



“तस्य भारता सर्वमिदं विभाति”

# चिन्मय आदेश

Monthly Newsletter of Chinmaya Mission Mulund

त्रयस्त्रिंशत् (XXXIII) स्रोतः

JANUARY - 2026

एकम् (I) रश्मिः



CHINMAYA  
AMRIT MAHOTSAV

75  
years

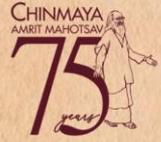
2026

HAPPY NEW YEAR!



**CHINMAYA MISSION MULUND**

invites you to



# Samashti Gita Chanting

of Bhagawad Gita Ch. 15 for World Peace



**On Saturday, 17<sup>th</sup> January 2026  
From 5.30 pm to 7.30 pm**

## Highlights of the Programme

- Bhagawad Gita Chanting - Ch. 15
- Presence of Chinmaya Mission  
Vishwa Pramukh - Swami Swaroopananda ji
- Light and Sound / Laser show

**Register at: <https://tinyurl.com/sgc-ind>**

**Venue: Barku Patil Udhyan,**  
ACC Cement Road,  
Behind Old Octroi Naka,  
Mulund West



Scan QR code  
to Register

Venue opens at 4.30 pm  
with Exhibits and Books  
from Chinmaya Mission

Bring your family  
and friends



Entry Free | All are welcome

Paid parking available at R\_Mall / R\_Square on L.B.S.



For queries :  
9820016826 / 7021267089



[www.ChinmayaMissionMulund.com](http://www.ChinmayaMissionMulund.com)

Chinmaya Mission Mulund reserves the right to make any changes

Register at: <https://tinyurl.com/sgc-ind>



# Gita Panchamrit

*Learn, Live and Lead*



CHINMAYA  
AMRIT MAHOTSAV

75  
years



**5** Shlokas. **1** Essence.

A simple way for everyone to  
connect with the Bhagavad Gita

**Gita Panchamrit** is an initiative of **Chinmaya Mission** that seeks to awaken love and reverence for the Bhagavad Gita in every heart. Through five carefully chosen verses—simple to learn, inspiring to reflect upon, and uniting in spirit—it offers a glimpse of the Gita’s timeless relevance. The first three verses guide what we, as seekers, can do; the last two reveal what Bhagavan does when we surrender in faith. The verses provided here with Sandhi split for easy chanting.

① **Take Charge of Your Life and Rise Up**

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।  
आत्मैव ह्यात्मनो बन्धुः आत्मैव रिपुरात्मनः ॥

uddhared-ātmanātmānaṁ nātmānam-avasādayet,  
ātmaiva hyātmano bandhuḥ ātmaiva ripur-ātmanaḥ. (6.5)

One should lift oneself by oneself; one should not lower oneself. The mind is verily one’s friend; the mind is one’s own enemy.

② **How Does One Uplift Oneself?**

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।  
मा कर्मफलहेतुर्भूः मा ते सङ्गोऽस्त्वकर्मणि ॥

karmaṇyevādhikāraṣṭe mā phaleṣu kadācana,  
mā karmaphalaheturbhūḥ mā te saṅgo’stvakarmaṇi. (2.47)

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



### 3 Develop an Attitude of Dedication

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।  
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥

yatkaroshi yadaśnāsi yajjuhoṣi dadāsi yat,  
yattapasyasi kaunteya tatkuruṣva madarpaṇam. (9.27)

Whatever you do, whatever you eat, whatever you offer in sacrifice, whatever you give in charity, whatever you practice as austerity, O Kaunteya! Do it as an offering to Me.

### 4 Shri Krishna's Assurance

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।  
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

ananyāścintayanto mām ye janāḥ paryupāsate,  
teṣāṃ nityābhiyuktānāṃ yogakṣemaṃ vahāmyaham. (9.22)

To those who worship Me alone, thinking of no other, to those ever self-controlled, I provide what they need and preserve what they already possess.

### 5 Bhagavan Frees Us from All Bondages

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।  
अहं त्वा सर्वपापेभ्यः मोक्षयिष्यामि मा शुचः ॥

sarvadharmān-parityajya mām-ekam śaraṇam vraja,  
aham tvā sarvapāpebhyaḥ mokṣayiṣyāmi mā śucaḥ. (18.66)

Abandoning all dharmas (of the body, mind and intellect), take refuge in Me alone; I will liberate thee from all sins; grieve not.

# Empower yourself and others

with the timeless wisdom of the Gita



Learn

1

Learn five selected Gita Panchamrit shlokas - the essence of the Gita distilled for everyone



Chant

2

Chant these 5 verses daily with devotion, reflection and understanding



Inspire

3

Inspire others by being a Gita Doota and urging friends, family and colleagues to learn



Connect

4

Connect aspirants either virtually or in-person with Gita Dootas



Join

5

Join the Movement, Register and Learn  
Visit: [chinmaya75.org](http://chinmaya75.org)

Take these five simple yet powerful steps to be part of a global wave of awakening



Register and connect  
with other Gita Dootas

[chinmayamission.com](http://chinmayamission.com)  
[chinmaya75.org](http://chinmaya75.org)

CHINMAYA  
AMRIT MAHOTSAV

75  
years



One Movement  
Beyond Boundaries  
Eternally Inspired

An expression of devotion and gratitude that unites thousands across the globe through spiritual and cultural offerings – a once-in-a-generation gathering for three days of reflection, devotion and inspiration.

## Highlights

- Chinmaya Amrit **Yatra Conclusion** and Grand commemorative ceremonies
- **Vedic Chanting** by **Swamins and Brahmacharins**
- **Enlightening Sessions**
- **Chinmaya Amrit Musical**
- Special Programme on **'Non Dualism for World Understanding'**
- Immersive **'Chinmaya Experience'** exhibition – Heritage Artefacts, Digital Storytelling
- Global participation: **India and 25+ Countries**

Register Now : [chinmaya75.org/amrit/register](http://chinmaya75.org/amrit/register)



23-25

October  
2026

Bharat Mandapam

Pragati Maidan, New Delhi, Delhi 110001



## EDITORIAL COLUMN

*Harih Om!*

Dear Readers,

चिन्मयो नामरूपस्य आनन्दो वै स्वभावतः ।

वेदगीतासमुद्धर्ता ज्ञानयज्ञव्रते स्थितः ॥

The month of December began with a day very dear and important to the Chinmaya family for more than one reason. 1<sup>st</sup> December was the Gita Jayanti, the day, the priceless knowledge of Bhagawad Gita was given by Lord Krishna to the Pandava prince Arjuna in the battlefield of Kurukshetra, the dissemination of which inter alia our Pujya Gurudev Swami Chinmayananda ji engaged in passionately for over four decades. It was also the Swami Tapovan Maharaj Jayanti, the birth anniversary of our Parama Guru. As is customary, we conducted Paduka Puja and Gita Ashtottara Namavali chanting in the evening followed by the Arati and then, the prize distribution ceremony of the Geeta Chanting Competitions 2025. As has been the

practice for some years now, standard wise prizes were given in each group to encourage the children. In all, 119 children bagged prizes. In the elders' chanting category, 18 prizes were distributed. The school representatives and Sevak/Sevikas who taught in schools were also felicitated. Chinmaya Shreeram reverberated with the loud chanting of the 15<sup>th</sup> chapter by all the children gathered in unison.

About 50 Balavihar children performed Matru Puja on Sunday, 21<sup>st</sup> December at Chinmaya Shreeram. The mothers were worshipped, invoking the Divine mother in them. The programme started with a street play by our senior Balavihar children and CHYKs to spread awareness about the Chinmaya Mission and the upcoming Amrit Mahotsav. It was a touching experience to watch the children do Archana to the feet of the mothers chanting Matru Stavanam, a beautiful composition of Pujya Guruji Swami Tejomayananda ji followed by garlanding

them, offering them a sweet and a special handmade card as a token of appreciation to the mothers which was reciprocated by the mothers with a warm hug. Children resolved to respect their parents as Bhagawan and obey them. Parents shared many messages expressing appreciation and gratitude for this initiative.

Later in the day, the monthly Sampurna Geeta Parayanam was conducted from 3.30 to 6.30 pm followed by the Arati which was well attended.

We shall end the year with the customary Vishnu Sahasranama Archana on the New Year eve, from 5 to 7 pm. All will get an opportunity to perform the Archana individually and end the year on an auspicious note. All are invited with family and friends for the Archana.

We are gearing up to celebrate the Chinmaya Amrit Mahotsav to commemorate the 75<sup>th</sup> year of the Chinmaya Movement, a culture and knowledge revolution that has touched

millions of lives across the globe. ‘Sing Gita, Live Gita!’ our signature event for the Chinmaya Amrit Mahotsav is a Samashti Gita Chanting of Chapter 15 of the Gita on Saturday, 17th January 2026 at the Barku Patil Ground, Mulund West 5.30 to 7.30 pm. The grounds would be open to the public an hour earlier to showcase our books and exhibits about Pujya Gurudev and the activities of the Mission. In addition to the Samashti Gita Chanting, the programme will feature other highlights like the august presence of Vishwapramukh Swami Swaroopananda ji and other Swamins and Brahmacharins of Chinmaya Mission, Mukhya Swamiji’s address to the devotees, blowing of 75 conches, laser and sound show, LED presentations about our work and projects, bhajans etc. There is a registration form for children attending the programme along with the accompanying elders and a separate registration link for other elders, which we have shared in the newsletter. Please register and attend the

grand congregation in large numbers. Our street play team is performing street plays in various places to spread awareness about event, the Mission and its work. Classes are being conducted at Chinmaya Shreeram on all the week days from 6 to 6.30 pm and 6.30 to 7 pm at Chinmaya Shreeram for children and elders who would like to learn to chant the 15<sup>th</sup> chapter of the Geeta. An opportunity to participate in this great event which will go down in history as a milestone should not be missed.

The monthly Sampurna Geeta Parayanam was conducted on Sunday 21<sup>st</sup> December from 3.30 to 6.30 pm followed by the Arati which was well attended.

We wish our readers a very happy, healthy and spiritually uplifting New Year.

*Lokah Samasthah Sukhino Bhavantu!*

*Smt. Lakshmi Kumar  
Editor - Chinmaya Adesh*

*Dated 30th December 2025*



Prize distribution - Geeta Chanting Competitions



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

**H. H. Swami Chinmayananda**

Like the bubbles, waves, etc. in the ocean, so all beings, from Brahma down to worm, are fashioned in Me; just as the ocean does not long after the motion of the waves, so to Me, there is no longing after sensual happiness, being Myself of the form of Bliss.

Just as in a wealthy person the desire for poverty does not arise, so in Me who am immersed in Brahmic Bliss, the desire for sensual happiness cannot arise.

The sun that illuminates the pot (both within and without) is not destroyed with the destruction of the pot, so too the Sakshi, witness, that illuminates the body is not destroyed with the destruction of the body.

Let Pranas according to their laws be fluctuating. Let mind be blown about by desire. How can pains affect Me who am by nature Bliss.

Just as an owl sees darkness only in the sun, so a fool sees only darkness in the self-shining

Supreme Bliss.

Should the clouds screen the eyesight, a fool thinks there is no sun; so an embodied person full of ignorance thinks there is no Brahman.

Just as nectar which is other than poison does not comingle with it, so I, who am different from inert matter, do not mix with its stains. As the light of a lamp, however small, dispels immense darkness, so wisdom however slight, makes *Ajnana*, however immense, to perish.

Being the nature of Consciousness alone, there is not inertness in Me. Being of the nature of Truth, there is not non-truth to me. Being of the nature of Bliss, there is no sorrow in Me.

- *ATMA BODHA UPANISHAD*

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Geeta Sevikas pose for a picture at the conclusion of the Geeta Fest on Geeta Jayanti day



## **The Art of Right Contact**

**H. H. Swami Chinmayananda**

Licentiousness is not true freedom but it can only lead to one result – disaster. When freedom is punctuated by adherence to laws of Nature and a recognition of the rights of others, we grow into the ampler field of peace and prosperity. The constitution of our country recognizes and establishes freedom, but at the same time, it contains a host of rules and regulations restraining us from doing all that we like to do and these alone lend a meaning to freedom.

Similarly, the Religious text books prescribe certain laws of living which define for us the modes of contact with the world of objects around us, so that we may have a harmonious existence. When there is an intelligent appreciation and faithful adherence to these laws, we maintain the right contact with the world and that alone can bring about a healthy life of dynamic existence. This is best

illustrated if we take the example of electricity from practical life. One has the freedom to use electricity in his home in any manner that one chooses. Nevertheless, to establish a correct relationship with it and to benefit by it, one has to religiously follow the laws of electricity; otherwise the same power can mercilessly destroy him.

The general complaint is that the world is full of evil, imperfections, disturbances and despairs and one often wonders how peace and tranquility could be found in their midst. But there is no need to despair, for, we should bear in mind that a rough surface is, as a rule, essential for sharpening any dull instrument. When one knows the art of applying the tool to the grind-stone, it is the roughness of the stone that sharpens the tool; so too in life, when we understand the art of establishing right contacts with the world, we chasten and edify our subjective personality. The evils of the world, therefore, are not the great problems and impediments but man's lack of dexterity in facing the challenges confronting him is the

real problem.

In not recognizing these simple truths, the right perspective of life is lost and humanity perpetually complains of bad times and a bad world. Consider for instance a glass only half filled with milk. It is viewed differently by different people according to their own emotional and intellectual stature. One looks at the empty upper half and complains that it is not full, while another views the bottom portion and freely enjoys it.

When we carefully analyse the attitude of men in general, we find a continuous procession of such unintelligent mourners. A lame man on a wheel-chair despairs at the sight of healthy pairs of legs walking past him, but the man who can walk sighs at another swiftly passing him on a scooter; the man with the scooter again is jealous of the motor car owner and the latter pines away at the thought of having to pay his Income-tax. Such, indeed, are the sorrows of man but there is no need to despair; for, the remedy is quite evident.

Let us develop a sense of gratitude to the Lord,

by focusing our attention on what we have, which a good many less fortunate have not and are yearning for. By refusing to crave for objects which we do not have, we shall be conserving a lot of mental energy which alone can give us peace within and a capacity to act rightly in the world.

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Paduka Pooja on Tapovan Jayanti



Children performing Matru Puja



## हरिमीडे स्तोत्रम् परम पूज्य स्वामी तेजोमयानंद

व्यक्ती आणि समष्टी यांच्यामधील एकत्व या श्लोकात दाखवलेले आहे.

योऽयं देहे चेष्टयितान्तःकरणस्थः

सूर्ये चासौ तापयिता सोऽस्म्यहमेव ।

इत्यात्मैक्योपासनया यं विदुरीशं

तं संसारध्वान्तविनाशं हरिमीडे ॥३१॥

**अर्थ :-** हृदयनिवासी आत्मा शरीराला (उपाधींना) कार्यशील बनवतो आणि तो सूर्याद्वारे प्रकाश व उष्णता उत्सर्जित करतो. 'तो मीच आहे' अशा प्रकारे ध्यान केल्या जाणाऱ्या, तादात्म्य पावून एकत्व जाणल्या जाणाऱ्या श्रीहरिंची - संसारांधकाराचा नाश करणाऱ्यांची मी स्तुती गातो.

**उपाधित चैतन्य -** शरीर, मन, बुद्धी ही स्वतः स्थूल आहेत. कोळसा आणि हिरा दोघेही कोळशाच्या

मूलद्रव्यापासून बनलेली असतात. परंतु हिरा प्रकाश परावर्तित करतो, कोळसा करीत नाही. शरीर स्थूल पंचमहाभूतांपासून बनलेले असते. आंतरिक सूक्ष्म उपकरणामध्ये चेतना देणाऱ्या चैतन्याला परावर्तित करण्याची क्षमता असते. त्याचबरोबर ती चेतना अंतःकरणाला जाणण्यायोग्य बनवते. अंतःकरणातील चैतन्यमय विचार शरीराला चेतना प्रदान करतात. अशा प्रकारे आत्मा जणू काही अंतःकरणात स्थित होतो व तोच आपल्यातील जीवन आणि जीवनशक्ती असतो.

आपल्यातील बहुतेकांना वाटते की, आपण श्वास घेत असल्यामुळे जिवंत राहतो, पण वेद स्पष्टपणे सांगतात की माणूस श्वासोच्छ्वास करण्यामुळे जिवंत राहत नाही तर तो दुसऱ्याच कुठल्या तरी कारणाने जिवंत असतो, ज्याच्यावर श्वास आणि उच्छ्वास अवलंबून असतात. भगवान जेव्हा ध्रुवांच्या समोर प्रगट झाले तेव्हा ध्रुव इतके भारावून गेले होते की, त्यांच्या मुखातून शब्दही उमटत नव्हता. भगवंतांनी त्यांच्या कपोलाला आपल्या शंखाने

स्पर्श केला व ध्रुवांच्या मुखातून भगवंतांची स्तुती प्रस्फुटित झाली. ते म्हणाले, “हे भगवान, मी आपल्याला, जे सर्व शक्तींवर अधिपत्य करतात - त्यांना, नमस्कार करतो. आपण आपल्या तेजाने माझ्या मनात प्रवेश करून माझ्या मूकवाणीला, हातांना, पायांना, त्वचेला आणि श्वासालाही संजीवन देता.”

आइनस्टाइनची विद्वत्ता त्यांच्या मेंदूला प्रेरित केल्या गेल्याविना, काहीही करू शकली नसती. एक मृत जागतिक बॉक्सिंग चॅम्पियन एक बुक्का सुद्धा मारू शकत नाही किंवा मृत सौंदर्य सम्राज्ञी आपले विजयी हास्य उमटवू शकत नाही. म्हणून जीवनतत्त्व हे आपल्या जीवनात अतिशय मौल्यवान आहे आणि जीवनदाता ईश्वर अतिशय महत्त्वाचा आहे.

**आश्चर्यकारक जीवनदाता** - सर्व नैसर्गिक शक्ती व निसर्गनियम जे जड असतात त्यांच्यामागे एक चेतन घटक असतो ज्याच्यामुळे ते कार्यशील असतात. भगवान श्रीकृष्ण म्हणतात, “जगाला प्रकाशित करणाऱ्या

सूर्यप्रकाशातील, चंद्रातील, अग्नीतील तेज मी आहे. पृथ्वीमध्ये प्रवेश करून मी माझ्या जीवनदायी शक्तीने सर्व जीवांना धारण करतो व माझ्या औषधी गुणाने वृक्ष, वेलींचे पोषण करतो.” थोडक्यात, ईश्वर चेतन आहे व त्याची शक्ती सर्व जड वस्तूंना कर्मशील बनवते.

**एक जीवनदाता** – एकच अनंत चैतन्य जे माझ्यातील चैतन्य / आत्मा माझ्या शरीर, मन, बुद्धीला चेतना देते आणि चैतन्य-सत् जे सूर्यादिंना प्रकाशित करते ते एकच आहे. जो ध्यान करून आत्मा सत्य आहे असे जाणतो तो मुक्त होतो. अशा प्रकारचे ध्यान आपल्याला सर्वांच्या बाबतीत संवेदनशील बनवते व सर्व वस्तू-व्यक्ती आणि परिस्थिती यांच्यासमवेत सुसंगतेने राहण्यास सक्षम बनवते.

सर्वांच्या मधील जीवनाचा स्रोत असलेल्या श्रीहरिंची मी स्तुती गातो आणि त्यांनी माझे जीवन, माझा संसारांधकार नष्ट करून मला कृतकृत्य करावे म्हणून त्याची प्रार्थना करतो.

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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