



“तस्य भार्या सर्वमिदं विभ्राति”

# चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

द्वात्रिंशत् (XXXII) स्रोतः

MAY - 2025

पञ्च (V) रश्मिः





# Chinmaya Mission Mulund

celebrates

109<sup>th</sup> Jayanti

of

**PARAM PUJYA SWAMI CHINMAYANANDAJI**



**8TH MAY  
THURSDAY**



5.00 pm to 5.30 pm	Nitya Path
5.30 pm to 6.30 pm	Gurudev's Paduka Pooja
6.30 pm	Chinmaya Shree Ram Arati
7.00 pm to 8.00 pm	Satsang in HINDI

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

Entry Free. All are Welcome | Contact: 9867338832, 9819337720



**Chinmaya Mission Mulund  
Organises**



***109th Jayanti Celebration of  
Param Puja Swami Chinmayananda  
For Balavihar and non Balavihar children***

**Date : Sunday,  
11th May 2025  
Timing : 9.45 am  
to 11.00 am**

**Things to get :  
Loose flowers, 1 small  
garland, 1 sweet or fruit,  
1 rupee coin, 1 new  
handkerchief**

***Kindly send your child's confirmation to  
9867338832 by 9th May 2025. Entry is free.***

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



## EDITORIAL COLUMN

*Harih Om!*

Dear Readers,

At the outset, we would like to thank all the devotees for your active participation in large numbers in the Shree Ram Navaratri Mahotsava that was celebrated in a grand manner from 30<sup>th</sup> March to 6<sup>th</sup> April at our Centre premises Chinmaya Shreeram, the abode of the Shree Ram Parivar. Chinmaya Shreeram reverberated with the customary Akhanda Rama Nama Japa on all the days from 6.30 am to 6.30 pm. Shodasopachaara pujas were conducted on all the days in the mornings and evenings. Special programmes were lined up for the evenings. We had a Nrutya Seva on 30<sup>th</sup> March by Aarambh Dance Academy – Smt. Priya Vinod and group. A group of more than 25 children performed various devotional numbers and captivated the audiences. From 31<sup>st</sup> March to 3<sup>rd</sup> April Swami Medhajananda ji CM Khopoli gave

enlightening discourses on ‘*Manah Sodhanam*’ in Hindi. Acharya Vivekji and Acharya Varsha ji CM Dombivli enthralled the audiences with their soulful Sangeet Seva interspersed with words of wisdom on the theme ‘*Rama Nama Mahima*’ on 4th April. On 5th April was the much looked forward to Rama Sahasranama Archana. Devotees could perform the Pooja and Archana individually chanting the thousand names of Lord Rama. The Rama Navami day on 6<sup>th</sup> April which coincided with the 22<sup>nd</sup> Pratishtapana Day of Chinmaya Shreeram was the grand finale with 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 was followed by bhajans by devotees and Mahaprasad. The Ram Pariwar was bedecked with the finest of silks, jewellery and fragrant flowers. As always, it was a sight to behold. About 1300 devotees came for *darsan* and *Maha Prasad*.

The pouring in of devotees in Chinmaya Shreeram to witness the grandeur of the Lord continued till the night.

When Ramji has arrived, Hanumanji cannot be far behind. Hanuman Jayanthi was celebrated on 12<sup>th</sup> April with the usual religious fervour with Shodashopachaara Pooja at 6.30 am and 108 times chanting of Hanuman Chalisa. Devotees kept trickling in throughout the day to chant Hanuman Chalisa as many times as they could.

‘Children are not vessels to be filled but lamps to be lit’. Pujya Gurudev started Balavihars for school children as a grassroots activity of Chinmaya Mission. ‘Catch them young’ was his motto. This is the right age to instil the eternal values and rich culture of our Sanatana Dharma in the fresh minds of the children amidst fun and games. If we need to maintain and grow the Balavihar movement, we need to have more trained Sevaks and Sevikas who can start and conduct Balavihars. With this end in view, we have

been organising Balavihar Sevak/Sevika training programmes every year. We had one such orientation programme for Balavihar Sevaks and Sevikas on Sunday 13th April. About 15 new Sevaks and Sevikas attended the training programme and were inspired to be a part of this great vision.

Pujya Gurudev Swami Chinmayananda 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. Since we send Sevaks and Sevikas to schools of Mulund and Bhandup for coaching children for the competitions, we conducted an orientation programme for Gita Chanting Sevaks/Sevikas on Saturday, 19<sup>th</sup> April at Chinmaya Shreeram to guide and train Sevaks/Sevikas to go to schools or localities and teach limited portions of the 15<sup>th</sup> chapter of the Bhagawad Geeta, the chapter chosen for this year’s GCC.

The monthly Sampurna Geeta Parayanam was conducted on Sunday 27<sup>th</sup> April from 3.30 to 6.30 pm followed by the Arati. After the Arati was the Sangeet Seva by Kum. Anushree Somanathan supported by Hariharan on the Mrudangam and Girish Balaji on the harmonium. ‘Ramache Abhangs’ was the theme of the Sangeet Seva. Devotees came in large numbers to partake the nectar of Namasankeertanam.

सदाशिव समारम्भाम् शंकराचार्य मध्यमाम्  
अस्मद् आचार्य पर्यन्ताम् वंदे गुरु परम्पराम्

Today was Adi Sankaracharya Jayanthi which was celebrated with great devotion with Paduka Pooja and chanting of Sankara Stotras. Adi Sankaracharya is called Bhagawan Bhasyakaara as he wrote commentaries on the Prasthanas Trayi ie the principal foundation pillars of the Advaita Vedanta Shastra- the Geeta, the major Upanishads and the Brahma Sutra. In addition, he wrote several Prakarana Granthas i.e.basic texts for the study of Vedanta and devotional hymns.

Bhagawan Adi Sankaracharya being an important link in the Advaita Guru Parampara, his Jayanthi is an important day for us at Chinmaya Mission.

We look forward to celebrating the Sita Navami on Monday 5<sup>th</sup> May and Puja Gurudev's Jayanthi on 8<sup>th</sup> May. Please stay tuned to our WhatsApp broadcasts to get details of the forthcoming programmes. We invite each one of you to participate with family and friends in all the forthcoming events and benefit from them.

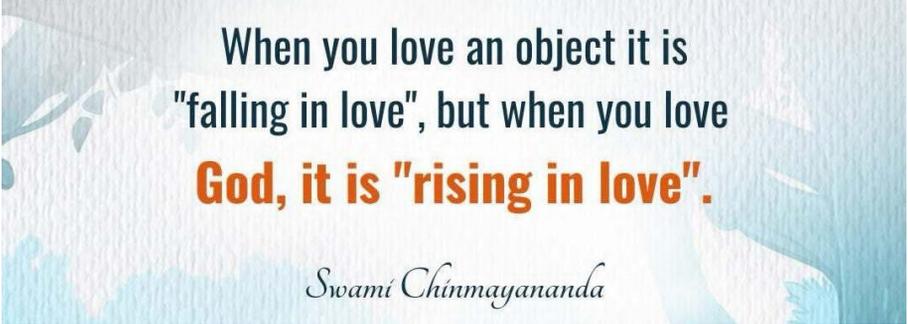
*Lokah Samasthah Sukhino Bhavantu!*

*Smt. Lakshmi Kumar*

*Editor - Chinmaya Adesh*

*Dated 2nd May 2025*

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When you love an object it is  
"falling in love", but when you love  
**God, it is "rising in love".**

*Swami Chinmayananda*

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Rangolis at the entrance



Gudi and Om-kaar Dhvaj Pooja



Akhanda Shree Ram Naam japa

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Shodashopachara Pooja



Glimpses of Daily Pooja

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Nrutya Seva by Aarambh Dance Academy



Sangeet Seva on 'Rama Nama Mahima'

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Discourses on ‘*Manah Sodhanam*’ by  
Swami Medhajananda ji



Shree Ram Sahasranama Archana – Behind  
the Scenes

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



## Shree Ram Sahasranama Archana



## Alankaar Day 1

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Alankar Day 2



Alankar Day 3



Alankar Day 4

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Alankaar Day 5



Alankaar Day 6



Alankaar Day 7

# CHINMAYA SHREERAM NAVARATRI MAHOTSAVA 2025



Alankar – Shree Ram Navami Day

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Shree Hanuman Jayanti Celebrations

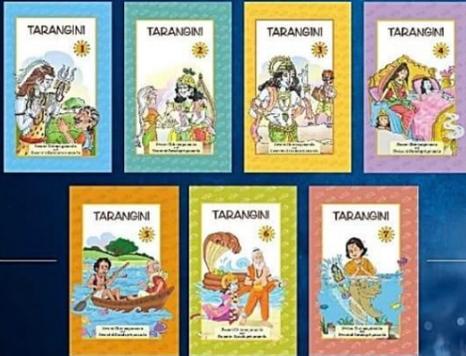


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## **Love in Action-3**

### **The Dynamic Elements of Love**

#### **H. H. Swami Chinmayananda**

### *Attitude of Reverence*

The divine faculty of effortlessly knowing the feelings and needs of others can never be generated in full measure unless we have the third factor of true love – an ardent attitude of reverence.

We generally meet the world only from the surface of our personality and not from its depth. When we operate from a superficial level, we can contact others only at that level. If we delve deeper into our own inner nature, however, we can also contact the deeper level in others. For example, with our eyes, we can see others, with our hands we can physically contact others, but only from our hearts can we touch the hearts of others and evoke their empathy and compassion. With our thoughts we can kindle new thoughts in others and therein unveil new understanding. Thus, to

contact the depth in others we must learn to express love from the deeper depths within ourselves.

Reverence is not merely an emotion of love from the heart, or respect due to an intellectual understanding. We can love without respect and we can also respect without loving. We can love chocolate without understanding its ingredients or how it is made. We may understand science and therefore we respect scientists, but that does not necessarily mean that we love every scientist.

The feeling that is generated when a sense of love from the mind and respect from the intellect merge at one and the same altar is called “reverence”. This can take place only with an integrated mind and intellect.

Our love for others becomes potent when we have a deep sense of reverence for life and all living creatures. Our loving approaches will certainly be rebuked if we have no respect for others. Loving the world without reverence

for life and people is like a beautiful curry, well cooked and nicely served, but without salt!

Of the factors in reverence, the love-aspect is commonly known to us. We tend to misinterpret the word “respect”, however, attaching to it a feeling mingled with fear and awe, thereby distancing ourselves from the object of our reverence. This is not correct, as the root from which the word “respect” comes is *respicere* meaning “to look at”. To respect people means to *recognize* them as they are. To show respect is to help them grow and unfold themselves, in themselves, by themselves. Parents should respect their children, and teachers must have respect for their students.

True respect is often lacking in our relationships because what we call love is an attempt to make use of the beloved for our own purposes. Thus, we try to make them conform to the way we want them to be. This is not love. A true lover sees the beloved with

perfect objectivity, and without interfering with the personality of the beloved, blesses him or her to grow and unfold. Thus, pure love has a revitalizing effect upon others. In the presence of such a truly loving person, others grow and expand into a healthier state of being. Without deep reverence for the beloved, such a refreshing stream of love cannot flow from the heart of the lover.

Most of us need help to function efficiently as a psychological entity. Rarely, if ever, are we free in our mental life. We need sympathy, applause, acceptance, and kindness from others to support our individuality, our ego. In short, we want to be loved by others.

To give love we must become independent in ourselves and be a pillar in life for others to hold onto. Only one who needs no crutches for his own existence has the power to give love. All others are receivers of love. One who has such an inner strength of personality, and a deep reverence for life and people comes to give love, and thereby transforms

the world of creatures in his orbit. He becomes an island of peace and contentment in the stormy life of turbulent fears and shattering confusions around him.

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

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Glimpses of Balavihar Sevak/ Sevika Training Programme



## हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

वेगवेगळी दर्शने आणि वेगवेगळे धर्मग्रंथ एकाच सत्याबद्दल बोलतात का ?

वेदान्तैश्चाध्यात्मिकशास्त्रैश्च पुराणैः  
शास्त्रैश्चान्यैः सात्त्वततन्त्रैश्च यमीशम् ।  
दृष्ट्वाथान्तश्चेतसि बुद्ध्वा विविशुर्य  
तं संसारध्वान्तविनाशं हरिमीडे ॥२३॥

अर्थ :- आध्यात्मिक साधक विविध उपनिषदे, धर्मशास्त्रे, पुराण व भक्तिग्रंथ यांच्या अभ्यासाद्वारे आपल्या हृदयात त्या परमेश्वराला पाहतात आणि जाणतात. संसारांधकाराचा नाश करणाऱ्या त्या श्रीहरिंचे मी स्तुतिगान करतो.

अनेक धर्मग्रंथ आणि मार्ग, सत्य एकच - भारतामध्ये - हिंदू परंपरेत धर्मग्रंथ विपुल आहेत, तसेच अनेक औपचारिक व अनौपचारिक दर्शने व सत्याचे प्रतिपादन

करणारे तत्त्वज्ञान अनेक प्रकारांनी सांगितलेले आहे. आजही त्यापैकी हजारो ग्रंथांतून अस्तित्वात आहेत आणि हजारोंहून अधिक कालाच्या प्रवाहात लुप्त होऊन गेले आहेत. तथापि, ते सर्व एकाच परमेश्वराचे / सत्याचे कथन करतात.

वेदान्त हा शब्द वेदांचा अंतिम भाग असा अर्थ सुचवतो. वेदांमधील ज्ञान विभाग - ज्ञानकाण्ड म्हणजेच उपनिषदे. आत्मज्ञानाशी संबंधित असलेले दुसरे धर्मग्रंथ - आध्यात्मिक शास्त्र म्हणजे गीता, ब्रह्मसूत्र, विवेकचुडामणि आणि वाक्यवृत्ति त्याचबरोबर दक्षिणामूर्ति स्तोत्राप्रमाणेच इतर स्तोत्रे. ही धर्मशास्त्रे साक्षात आणि स्पष्टपणे जीव-ब्रह्म-ऐक्य याबद्दल सांगतात.

श्रीवेदव्यास यांनी अठरा पुराणांची रचना केलेली आहे. ती सुद्धा वेगवेगळ्या कथांद्वारे व संवादांद्वारे त्याच सत्याचे निर्देशन करतात. उदाहरणार्थ - शिवपुराणात भगवान शिव प्रमुख देव/सत्य आहेत, तर विष्णुपुराणात त्या सत्याचे

निर्देशन विष्णु म्हणून केलेले आहे. याचा अर्थ असा नव्हे की ते परस्पर विरोधी आहेत, परंतु वेगवेगळ्या नामरूपांनी वेगवेगळ्या धर्मग्रंथांतून निर्देशित केले गेलेले तेच एक सत्यतत्त्व आहे. तथापि, ते अनाम व अरूप आहे.

योगशास्त्र सत्य याचा अर्थ साधकाचा आत्मा जो सर्व विचारांचे स्तंभन केल्यानंतर जाणवतो तो, असे सांगते. सांख्यदर्शन सत्याचा अर्थ सर्वांमधील परमात्मा (पुरुष) असे सांगते, जो पूर्णपणे प्रकृतीशी असंग असतो तो.

सात्वत तंत्र हाही भक्तिप्रधान धर्मग्रंथ आहे, जसे श्री नारद पंचरात्र ज्याची रचना वेदव्यासांनीच केली आहे. त्याला ज्ञानामृतसार असे म्हटले जाते. तो, भगवान शंकर व नारद ऋषी यांच्यामधील, संवाद आहे. त्यामध्ये पाच विषय आलेले आहेत - परमसत्य, मुक्ती, भक्तिसेवा, रहस्यमययोग आणि अज्ञानाची वाट.

**माझे घर रम्य घर** - पर्यटनस्थळी सुट्टी घालवल्यानंतर आपण आपल्या घरी परततो. एक फिरता विक्रेता त्याच्या

कामाच्या केंद्रावर परततो. आपण घरी परत आल्यानंतर प्रवासातील प्रफुल्लित करणारे अनुभव दुसऱ्यांना सांगतो व त्यानंतर आपल्याला स्वतःबरोबरच राहायला हवे असते. त्यानंतर आपण आनंदमय गाढ झोपेत प्रवेश करतो व त्या स्थितीशी एकरूप होतो. पक्षी लांब लांब उडत जातात व सायंकाळी आपल्या घरट्यात परत येतात. सुरुवातीला ते फार चिवचिवाट करतात, पण रात्र जसजशी पडू लागते तसे ते शांत व स्वस्थ होऊ लागतात.

**शब्दांचे जंजाळ (धर्मशास्त्रे)**- ही फार गोंधळात टाकणारी व मोहात पाडणारी असतात आणि योग्य गुरूंच्या मार्गदर्शनाभावात आपण त्यात हरवून जातो. कितीतरी लोक वेगवेगळ्या धर्मशास्त्रांचा अभ्यास करताना त्यात निर्हेतूपणे गुरफटत राहतात. त्यांना त्याचे सार समजत नाही व आपले गंतव्य-सत्य/ईश्वर सापडत नाही. धर्मग्रंथ कुठलाही असला तरी खोल अभ्यास, मनन आणि त्यावरील निदिध्यासन यांचे मार्गदर्शन साक्षात्कारी

महात्म्यांकडूनच मिळू शकते. तेच आपल्याला सत्य किंवा ईश्वर जो अंतस्थ आहे त्याचे शोधन आणि प्रवेश करण्याबाबत व त्याच्याशी एकरूप होण्याबाबत आपल्याला मार्ग दाखवू शकतात व आंतरिक शांती आणि आनंद शोधण्याबाबत मदत करू शकतात.

श्रीहरि आपले अज्ञान व भरकटणे यांचा नाश करो व आपण आपल्यातील हृदयगुहेत 'त्याचा' शोध घेऊ या.

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Sangeet Seva on 'Shree Ramache Abhangs' by Kum. Anushree Somanathan and group

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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