AM - 12.30PM

Be A Geeta Chanting Sevika / Sevak

Chinmaya Mission Mulund has been organizing Geeta Chanting Competition every year.
The motto is "Chant Geeta, Enchant Krishna".

This year the Fifteen chapter: PURUŞOTTAMA YOGA- THE SUPREME SPIRIT,
has been selected for the competition.

Children from Nursery to Std 12th participate in the competition.
We will guide and train the Sevikas/Sevak to go to schools and teach shlokas to children.

Sevikas/Sevak need to know only small portion of the chapter to teach.
The portion is as under.:

GROUP	STANDARD	PRELIMINARY & FINAL ROUNDS
A	Nursery, Jr. KG & Sr. KG	1 to 6
B	Ist & IInd	1 to 9
C	IIIrd & IVth	1 to 13
D	Vth & VIth	1 to 15
E	VIIth, VIIIth, IXth	1 to 18
F	Xth, XIth & XIIth	1 to 20

WE INVITE ALL OF YOU TO BE PART OF THIS NOBLE ENDEAVOR.

FOR QUERIES : SMT. VASANTHA BALAN (COORDINATOR) - 8879717030

VENUE Chinmaya Shreeram, Aroto House, P.K.Road, Mulund West. Mumbai 400080.

Last date to register : 12th April 2025

Entry is free But with Registration Only



EDITORIAL COLUMN

Harih Om!

Dear Readers,

ॐ गीताज्ञानयज्ञप्रचारकायनमः

Salutations to the propagator of the knowledge of Srimad Bhagavad Gita!

Pujya Gurudev Swami Chinmayananda dedicated his life for spreading the wisdom of the Bhagavad Gita to the masses. Recognizing the importance of nurturing these profound teachings in children from a young age, Pujya Gurudev introduced the Gita Chanting Competitions (GCC) for children with the motto 'Chant-Study-Know-Live'. Over the years, GCC has become a central activity in Chinmaya Mission centres worldwide, blossoming to encompass all ages. This year, being the 75th year of the Chinmaya Mission, mass scale programmes will be organised by centres all over the world. In Mulund Centre, it has been decided to conduct a mass scale chanting of the 15th chapter of the Bhagavad Gita-Purushottama Yogah which is also the chapter

selected for the GCC worldwide this year. Lord Krishna gives the status of a *Shastram* to this chapter as it encompasses the central teaching of the Bhagawad Gita and the Upanishads. We welcome all to participate in the GCC this year. Please stay tuned to the Whatsapp broadcasts for details of GCC. Since we send Sevaks and Sevikas to schools of Mulund and Bhandup for coaching children for the competitions, we will also be conducting an orientation programme for Gita Chanting Sevaks/Sevikas on Saturday, 19th April at Chinmaya Shreeram to guide and train Sevaks/Sevikas to go to schools or localities and teach limited portions of the 15th chapter. For details, please contact our GCC Coordinator, Smt. Vasanta Balan on 8879717030.

Now a look at the month that went by; The monthly Sampurna Geeta Parayanam was conducted on Sunday 9th March from 3.30 to 6.30 pm followed by the Arati which was well attended.

On 23rd March, a soulful Sangeet Seva was offered by Ms. Laxmi Hariharan supported

by Hariharan R Iyer on the mridangam.

We are all set for the grandest celebration of the year viz Shree Rama Navaratri Mahotsava which will start tomorrow i.e 30th March, being Gudi Padwa with the *Akhanda Deepa Prajwalanam, Gudi and Omkara Dhwaja Puja* and go on up to 6th April 2025 at Chinmaya Shreeram. As is customary, there will be Akhanda Rama Nama Japa on all the days from 6.30 am to 6.30 pm. There will be special pujas on all the days in the mornings and evenings. Special programmes are lined up for the evenings. We have a Nrutya Seva on 30th March by Aarambh Dance Academy – Smt. Priya Vinod and group. From 31st March to 3rd April will be Satsangs by Swami Medhajananda ji CM Khopoli on ‘*Manah Sodhanam*’ in Hindi. A Sangeet Seva by Acharya Vivekji and Acharya Varsha ji CM Dombivili on the theme ‘Rama Nama Mahima’ is lined up on 4th April. On 5th April is the much looked forward to Rama Sahasranama Archana. Devotees wishing to participate in the Archana must register their

names in advance at Chinmaya Shreeram. (For details, please contact 9867338832). The grand finale on the Rama Navami day will include Veda Parayanam, Shodashopachaara Puja, Shree Rama Raksha Stotram chanting, Satsang in Hindi with Acharya Vivekji, CM Dombivili and Maha Arati at 12 noon, the time when the Lord manifested. This will be followed by bhajans and Mahaprasad. This coincides with the 22nd Pratishtapana Day of Chinmaya Shreeram.

Shri Hanuman Jayanti will be celebrated on 12th April with Shri Hanumanji Pooja at 6.30 am followed by 108 times chanting of the Hanuman Chalisa from 8 am.

We invite each one of you to participate with family and friends in all the events of the Shree Rama Navaratri Mahotsava and Hanuman Jayanti and be a recipient of the blessings of the *Ram Pariwar*.

Smt. Lakshmi Kumar
Editor - Chinmaya Adesh

Dated 29th March 2025



Love in Action-2

The Dynamic Elements of Love

H. H. Swami Chinmayananda

In all forms of love there are some fundamental factors besides the act of giving. These dynamic elements must always be in the heart of the lover. Otherwise, the love manifested is false; it will only be an illusion of love. Such an impotent love cannot produce any blessings, neither for the giver nor for the recipient. There are four factors that go into the constitution of love which form the basis for enduring and productive love:

- (i) A sincere concern for the beloved,
- (ii) A sense of deep response,
- (iii) An ardent attitude of reverence, and
- (iv) A complete understanding of the beloved.

These four factors are always valid, whether we are loving the world, or whether our love is turned toward the Lord of the universe.

Sometimes we sincerely believe that we have given love, but we fail to feel the exhilarating joy promised by the great masters. Then we feel extremely disappointed and think that we have been cheated.

But a sufficient quantity of sincere love, when given unreservedly, can never go unrewarded. Where Godlike love is given, joy must follow. We can develop and direct the outward flow of love from ourselves by being mindful of all these above-mentioned basic factors. When they are present then our love is complete, potent and sincere. Let us now examine each of these.

Sincere Concern

A sincere concern for the well-being of the beloved is the first essential factor of love. A mother who loves her children is always anxious for their happiness. Similarly, if one loves flowers, a pet, or one's country, then one will also be greatly concerned for their well-being.

If, for example, we claim to love our plants

but we forget to water them, then it is not true love. We cannot claim to love animals and then mistreat them, or say that we love our parents and then be insensitive to their needs. When love exists, we become immediately and automatically anxious for the happiness of the beloved. In the happiness of the beloved, we feel extremely happy, and to a true lover no sacrifice is too great if it is in the best interest of the beloved.

A true lover of one's country will suffer, go to war, or live in poverty if that will bring prosperity and glory to his or her country. Where there is true love, the lover is never tired of working for and serving the beloved. A loving teacher never tires of teaching. A loving mother never gets tired of working for her children and their father. A sincere lover of the nation serves the cause of the country day and night. Love and action go hand in hand. One readily strives for that which one loves. And one really loves that for which one labors wholeheartedly. Where there is love,

labor becomes a joy.

Therefore, when you love, always be ready to serve the beloved, and work for the beloved's cause. Merely saying, "I love", is not sufficient, we must express our love in action. That is much more noble, compelling and dynamic. Let your hands and legs serve, but do not speak about love. Flood the atmosphere with your heartfelt love. You will then be creating an enchanting magic around you causing everyone to love you.

Deep Response

Secondly, the lover will always have a sense of deep response to the beloved. When one is sincerely concerned for the beloved, the ability to respond readily to their needs and feelings will rise in the lover's mind. This "ability to respond" is the true meaning of the word response(a)bility. However, this term is often misunderstood as some burdensome duty being imposed upon us by some power outside ourselves. But as we grow and expand in love, we become more sensitive to

the silent needs of others, and trying to satisfy their needs becomes a lover's ecstatic passion. This is most conspicuously seen in a mother. Her love for her children is immeasurable. She is so in tune with them that even when they are far away, she intuitively knows when they are not well. This is known as "telepathy" in psychology. This secret ability to respond with sympathy to the beloved always exists in the heart of a true lover. This is true only when there is deep and sincere love, otherwise we feel only our selfish wish. Give love, and be sensitive in your heart to the unspoken wishes of the beloved. You will find that this actually happens many times a day. These instances not only surprise you, but they especially thrill the beloved. Each time it happens, there will be an explosion of joy in the hearts of the lover and the beloved. Leaders become popular, business men become more successful, people become great, all because of an instinctive ability to tune into the needs of others. In all such

cases, they naturally have a natural intense love for others or their work.

These are two of the four basic factors behind love. One cannot exist, without the other. They are both intimately connected with each other. We can never have “sincere concern” for, without “a sense of deep response” to the beloved.

The Dynamics of Love.... continued in the next issue.

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Sangeet Seva



हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

भगवान सृष्टी कशी निर्माण करतात.

सृष्ट्वा सर्वं स्वात्मतयैवेत्थमतर्क्यं
व्याप्याथान्तः कृत्स्नमिदं सृष्टमशेषम् ।
सच्च त्यच्चाभूत्परमात्मा स य एक-
स्तं संसारध्वान्तविनाशं हरिमीडे ॥२२॥

अर्थ :- तो एक परमात्मा जो स्वतःपासून सर्वांची उत्पत्ती करतो आणि या अचिंत्य जगामध्ये व्याप्त होऊन जीवांच्या उपाधींत प्रवेश करून स्थूल, सूक्ष्म इत्यादी रूपात भासतो, 'त्या' संसारांधकाराचा नाश करणाऱ्या श्रीहरिंचे मी स्तुतिगान करतो.

ईश्वर सृष्टी निर्माण करतो- हे आधीच सांगितले गेले आहे की ईश्वर /सत्य विश्वाचे उपादान आणि चेतन कारण आहे. 'तो' हे विश्व स्वतःपासून स्वतःच निर्माण करतो. 'तो' खऱ्या अर्थी स्वयंकर्ता आहे. केवळ 'तो'च असे

म्हणू शकतो की संपूर्ण जगाचा विस्तार ही 'त्याची'च निर्मिती आहे. या जगाताचा 'तो' एकमेव व बिनविरोध सत्ताधारी असल्याचा दावा करू शकतो. तुलसीदास म्हणतात- जेहिं सृष्टि उपाई त्रिविध बनाई संग सहाय न दूजा ।

ईश्वर व्याप्त करून प्रवेश करतो (व्याप्य-अथान्तः)-
सूर्यप्रकाश सर्वत्र व्याप्त असतो, पण खरे सांगायचे तर परिवर्तनीय पृष्ठभागामधील प्रतिबिंब म्हणून त्याचा प्रवेश विशेष असतो. ईश्वर 'त्या'ची सृष्टी व्यापून असतो परंतु सर्व जीवांमधील जीवन म्हणून 'तो' अभिव्यक्त होतो.

'तो' केवळ सृष्टी निर्माण करतो आणि त्यात व्यापून राहतो इतकेच नव्हे तर 'तो' त्याच्या सृष्टीमध्ये प्रवेश करून त्याची धारणाही करतो. 'तो' प्रत्येकाचे 'त्या'चा स्वतःचा आत्मा म्हणून उत्कटतेने पोषण करतो आणि काळजीही घेतो. प्रत्येक भक्त 'त्या'च्याशी आपली सन्निधी अनुभवतो. आपण आपल्या लहानशा

कुटुंबातील प्रत्येक व्यक्तीला 'त्या'ची काळजी घेत असल्याची जाणीव करून देऊ शकत नाही. त्यांच्या जीवनातील प्रत्येक गरजेकडे व्यक्तिगत लक्ष देऊ शकत नाही. पण ईश्वर ते अगदी सहजतेने करतो. श्रीकृष्ण त्यांच्या १६१०८ पत्न्यांसमवेत एकाच काळात राहत होते, त्याचबरोबर सर्व गृहकृत्यात सहभागी होत होते.

अतर्क्य सृष्टी - या सृष्टीचा विस्तार आपल्या कल्पनेच्या पलीकडे आहे. असंख्य जाती आणि अनंत प्रकार आपल्याला चक्रावून टाकतात. 'त्यांच्या'च्या सृष्टीचे वर्णन 'जे अशक्य ते शक्य' अशा प्रकारे करता येईल. त्याबद्दल आपण काय तर्क देऊ शकतो ? येथे गोंधळातही क्रम आहे व क्रमाला कारण नाही. दोन प्रकारचे अस्थिर व ज्वालाग्राही वायू - हायड्रोजन आणि ऑक्सिजन एका ठराविक प्रमाणात एकत्र येतात आणि त्यापासून आग विझवणारे पाणी तयार होते, हे कुठल्याही तर्कात बसत नाही.

तर्क हा नेहमी उदाहरणाने पुष्ट केला जातो. ज्याला काही तुल्य नाही आणि ते तरी सर्वकाही आहे त्याचे उदाहरण काय द्यावे? तर्क देत असताना आपण एकाच निर्णयाप्रत येऊन पोहोचतो आणि तो म्हणजे जगत, त्याची उत्पत्ती आणि निर्माता हे सर्व तर्कातीत आहे. ईश्वराची व्याख्या करताना तर्काची व्यर्थता जाणून तर्कवेत्ता चैतन्य महाप्रभू हे ईश्वराचे महान भक्त बनले.

तो सर्व काही असल्याने - सृष्टीच्या प्रारंभापासून ते लयापर्यंत (अथ-अन्तः) तो सर्व काही अनपवादाने (अशेषम्) व्यापतो (कृत्स्नम्). कुठलीही वस्तू किंवा व्यक्ती ईश्वराकडून दुर्लक्षित केली जात नाही. काहीही आणि कोणीही 'त्या'च्या उपस्थिती व कृपेपासून अस्पर्शित राहत नाही. म्हणून सर्व काही दिव्य आहे आणि प्रत्येकजण 'त्या'च्यासमवेत आहे. कोणालाही एकटे वाटण्याची गरज नाही.

एकच सर्व काही होतो (सत्-त्यत्) - शास्त्रे सांगतात, सृष्टीची निर्मिती करून ईश्वर/सत्य सृष्टीमध्ये प्रविष्ट झाला

आणि प्रवेश करून, तो सर्वकाही झाला - स्थूल रूपे, सूक्ष्म अरूपे, परिभाषित आणि अपरिभाषित, धारण करणारी आणि धारण न करणारी, चेतन आणि अचेतन आणि सत्य व अनृत. शरीराला स्थूल, दृश्य रूप, भावना, क्षमता, कल्पना इत्यादी असतात ज्यांना आकार नसतो. संगीताचे स्वर नेमके आणि व्याख्या करता येण्यासारखे असतात. पण ते आपल्यावर करीत असलेल्या परिणामांची व्याख्या करता येत नाही. काही वस्तूंचा इंद्रियांनी अनुभव घेता येतो (प्रत्यक्ष), तर दुसऱ्या काही वस्तूंचा अनुभव घेता येत नाही (परोक्ष). उदाहरण-स्वर्ग. सजीव चेतन असतात तर जड पदार्थ आणि शक्ती अचेतन असतात. जग व्यक्त असते तर ते बीजरूपामध्ये अव्यक्त असते. व्यवहारशील जग सापेक्षतेने खरे असते तर कल्पनाजगत अधिकच असतू असते. हे सर्व मिळून केवळ सत्यच आहे.

त्या सत्याची श्रीहरि म्हणून आपण पूजा करूया आणि 'त्या'ला संपूर्ण सृष्टीचे सार म्हणून जाणूया.

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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