



“तस्य भार्या सर्वमिदं विभ्रति”

चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

द्वात्रिंशत् (XXXII) स्रोतः

AUGUST - 2025

अष्ट (VIII) रश्मिः





Chinmaya Mission Mulund

organises

32nd Chinmaya Aradhana Day

(MahaSamadhi Day of

Param Pujya Gurudev Swami Chinmayanadaji)

on Sunday, 3rd August 2025



Programme Details

5.00 pm - 5.30 pm - Nitya Path

5.30 pm - 6.30 pm - Gurudev's Paduka Puja

6.30 pm - Chinmaya Shree Ram Arati



7.00 pm - 8.00 pm

Satsang in English by Swamini Kaivalyanadaji

Topic : Salutations to the Eternal teacher

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

आपका सभी का स्वागत है / Entry Free. All are Welcome

Contact: 9867338832, 9819337720



Chinmaya Mission Mulund
CHINMAYA GEETA FEST - 2025



Bhagawad Geeta Chapter - XV

PURUṢOTTAMA YOGAḤ
THE YOGA OF SUPREME SPIRIT

- * 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 - 2025



Bhagawad Geeta Chapter - XV

PURUŞOTTAMA YOGAḤ
THE YOGA OF SUPREME SPIRIT

PRELIMINARY ROUND ON
SUNDAY, 14TH SEPTEMBER 2025

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 - 2025

ON

Bhagawad Geeta Chapter - XV

PURUŞOTTAMA YOGAḤ
THE YOGA OF SUPREME SPIRIT

PRELIMINARY ROUND ON
SUNDAY, 14TH SEPTEMBER 2025, 9.30 AM TO 12.30 PM
AT SRI SRI RAVISHANKAR VIDYA MANDIR, MULUND WEST

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:

10th Sep 2025





Chinmaya Mission Mulund

VIDEO QUIZ



Bhagawad Geeta Chapter - XV

PURUṢOTTAMA YOGAḤ
THE YOGA OF SUPREME SPIRIT

ON

16th Nov 2025, Sunday, 7.00 pm to 8.30 pm

“ Watch attentively one-hour video of Pujya Gurudev Swami Chinmayananda based on 15th 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



CHINMAYA MISSION MULUND



Online Study Class in English

*New Text Begins From
Monday, 4th August 2025*

**VISHNU SAHASRANAMA
WITH
ADI SANKARACHARYA BHASHYA**



*Sevika : Smt. Lakshmi Kumar
Every Monday
From 11.30 am to 12.30 pm*

*All are welcome to join
Those interested can
message on 9820497425*

New Text in Mulund East Study Class in Marathi

Name of the text:

रामचरित मानस

(Shree Ram Charita Manas)

Every Tuesday

Sevika: Smt. Savita Chakravarti

Time : 5.00 pm to 6 p.m.

Open for all, Entry is free

Venue -

**503, Chandan CHS,
Chaphekar Bandhu Marg,
Mulund East
Near Samarpan hall.**

Contact No. +91 77388 20898



EDITORIAL COLUMN

Harih Om!

Dear Readers,

Let us start from where we left in the last issue. We had covered the Jnana Yajna in June 2025 by Swami Abhedananda ji CM South Africa on the topics ‘*Nasadiya Sukta- The mystery of Creation*’ in the mornings and ‘*Aap Karma Yogi Kyon Bane*’ in the evenings. The good news for those who missed the precious talks or those who would like to hear them again is that the talks have been uploaded on the Youtube channel of Chinmaya Mission South Africa. Although the experience and benefits of *Satsang* in person are far superior and not in any way comparable to online *Satsangs*, nevertheless the priceless teachings of our scriptures are accessible to those who could not make it.

The *Sangeet Seva* on Sunday 29th June was an evening of blissful divine Carnatic classical music offered by Jyothika Putuval supported by Hariharan Iyer on the Mrudangam and Girish

Balaji on the Harmonium. It was heartening to see how Jyothika, our senior Balavihar student and a facilitator cum volunteer for our Balavihar camps and other Balavihar activities is shaping into an upcoming musician too. Hariharan, an ex-Balavihar student and Girish, an ex-Geeta chanting student rendered able support to the vocalist on the *Mrudangam* and Harmonium respectively, both being very proficient in their fields. Karthika Putuval, also an ex-Balavihar student, facilitator and volunteer ably compered the *Sangeet Seva*, which was well attended and accepted by the audiences.

Ashadi Ekadashi also known as *Devshayani Ekadashi*, coinciding with the beginning of the auspicious *Chaaturmaasya* and also the culmination of the Pandharpur Wari, a pilgrimage of devotees from all parts of Maharashtra to the *Vitthal-Rakumai* temple in Pandharpur, fell on 6th July this year. This auspicious day, very special for spiritual *Sadhanas* and *Vratas* was celebrated with great reverence at Chinmaya Shreeram with the

Sampoorna Geeta Parayanam from 3.30 pm followed by the *Nitya Path* and *Arati*.

अचतुर्वदनो ब्रह्मा द्विबाहुरपरो हरिः ।

अभाललोचनः शम्भुर्भगवान् बादरायणः ॥

‘Bhagawan Badarayana or Veda Vyasa is verily Brahmaji without 4 heads, Lord Vishnu with 2 hands and Lord Shiva without a third eye.’ Salutations to that Bhagawan Veda Vyasa who compiled the Vedas, composed the *Puranas* and the Mahabharata, wherein he incorporated the timeless teaching of the Bhagawad Geeta - the quintessence of the Upanishads and wrote the Brahma Sutras, the comprehensive science of Vedanta Shastra. Bhagawan Veda Vyasa, being the most important link in the Advaita Vedanta *Guru Parampara*, it is just befitting that his Jayanti is celebrated as Guru Poornima, a day very special for spiritual seekers to offer our gratitude to the entire *Guru Parampara*. We are blessed to have the Grace of the Guru Parampara and through them the Shastras that give us the purpose of our life and the way to an intelligent and fulfilling life. Guru Poornima

was celebrated on 10th July this year with *Paduka Puja* followed by the Arati and a special online Satsang with Br. Kaushik Chaitanya ji, CM Lucknow. The Satsang on the topic ‘*Guru Ki Bhumika*’ was projected on Chinmaya Shreeram’s big screen making it a very vivid and lively experience for the devotees who gathered in large numbers on the Guru Poornima day to express their gratitude to the *Guru Parampara*.

There was a Joint Balavihar on Sunday 13th July to celebrate Guru Poornima. *Paduka Puja*, Bhajans and Salutations to the Guru Parampara were the highlights of the programme. About 60 Balavihar children attended the celebration. Our tiny tots of Shishu Vihar also celebrated Guru Poornima in their Saturday class on 12th July.

Most of you may be aware that 2026 is going to be the 75th year of Chinmaya Mission and will be celebrated as *Amrit Mahotsav* by Chinmaya Mission centres in a grand manner all over the nation. The rationale is to reach out to more and more people so that they benefit from the

noble vision and work of the Mission. Our Centre is going to conduct a Mass Geeta Chanting of the 15th Chapter of the Bhagawad Geeta in Mulund on 17th January 2026. Several meetings were convened during the month to spread awareness about the programme to various people in and around Mulund.

Announcements regarding two new study class texts were made in the month of July. One in Marathi in Mulund East on *Shree Ram Charit Manas* and another online in English on Vishnu Sahasranama with Adi Sankaracharya Bhasya. The details are available in the flyers in the beginning of the issue for those interested in joining the study classes.

Preparations are in full swing for the Geeta Chanting Competitions 2025 to start in September this year for school children and elders. Details have been provided in the flyers. We invite all, young and old to be a part of this Geeta Fest.

A *Nrutya Seva* has been lined up this month on Sunday 27th July, 7 to 8 pm at Chinmaya Shreeram. Kum. Krittika Narayanan, will

present a Bharatnatyam recital. Krittika is a budding artiste and disciple of Kalayogi Guru Pulikeshi Kasturi, Artistic Director, Shantala Arts Academy, Bengaluru. All are invited with family and friends for this grand dance recital.

On the occasion of *Shravan Somvar, Sri Rudra Puja* with *Abhisheka* has been organised on Monday 28th July. All are invited to attend the *Puja* and be a recipient of the blessings of the Lord and the *Guru Parampara*.

Lokah Samasthah Sukhino Bhavantu!

Smt. Lakshmi Kumar

Editor - Chinmaya Adesh

Dated 25th July 2025

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Sangeet Seva by Jyothika Putuval and team



Guru Purnima celebrations at
Chinmaya Shreeram



Ashadi Ekadashi celebrations and Sampoorna Geeta Parayanam



Joint Balavihar celebrations of Guru Poornima



**From the Mount of the Absolute
(WISDOM FROM THE UPANISHADS)**

H. H. Swami Chinmayananda

I am 'I', I am also another ... I am He. I am Myself alone ... I am.

I am stainless ... I am the All ...

I am neither dual nor non-dual ... I am neither existence nor non-existence. I am without language. I am the Shining. I am the glory of void and non-void. I am the good and the bad. I am happiness. I am equal (in all) ... I am without all and without not all ... I am without the number one. I am without the number two ... I am without the difference of many-ness ... I am one that exists not. I am the one that is not another ... I am without support ... I am without Chitta ... I am ever of the form of deliberation and yet am without deliberation ...

The contemplator and contemplation I am without. I am One that cannot be contemplated upon. I am He ...

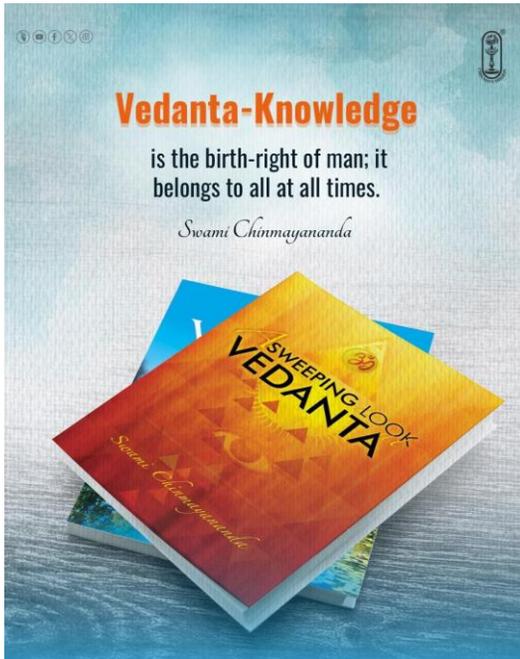
I am the easily attainable. I have the name of one that is pleased as well as one that is not. I am the fruits of all silence ... I am one that has not

anything in the least. I am not the one that has not anything in the least ... I am without the knots of the heart ... I am without the six changes. I am without the six sheaths and without the six enemies. I am within the within. I am without place and time. I am of the form of happiness having the quarters as my garment. I am without the 'No' ... I am alone ...

I am always One that is not different from Sat (be-ness). I have no Place to travel. I have no going, etc. I am Purushottama. There is no doubt that he who has realized himself thus, is Myself.

-Maitreya Upanishad (Sama Veda)

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Love: The Greatest Force

H. H. Swami Chinmayananda

(Continued from the previous issue..)

Q: I know I should be giving love, yet I still crave to be loved. How can I get others to love me?

A: The simple answer to your question would be, “If you want others to love you, be lovable.” But why do you expect others to serve or love you? Booted in love, spurred on with devotion, dressed in sympathy, riding on compassion, armed with understanding, wielding the might of faith, dash on in the world of beings and strive to save and uplift them. The Lord is ever with you. Your own anxiety and tears are veiling Him from you. He is so near to you that you can’t see Him. How can you see His face, when in the thrill of love, He has sunk His face into your own heart? He has now become one with you. Your joys are the joys of His ardent embrace. In case you want to see Him, you will have to push Him away from yourself, but your loving hands do not have the strength to do such a crime. In His embrace you live and yet you weep to see Him. Close your eyes and feel His

divine unseen hands moving around you. In every heart-beat, in every emotion, in every thought, it is His light alone that plays. You can sigh, weep, laugh, sing, worship, meditate but you are never away from Him. You are in Him, with Him, at Him, you are He alone.

Q: What is the difference between love and lust?

A: Love cannot be lust. In lust there is abject dependence upon the physical object. In lust there is a subordination of one's personality to the enchantment of the object; while in love the personality of the lover is tuned to the personality of the Beloved. Love is thus experienced as a joyous life of brightness, ecstasy and lighthearted ease, it brings an expansion of being. While lust ends in an existence loaded with darkness and exhausting fatigue.

To love truly is to add to your life. You expand to function from two points: yourself and your beloved. To love the whole universe is to experience the All. In lust there is a total dependence upon the form of the beloved, which is considered as another, and this feeling of being separate brings suffering. But in true love, there is the bliss of oneness and fulfillment.

Love is the victory of the Spirit, lust is the cry of the base flesh and low mind. Love lives in joy, lust only seeks it. All our love in the world is desire prompted (*kama*). Love with desire is called lust. Pure love is the victory of the spirit and generates tranquility within, while lust brings excitement all around. It is necessary to understand this difference of ‘love with desire’ versus ‘love without desire’.

Q: The word ‘heart’ means different things to different people. How does Vedanta explain it?

A: The term ‘heart’ in Vedanta is not the pumping organ that maintains the circulatory system in a physical structure, but in Vedantic terminology, the heart consists of the mind and intellect. Its re-education consists in imparting to it a new vision and a complete understanding of the world along with its own place in the total scheme of things and beings. In the field of literature and philosophy, heart is a conceptual center in the mind from where all positive and noble thoughts of love, tenderness, kindness, charity, devotion and surrender constantly spring up.

To be continued in the next issue...



हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

येथे भगवद्गीतेचा संदर्भ आहे.

दृष्ट्वा गीतास्वक्षरतत्त्वं विधिनाजं
भक्त्या गुर्व्या लभ्य हृदिस्थं दृशिमात्रम् ।
ध्यात्वा तस्मिन्नस्म्यहमित्यत्र विदुर्यं
तं संसारध्वान्तविनाशं हरिमीडे ॥२६॥

अर्थ :- आपल्या गुरुंकडे योग्य प्रकारे जाऊन जे कोणी त्यांच्याकडून अज अक्षरतत्त्वाला भगवद्गीतेत सांगितल्याप्रमाणे आणि दृढ भक्तीने हेच ते सत्य जे हृदयात चैतन्य म्हणून स्थित आहे व ध्यानामध्ये आपला आत्मा म्हणूनच 'त्या'ला जाणतात, 'त्या' संसारांधकाराचा नाश करणाऱ्या श्रीहरिंची मी स्तुती गातो.

गुरुपसत्ति आणि शरणागती - भगवद्गीता सांगते की शिष्याने गुरुंकडे आत्मज्ञानाचा उपदेश घेण्यासाठी योग्य प्रकारे गेले पाहिजे. त्यांना प्रणिपात करून, प्रश्न विचारून, त्यांची सेवा करून आत्मज्ञानाचा उपदेश करण्यासाठी नम्र

विनंती केली पाहिजे. प्रणिपात ही केवळ शारीरिक कृती नव्हे, तर ती गुरुंच्या विषयी नम्रभाव व पूर्ण शरणागती सूचित करते. श्रद्धा आणि भक्ती असेल तरच शरणागती होऊ शकते. तसेच गुरुसेवा ही सुद्धा केवळ तांत्रिक व शारीरिक क्रिया नाही. गुरुसेवा जर दक्षतेने आणि भक्तिभावाने केली तर ती शिष्याचे अंतःकरण शुद्ध करण्यास व गुरुंच्या मनाशी सुयोजित होण्यास मदत करते. त्यानंतर, जेव्हा शिष्य गुरुंना सत्याविषयी शुद्ध आणि प्रामाणिक हृदयाने, दक्ष मनाने आणि सूक्ष्म बुद्धीने प्रश्न करतो तेव्हा शिष्याचा तो प्रश्न परिपक्व व गंभीर असतो.

देणे-घेणे - प्रामाणिक व परिपक्व शिष्य येण्याची गुरू आतुरतेने वाट पाहत असतात. श्री रामकृष्ण परमहंस यांनी स्वामी विवेकानंद यांना म्हटले होते की त्यांच्या येण्याची ते खूप काळापासून प्रतीक्षा करीत होते. जेव्हा शिष्याकडून सत्याविषयी प्रश्न विचारले जातात तेव्हा गुरू मोठ्या उत्साहाने आणि अथकपणे ज्ञानाचा उपदेश करतात. मोकलपुर बाबांनी अखंडानंद स्वामी

महाराजांना सांगितले होते की, हजारो शिष्यांपैकी क्वचित कोणी एक आत्मज्ञानासाठी येतो. त्यांना स्वामीजींना शिकवण्यात खूप आनंद आला आणि त्यांनी त्यांच्या सर्व शंकांचे निरसन केले. हे ज्ञान घेणारे खरोखरच दुर्मीळ असतात.

ध्यान करा आणि जाणून घ्या - श्रीकृष्ण अर्जुनाला सांगतात, 'सत्य अविनाशी आहे आणि ते आत्मस्वरूपच आहे.' जेव्हा सत्यावर आपल्या हृदयात आपला आत्मा म्हणून ध्यान धरले जाते तेव्हा, 'मीच सत्य आहे' अशा प्रकारे ते जाणले जाते आणि तो शिष्य सर्व बंधनांपासून आणि स्वतः व जगत या संबंधीच्या चुकीच्या कल्पनांतून मुक्त होतो.

मनाला जे आवडते त्यावर ते विनासायास ध्यान करते. प्रत्येकाचे स्वतःवर प्रेम असते. आपल्याला येथे असे सांगितले गेले आहे की प्रेमाने, आपण ज्याच्यावर प्रेम करतो त्याचे, विनासायास ध्यान करा - आपण श्रीहरींवर आपला प्रिय आत्मा म्हणून ध्यान करू व त्यांचा अविनाशी सत्य म्हणून साक्षात्कार करून घेऊ.

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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 **YouTube** Chinmaya Mission Mulund

www.chinmayamissionmulund.com