



“तस्य भारता सर्वमिदं विभक्ति”

चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

द्वात्रिंशत् (XXXII) स्रोतः

SEPTEMBER - 2025

नवम (IX) रश्मिः



सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।
शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते ॥



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

PURUṢOTTAMA 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

PURUṢOTTAMA 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

Chyk

Chinmaya Yuva Kendra, Mulund



Discuss and understand the meaning of

HANUMAN CHALISA

Weekly interactions,
Chanting, discussions,
QnA and activities

Name of the CHYK class: Chinmaya Lakshman
Sevak: Dr. Radhakrishnan Pillai

Sundays 4 pm to 5.30 pm
Starting 10th August 2025

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

For 18 to 28 yrs

 For enquiry contact
Shruti Shetty: 9619269909



Entry Free

| www.ChinmayaYuvaKendra.com



EDITORIAL COLUMN

Harih Om!

Dear Readers,

Starting from where we left in the last issue, the Nrutya Seva in the form of a Bharatanatyam recital by Kum. Krittika Narayanan on Sunday 27th July at Chinmaya Shreeram was a grand success. Krittika, a budding artiste and disciple of Kalayogi Guru Pulikeshi Kasturi, Artistic Director, Shantala Arts Academy, Bengaluru displayed excellent footwork, clarity in the mudras, great expression and devotion resonating with the audiences's emotions. The Nrutya Seva was well attended and appreciated by the audience.

The month of Shravan has traditionally been special for Shiva Aradhana. True to our tradition, on Monday, 28th July being Shravan Somvaar, Sri Rudra Puja with Abhisheka was performed at Chinmaya Shreeram.

The 32nd Mahasamadhi day of Pujya Gurudev Swami Chinmayananda on 3rd August was observed as the Chinmaya Aradhana Day. After

the conventional Paduka Pooja and Arati, we had a Satsang in English by Swamini Kaivalyananda on the topic ‘Salutations to the eternal teacher’. Who else but Swamini Amma could do better justice to the talk, having travelled extensively with Pujya Gurudev from her young days and being responsible for setting up and managing the Chinmaya Archives. She took us through the life of Pujya Gurudev and the great influences of the Mahatmas like Chattambi Swamigal, Swami Sivananda and Swami Tapovan Maharaj on his life on the basis of first-hand information she had gathered from Pujya Gurudev himself and his family members. Devotees were held spell bound by Swamini Amma’s narration and expressed great gratitude for her captivating talk.

The monthly Sampurna Geeta Parayanam was conducted on Sunday 10th August from 3.30 to 6.30 pm followed by the Arati.

‘Youth are not useless, they are used less’ said Pujya Gurudev. He started Chinmaya Yuva Kendras (CHYK) to guide the youth to live a

dynamic life based on the wisdom of our scriptures. A new CHYK class has been commenced at Chinmaya Shreeram from 10th August for the youth in the age group 16 to 28 years. The weekly class on Sundays, 4 to 5.30 pm will discuss and understand the meaning of the Hanuman Chalisa under the guidance of Ex- CHYK Dr. Radhakrishnan Pillai. For more details, one can contact Shruti Shetty on 9619269909.

Shree Krishna Janmashtami was celebrated on 15th August with Vishnu Sahsranaama Archana. Many devotees gathered to perform the Archana and celebrate the advent of the Lord.

Our tiny tots of Shishu Vihar had a joyous celebration of Shri Krishna Janmashtami on 23rd August in their Saturday class with Stotras, Bhajans, Krishna Janma Katha, Baby Krishna's Paalna, Garba, Dahi Handi, Craft Activity, etc. More than 20 toddlers with their parents gathered for the celebration dressed up as Radharanis and Krishnas.

Sunday, 24th August was the grand Joint Balavihar celebration of Krishna Janmashtami.

Over 100 children from nine Balavihars from Mulund and Bhandup participated in the celebrations with presentations of a variety of dances, action songs, chants and skits. Children also enjoyed the filler quizzing, the dahi handi and the garba at the end of the programme. Sevikas and parents also joined in dancing to the tune of popular Krishna Janmashtami numbers like ‘Anand Umang Bharo, Jai Kanhaiyalal ki..., Shree Krishna Govinda Hare Murare...’etc. It was as though the joyous environment of Nandbaba’s Gokul was recreated in our Chinmaya Shreeram.

While Chinmaya Shreeram reverberated with the joyous celebration of Janmashtami in the morning, the evening soaked the devotees in divine melody and devotion with the Sangeet Seva rendered by Smt. Pradeepa Murali. Pradeepa was ably supported by Prasad Balan on the Mridangam and Girish Balaji on the Harmonium.

Ganeshotsav will be celebrated on Wednesday 27th August with Shodashopachaara Pooja, chanting of Ganapati Atharva Shirsha, Bhajans

and Visarjan on 28th August.

The preliminary round of the children's and elders' Geeta Chanting Competition 2025 will be conducted on 14th September at Sri Sri Ravishankar Vidya Mandir, Mulund West. The chapter selected for the competition this year is the 15th chapter of the Bhagawad Geeta-Purushottama Yoga which is said to be a Shastra by itself by the Lord Himself and is the quintessence of the contents of the entire Bhagawad Geeta and the Upanishads. We invite all, young and old to take part in the Geeta Chanting Competitions, details of which can be had from the flyers provided in this issue as well as on our website www.chinmayamissionmulund.com

Chinmaya Mission Mulund is going to conduct a Mass Geeta Chanting of the 15th Chapter of the Bhagawad Geeta in Mulund on 17th January 2026. Please save the date to be a part of the great upcoming congregation.

Smt. Lakshmi Kumar

Editor - Chinmaya Adesh

Dated 26th August 2025



Nrutya Seva - Bharatanatyam recital by Kum. Krittika Narayanan



Satsang by Swamini Kaivalyananda on the topic 'Salutations to the eternal teacher'



Shishu Vihar celebration of Shri Krishna Janmashtami



Balavihar celebration of Krishna Janmashtami

SHRADDHANJALI



Smt. Lathika Kartha took final refuge at the feet of Pujya Gurudev on 23rd August 2025.

Lathika Amma served Chinmaya Mission Mulund selflessly for more than four decades. She passionately performed Vastraalankara Seva to the Shree Ram Parivar in Chinmaya Shreeram for several years. She played an important role in organizing Malayalam Jnana Yajnas. She was known for her meticulous planning, delegation, strict execution and supervision contributing to the successful conduct of the Yajnas. The Karthas lovingly hosted many Acharyas including Swami Subodhanandaji and Swami Asheshanandaji

during their Yajnas in Mulund. Her role in organizing the Bhagawata Saptahas and Jnana Yajnas can never be forgotten.

The Chinmaya Mission Mulund Family will remain ever indebted to the exemplary service of Lathika Amma and offers its deepest condolences to the bereaved family.



Chinmaya Mission Mulund Family fondly remembers Lathika Kartha Amma



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

H. H. Swami Chinmayananda

WHAT should I do? Where should I go? What should I reject? (Nothing, because) the universe is filled by me as with the waters of the universal deluge. Whoever gives up love of the external, love of the internal and love of the body and thus gives up all associations, is merged in me. There is no doubt about it.

I alone am happiness. There is none other. If there is to be another, then it is not happiness. There is no such thing as love, except on my account. As I am the seat of supreme love, that 'I am not' is not. He who is sought after by all, saying "I should become such," is myself . . .

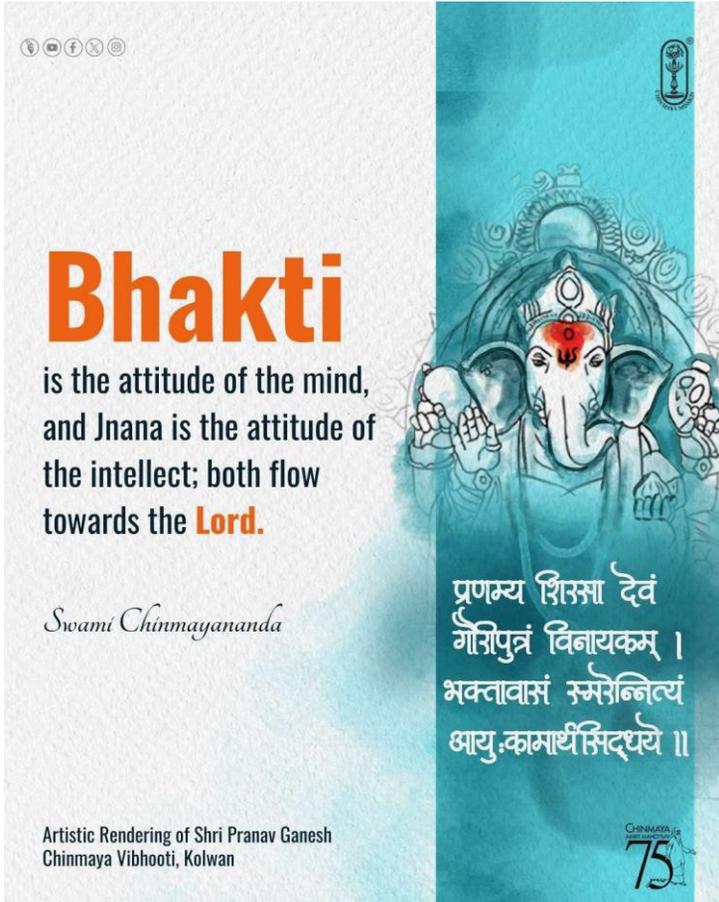
PROSTRATIONS - prostrations to me who am in all the elements, who am the Chidaatma that is eternal and free and who am the *Pratyagatma*. O Lord, you are I. I am you. Prostrations on account of myself and

yourself who are infinite and who are Chidaatma, myself being the Supreme Lord and yourself being Siva . . .

THIS is truth. This is nothing but truth. It is truth alone that is now said. I am Brahman, the truth. There is naught else but I . . .

-Varaha Upanishad

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Love: The Greatest Force

H. H. Swami Chinmayananda

(Continued from the previous issue..)

Surrender

Q: Guided by my finite intelligence I perform all actions, good and bad, as directed by my inclinations. Now I am trying to offer up my actions to the Lord. As far as good acts are concerned, there is no problem, but can I offer Him my bad actions as well?

A: Even if we throw all the garbage collected in a community into the fire, the blazing flames will consume everything and make it pure. Fire cannot be contaminated by anything. In fact, it purifies everything. Please remember that God has a fiery touch. He is perfect, no imperfection can demean Him, nor can our beauties and glories ever add an iota of glory to His infinite beauty. A pinch of salt in a teaspoon of water can make it uncomfortably saline. But if the same pinch of salt is thrown into a swimming pool, no saline taste is added to the

water. Even if our imperfections, lusts, passions and cruel prejudices were offered to the Lord, the infinite perfection of the Supreme would not be dulled.

Make use of God as a garbage can wherein you can empty yourself of your strengths, as well as your weaknesses, your merits, as well as your sins. He is eagerly waiting for them. He is ever a beggar at your door for the contents of your heart. That is why Hindu Gods are depicted standing with the left palm extended outward, demanding from you your imperfections, and with the right palm raised in an attitude of blessing, the sign of giving. The Lord showers his grace upon us and fills our hearts with His presence only when we empty ourselves by offering our all to Him. Don't hesitate for a moment. Give Him first all your weakness and negative tendencies, thereby heightening the beauty of your strength and virtues. In a last act of giving, offer the Lord a garland made from your sweetness and goodness. Thus, when you are empty, you merge into Him. He alone is.

Q: What is true surrender?

A: True surrender is the awareness of the Divine Presence in all the planes of our existence. We have examples of such complete surrender in Radha, Hanuman, Prahlada, and Mirabai to name just a few. Through the integration of personality and constant surrender of the ego, true devotees surrender themselves as willing vehicles for His expression. Without bringing all the levels of our being and all the facets of our personality into love for Him we will not be able to drown our finite ego-sense into the joyous lap of the infinite Lord. Then and then alone all delusion ends and the mortal comes to live the state of immortality.

Q: What is the highest moral truth?

A: Love is the greatest morality given to man and hence ‘Love Thyself’ is the greatest moral injunction, which the Vedas and other great scriptures tirelessly repeat. But unless the student is prepared to receive this great advice, he is apt to misunderstand this great injunction

as an advice to love the body and to cater to all low thoughts and ideas.

‘Love Thyself’ does not mean loving the body or meekly obeying the mind and the intellect. The body, mind and intellect are a gross matter envelopment, which has come to seemingly limit the unlimited Supreme Consciousness, which is the real Self in us. Because of our wrong identification with this false matter envelopment, we have projected ourselves into the outer world as a separate ego, and created all kinds of doubts regarding ethical and spiritual living. But when our identification shifts to the real Self, we automatically live the highest moral and spiritual life. This is accomplished through love, in love, as love. Love alone is the law, and the life of the Self. Self-realization is the experience of love in its absolute nature. You have always loved your Self, the Reality the most, and after that you know nothing but love for the outside world.

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True Love, in its purest expression seeks no return.
Swami Chinmayananda



हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

या श्लोकाला गीतेतील श्लोकांचाच संदर्भ आहे.

क्षेत्रज्ञत्व प्राप्य विभुः पञ्चमुखैर्यो
भुङ्क्तेऽजस्रं भोग्यपदार्थान्प्रकृतिस्थः ।
क्षेत्रे क्षेत्रेऽपि चन्दुवदेको बहुधास्ते
तं संसारध्वान्तविनाशं हरिमीडे ॥२७॥

अर्थ :- प्रकृतीत वास करणारा विभू परमात्मा जीव होतो आणि पाच ज्ञानेंद्रियांनी सतत विषयांचा अनुभव घेतो. 'तो' एकच असूनही अनेक उपाधींतून अभिव्यक्त होतो, एकच चंद्र पाण्याच्या अनेक घटांमध्ये प्रतिबिंबित होतो. संसारांधकाराचा नाश करणाऱ्या श्रीहरिंची मी स्तुती गातो. अनंत ते सांत – आधी सांगितल्याप्रमाणे सर्वव्यापी सत्य (विभू) एकाच शरीर-मन-बुद्धीशी तादात्म्य पावतो व जणू काही जीव बनतो. तो या सांत क्षेत्राचा (शरीर-मन-बुद्धी) स्वामी आणि ज्ञाता असल्यामुळे त्याला क्षेत्री किंवा

क्षेत्रज्ञ असे म्हणतात. राजा संपूर्ण राज्याचा ताबेदार असतो, तर एक शेतकरी जमिनीच्या एका छोट्याशा तुकड्याचा ताबेदार असतो. भगवान श्रीकृष्ण म्हणतात, “हे कौन्तेय या शरीराला ‘क्षेत्र’ असे म्हणतात आणि त्याला जो जाणणारा त्याला ‘क्षेत्रज्ञ’ असे म्हणतात.”

शरीर-मन-बुद्धी यांना क्षेत्रज्ञ म्हणतात. कारण आपण त्यांना क्षती पोहोचू नये म्हणून खूप काळजी घेतो (क्षत-त्राणात्). आपण थंडीत लोकरीचे कपडे परिधान करतो, भावनिक क्षतीपासून दूर राहण्यासाठी मनाची तटबंदी करतो व आपली मते प्रयत्नपूर्वक जपतो. शरीराला क्षेत्र म्हणतात कारण ते हळूहळू वृद्ध होत जाते आणि शेवटी त्याचा नाश होतो. राजा दशरथ यांनी जेव्हा आपल्या कानावरील केस पांढरे झाले आहेत असे पाहिले तेव्हा आपण वृद्धावस्थेकडे झुकत असल्याची निःशब्द सूचना त्यांच्या लक्षात आली. त्यांनी ताबडतोब राजसिंहासनाचा त्याग करण्याचा निश्चय केला. आपल्यापैकी बहुतेक जण वृद्धावस्था आणि मरण जवळ आलेले आहे हे

स्वीकारण्याऐवजी केस काळे करतात. शेतामध्ये आपण धान्य पेरतो आणि पीक काढतो. शरीराला सुद्धा शेत (क्षेत्र) म्हणतात, कारण त्याच्या सहाय्याने आपण कर्म करतो आणि शरीरातच कर्माच्या फळांचा (सुख-दुःखांचा) उपभोग घेतो (क्षरणात् क्षेत्रवत्).

आपल्यापैकी बहुतेक जण शरीराला अधिक महत्त्व देतात, त्याच्या मालकाला - क्षेत्रज्ञाला तितकेसे महत्त्व देत नाहीत. फारच क्वचितप्रसंगी आपल्याला आपण शरीराचा मालक किंवा ज्ञाता म्हणून संबोधतो - एक श.म.धी म्हणून. असा आपण विचार करत असलो तर त्यात वस्तुनिष्ठता काही प्रमाणात तरी असतेच. उदा. कोणी माणूस जखमी झाला किंवा अपमानित झाला असताना तो त्याच्या गाडीला हानी पोहोचली म्हणून फारसा दुःखी होत नाही.

करणे आणि आनंद घेणे - शरीर-मन-बुद्धी यांच्याद्वारे आपण कोणतीही कृती करू शकतो. मग ती चांगली असो वाईट असो की कुरूप असो. कृती करायची की करायची

नाही की अन्य प्रकारे करायची याबाबतीत आपल्याला निवड करता येते. आपण विचार करून कृती करू शकतो किंवा अविचारीपणे निरुपयोगी कृतीही करू शकतो. कृती करण्याच्या बाबतीत निवड करता येते. त्यानंतर आपण जसे केलेले असेल तसेच परिणाम आपल्याला प्राप्त होतात.

शिवाय शरीराची योजना आणि रचना अनुभव घेण्यासाठी केलेली आहे - भोगायतनम्. यालाच आपण दैव, नशीब किंवा ईश्वराची देणगी असे आपल्या विश्वासानुसार म्हणतो. शरीर हे धर्मशाळेप्रमाणे-विश्रांतिगृहाप्रमाणे किंवा रहिवासाप्रमाणे असते ज्यामध्ये जीव तात्पुरता निवास करतो. हे ठिकाण म्हणजे जेथे आपण प्रयत्नपूर्वक कमावलेल्या पाप-पुण्यांचा आनंद घेतो किंवा निचरा करतो आणि ते ठिकाण सोडून जातो. आपल्या जीवनातील प्रत्येकक्षणी आपल्याला ज्या बाह्य परिस्थितीत वस्तू किंवा व्यक्ती भेटतात त्या म्हणजे आपल्या पूर्व कर्मांचे फळ असते. शरीर-मन-बुद्धी

प्रकृतींपासून (स्थूल किंवा सूक्ष्म पदार्थ) बनलेली असतात. त्यांच्यामध्ये दुसरी अनेक शरीरे निर्माण करण्याची क्षमता असते (प्रकर्षेण कृतियोग्यत्वात्). प्रकृतीने आवृत्त झालेला जीव सातत्याने त्याच्या इंद्रिय आणि मनाने अनुकूल अथवा प्रतिकूल शब्द, स्पर्श, रूप, रस, गंध-बाह्य जगाचा सातत्याने सुख किंवा दुःख या रूपात अनुभव घेतो. भोक्तृभावाच्या कल्पनेमुळे तो पुन्हा एकदा कर्म करण्यास-कर्ता होण्यास व त्यानंतर पुन्हा भोक्ता होण्यास प्रेरित होतो. अशा प्रकारे हे जन्म-मरणाचे चक्र चालूच राहते.

अनेकात एक - सत्य किंवा आत्मा हा काही वेगवेगळा कर्ता-भोक्ता किंवा स्वामी-ज्ञाता नसतो. ज्याप्रमाणे एकच चंद्र पाण्याने भरलेल्या अनेक घटांत प्रतिबिंबित होतो त्याचप्रमाणे एकच चेतन वस्तू सर्व शरीर-मन-बुद्धींना प्रकाशित करते. चंद्राचे प्रतिबिंब जरी अस्पष्ट, स्पष्ट किंवा गढूळ पाण्यात पडले तरी चंद्र त्यामुळे दूषित होत नाही. ज्यांना चंद्र प्रकाशित करतो त्या घटांच्या स्थिती चंद्राला

प्रभावित करू शकत नाहीत. त्याचप्रमाणे सत्य किंवा आत्मा सर्व उपाधींना प्रकाशित करतो व उपाधींमुळे वेगवेगळा भासतो. पण वास्तविक तो एकच असून शरीर-मन-बुद्धीच्या स्थितींमुळे परिणामित होत नाही. अहं-वृत्तीद्वारे तोच एक स्थूल विचारांना चेतन करतो आणि जेव्हा ते विचार शरीराशी तादात्म्य पावतात तेव्हा शरीराला चेतन करतो. त्याचे स्वरूप चेतनत्व असल्यामुळे तोच आपल्या सर्वांमधील सर्वांचा ज्ञाता आहे.

सर्वांमधील ज्ञाता असलेले श्रीहरि आमच्यातील अज्ञानांधकाराचा नाश करोत !

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Sangeet Seva rendered by Smt. Pradeepa Murali

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



Published by Lakshmi Kumar (98205 90472)
for Chinmaya Mission Mulund and
Published from “Chinmaya Shreeram”
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Mumbai – 400080.

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