

Chinmaya Dindimah

Monthly E - News Letter

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CHINMAYA MISSION CHENNAI

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AT EVERY BREATH A TEACHING

No Distractions Allowed

Some twenty or thirty minutes into the lecture, Swamiji had already succeeded in lifting our minds into a subtle space quite different from the one in which we had just roamed around before the talk began. The usual mental clamor had already subsided a little, and the tense lines in our faces began to relax. The university hall, with a bank of gradually elevated rows of seats, was very quiet, with only amuffled cough now and then disturbing the silence.

A slight crack and squeak at the back diverted our attention from Swamiji's words. Some heads turned backward to see the cause of the noise. A young man has just entered the hall and was walking slowly down the steep bank of stairs, finally edging himself into a row somewhere toward the front of the auditorium.

During his excruciatingly long descent down the stairs, Swamiji said not a word and followed his every movement with his eyes – as we all held our breaths. By the time the man sat down in his chosen seat, the message of the deafening silence around him must have reached its mark, for his face was quite red as he settled his body into the seat.





ஹரி ஓம்.

ஆனந்தவல்லி.

இந்த உபநிஷத்தில் ஆறு தலைப்புகளில், ஒன்பது அனுவாகமாக விஷயங்களை பிரித்து, நாமெல்லாம் புரியும்படி எளிமையான முறையில் கொடுத்திருக்கிறார் உபநிஷத்தின் ரிஷியானவர்.

“முதல் அனுவாகம்”

“பிரார்த்தனை”

ஸுகனா வவது... இதைப் பற்றி நாம் ஏற்கனவே நன்கு ஆராய்ச்சி செய்து இருக்கின்றோம். அடுத்தப்படியாக...

இந்த உபநிஷத்தில் வருகின்ற விஷயங்களை மூன்று தலைப்புகளில் பிரித்துவிடலாம்.

1. பிரம்மம் என்றால் என்ன?
2. பிரம்மம் எங்கிருக்கிறது?
3. பிரம்மனை எப்படி அடைவது?

முதல் கேள்வியின் பதிலை பார்க்கலாம்.

பிரம்மம் என்பது - தேச, கால, வஸ்து ரஹித:.

“பிரம்ம வித் பிரம்மைவ பவதி”. பிரம்மனை அறிந்தவன் பிரம்மம் ஆகவே ஆகின்றான் - என்பது ஒரு சூத்திர வாக்கியம்.

பிரம்மம்.... உண்மை வடிவாய், உணர்வு வடிவாய், அனைத்தையும் கடந்து எல்லையற்றதாய் இருந்தாலும் கூட, அனைவரின் இருதய குகையில் இருக்கின்றது.

சத் சித் ஆனந்த வடிவமாய் பிரம்மன் இருக்கிறது.

சத் - உடல் போன்ற அனைத்து ஜடப் பொருள்களிலும் இருப்பது.

சித் - அனைத்து எண்ணங்களிலும் ஞானமாய் இருப்பது.

ஆனந்தம் - சிற்றின்பம் என்று சொல்லக்கூடிய பிரியம் - மோதம் - பிரமோதம் என்றும், இவற்றை கடந்து பேரின்ப சொரூபமாயும் இருக்கிறது.

இப்பொழுது இரண்டாவது கேள்வியின் பதிலை பார்க்கலாம்.

பிரம்மன் எங்கே இருக்கிறது?, எப்படி இருக்கிறது? **எல்லாருடைய இதயக்குகையில்** இருக்கின்றது.

எப்படி இருக்கிறது? என்று கேட்கும் பொழுது,

ஸர்வ ரூபானந்த, ஸர்வ ரசானந்த, ஸர்வ கந்தானந்த, ஸர்வ ஸ்பர்சானந்த, ஸர்வ சப்தானந்தமாய் வெளிப்பட்டு கொண்டிருக்கின்றது.

பிரம்மத்தை அறிந்த பிரம்ம ஞானி தனது இந்திரியங்களை உலகப் பொருள்களோடு உறவாட விட்டாலும், கவனம் முழுவதும் பிரம்மனின் மீது அதாவது தன் மீது வைத்திருக்கின்ற காரணத்தினால் சிற்றின்பங்களில் அவருடைய புலன்கள் ஈடுபட்டாலும் பேராணத்தத்தில் திளைக்கின்றார்.

இதுதான் நாம் அடைய வேண்டிய **“இலக்கு”** ஆகும்.

இங்கு அக்ஞானிகளோ, புலன் எந்த உலக பொருளோடு உறவாடுகிறதோ, அதிலேயே மூழ்கி, தொலைத்து, தன்னை நோயாளிகளாக ஆக்கிக் கொள்கிறார்கள்

அடுத்த அனுவாகம் **“படைப்பு”** - எனும் தலைப்பில் வருகிறது. இதைப்பற்றி சென்ற உபநிஷத்துக்களில் தெளிவாக பார்த்திருந்தாலும், சுருக்கமாக பார்த்துவிடலாம்.

பிரம்மன் தனியாக இருந்தது. அதனுடைய நிழல் என்று சொல்லக்கூடிய **“மாயை”** சேரும் பொழுது, அதாவது பிரம்மனும் - மாயையும் சேர்ந்த பிறகு, நாம் **“ஈஸ்வரன்”** என்று அழைக்கின்றோம்.

அதுதான் காரண பிரபஞ்சம்.

“ஈஸ்வரன்” என்கின்ற காரண பிரபஞ்சத்திலிருந்து, **“ஹிரண்ய கர்ப்பன்”** என்று சொல்லக்கூடிய சூக்ஷ்ம பிரபஞ்சம் தோன்றியது.

“ஹிரண்ய கர்ப்பன்” என்கின்ற சூக்ஷ்ம பிரபஞ்சத்திலிருந்து, **“விஸ்வம்”** என்று சொல்லக்கூடிய ஸ்தூல பிரபஞ்சம் தோன்றி உள்ளது.

சப்த - ஸ்பரிச - ரூப - ரஸ மற்றும் கந்த இவைகளெல்லாம் சூக்ஷ்ம பிரபஞ்சம்.

சப்தத்தில் இருந்து ஆகாசமும், ஸ்பரிசத்தில் இருந்து காற்றும், ரூபத்தில் இருந்து அக்னியும், ரஸத்தில் இருந்து நீரும், கந்தத்திலிருந்து பூமியும் தோன்றியுள்ளது.

பூமியில் தானியங்கள், பயிர் பச்சைகள், மரங்கள், பழங்கள் மற்றும் காய்கறிகள் எல்லாம் விளைந்தன. இந்த உணவிலிருந்து தோன்றியதுதான் பூமியில் இருக்கின்ற அத்தனை ஜீவராசிகளும். இதில் மனிதனைப் பற்றியும் மனிதனிடம் இருக்கின்ற ஐந்து கோஷங்களை பற்றியும் அடுத்த மாத இதழில் நாம் விளக்கமாக பார்க்கலாம்.

ஹரி ஓம்.



Swami Tapovanam



Wanderings In The Himalayas UTTARKASHI – 3

Again you find another group of birds, with no thought of food or sport, perching on the branches of trees and singing sweetly. But where are the rulers of the forest? Perhaps the mighty tigers are hiding themselves in their lairs knowing by their shrewdness that it is not the time for the exercise of absolute power. Thus in the middle of the forest you find the same lust and greed and quarrel, the same affluence and indigence, death and birth, domination and subjection as in the world outside. And the thoughtful and observant man cannot miss their significance in relation to himself. As Shakespeare puts it, such a man finds 'sermons in stones, hooks in the running brooks and wisdom in everything.' For fellows with lacklustre eyes who see nothing and learn nothing, everything is new and puzzling. But he, who understands the nature of the divine sport, finds no novelty or surprise. So much by the way.

If we thus go up from Rishikesh six or seven miles through thick forests, we reach a lovely spot called Narendranagar. This is the health resort of the Raja of Tehri. Our path proceeds zigzag by mountain peaks in a north-westerly direction. Twelve miles from Narendranagar on this route is Pokhara, a notoriously dangerous place frequented by leopards. I have passed along this route now and then, all alone, but I have never come across one. Was it because I was too full of sin to have a darsana of the sacred Himalayan leopards? Or was it that the godly Himalayas, knowing of my simple life, kept them out of my way?

The path still winds forward along the foot of the mountain. When you have crossed more woody peaks and passed several small villages on the way, covering another 25 miles, you come in sight of the holy Bhagirathi (Ganga) once again. No one can fully understand the secret of the ardour and the zest with which great rsis like Vyasa have sung the glories of the Ganga, unless one has personally contacted the holy mother and learnt to admire her.



Swami Chinmayananda



My TREK THROUGH UTTARAKHAND

Tuesday, 4 May 1948

Anyway, we started and just touching Janakbai catti, dashed off again to reach Hanuman catti by 6.30 p.m. in the usual time of four hours, covering a distance of eight miles. Rather surprising compared to the nine hours we took in going up. The road returning from Yamnotri is a steep descent where you can let yourself go! Dinner at Hanuman catti. We thanked from the bottom of our hearts, the divine hand that guided us safely up to Hanuman catti. For on the way up, I did mention a temporary bridge across the Yamuna, put up because of the landslide of the mountains along the route. Well, on our way back at about 4.30 p.m., we heard that roughly two hours back, the bridge had given way, and that we would have to take the main road, doing our best over the landslides. We took up the challenge not knowing what was in store for us. The first two sections were not bad compared to the third and fourth sections. On the third section, there is a sheer, precipitous fall of 25 yards. Just a slip and the foot is on the loose soil along the sides. We are filled with admiration every time we think how dexterously our pahadi majadura, Jeet Singh, negotiated this hazard with our one maund load on his back.

The last section was along the side of a sharp rigid rock. On its sides there are some natural inundations caused by rain waters. That is all. Almost half-way across this nine foot damage to the route, there is a rough projection left from a rock which has broken loose and lies in a thousand splinters some ten yards below. These splinters look like bared grinning fangs. To walk on these fangs, clawing for support at the smooth inundations in the rock is the only method of crossing this section. The pahadi with the load was the first to pass. Then I saw Gautam reaching the other side, safe and in one piece. I

as never before and I have no recollection of how or when I found myself on the other side too! Sweating profusely and shaking in every limb I sat down and drank some water. Only after 10-15 minutes could I bring myself to put the fright behind me and walk again! Thank God there was no one there to watch my shattered nerves!

As soon as Gautam saw me safe and sound, he proceeded and disappeared around the corner. I felt like sitting there and moaning for the old men and women, we had overtaken on the route. They would reach here in another hour. That would be around 6 p.m., a time when they could not go back. They would have to stay in the jungle without food and wait for day break till some pahadis came to help them across. Now how can one help anyone on such a route. They will have to wait till these portions are bridged.

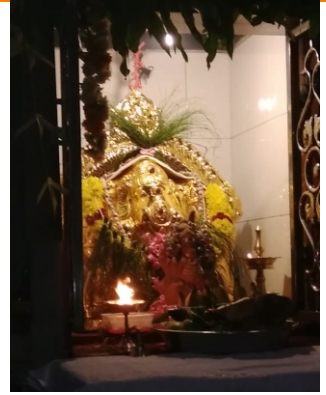
Gurudev's Advice to Householders

Our present joy is - someone's past sacrifice

Duties towards the elders, are not only at home, but towards all elder-citizen around you. The present is the product of the past. The elder-citizen generation carved out for us our present, ill or well. We serve them in their old age, When they, tired and fatigued, sit back to rest and revive. If everyone looks after and cares for his elders and little growing children, the society blooms happy, and grows up vigorous and secure. But this is not done, because of the indifference born out of our dirty and ugly selfishness. In our blind hunt for our personal happiness in society we ignore and refuse this duty. Thereby the neglected society groans in man-made pains. Children get neglected. Youth come to run wild, with no clear goal in life. Confusion rampant in every bosom. Morality is stamped under foot and maimed. Corruption raises its head everywhere: within the heart of people, and in the outer world around them.

Vinayaka Chaturthi Celebrations

The most important festival of Hindus, the Vinayaka Chaturthi Celebrations were conducted, in both the Yoga Centres at Chinmaya Nagar, Sarveshwara Dhyana Nilayam, Chinmaya Tarangini and Chinmaya Heritage Centre.



At Yoga Centre 1, at Chinmaya Nagar Stage 1, Varasiddhi Vinayakar Shrine was decorated beautifully for the occasion. Due to the Govt's restrictions, within the temple premises, Ganapathy Homam was performed in the early morning. Abhishekam was done with all thiraviams, milk, curd, panchamrutham, and Vibhooti. Vinyaka looked beautiful with silver Kavacham, and blessed the devotees. Many of the devotees who were not able to come in person, had joined in the pooja by contributing for Archana Sankalpam. At Chinmaya Heritage Centre the Chaturthi pooja was conducted in the evening. Though many devotees, were not able to attend in person, they participated through the Archana Sankalpam. Few members attended the Abhishekam and Archana. The staff of CHC participated enthusiastically and received the blessings of Chinmaya Sakthi Vinayaka. Sundal, Kozhukattai and Panchamrutham were the prasadam.

At 7 pm, after the pooja there was Swaranjali Bhajans by our Chyks for 1 hour which was on zoom. At Chinmaya Tarangini, as public were not allowed few members conducted the Havan, prior to the Pooja for Lord Mukti Vinayaka. After the Abhishekam and Alankaram, Archana was conducted on behalf of many devotees, who had contributed for the pooja.

Swaranjali - Vinayaka Chaturthi

Vandana Sri Deva Ganesha

On 10th September 2021, on account of Vinayaka Chaturthi celebrations, Team Swaranjali Chennai organized "Vandana Sri Deva Ganesha", An online Bhajan Sandhya celebrating Vinayaka Chaturthi, from 7:00 to 8:30 pm IST on Zoom and rendered bhajans. The stream has received 325 views and 19 likes on YouTube.



VIDYA YAGNA- GUARDIAN OF OUR HERITAGE

Chinmaya Mission stands tall as a storehouse of knowledge, and seekers across the globe with a thirst for knowledge, flock to the Mission for this reason. Pujya Gurudev Swami Chinmayanandaji shone as an authority in the truth of the Vedas and as a master of Hindu scriptures. This Mission of Gurudev to spread spiritual knowledge to all is even continued today by his disciples and members of the Mission.

Taking this forward, Swami Mitrananda has pioneered a unique project that involves creating a group of Chinmaya Mission devotees who would preserve our knowledge

by taking the lead in the mastery of Vedic knowledge. As staunch practitioners of the Advaita philosophy of Sri Shankaracharya, we should be able to expand our study to select texts of Sanatana dharma and transform ourselves in this journey of self-study and Satsangha.

A meeting was held by Swami Mitrananda on Gurupoornima day, in which he emphasized the need for knowledge based on important Sanatana dharmic texts like the Vedas, Puranas, Ithihasas, and some Tamil texts. Swamiji advised that a team of 10 members for a text, with an inspired and devoted zeal to study, reflect and later guide others, be formed. He also stated that 'Chinmaya' being knowledge, we should be true to His expectations and that this project would be best loved by Him.

Swamiji and the team suggested 14 texts mentioned below:

1.Rig Veda; 2.Yajur Veda; 3.Sama Veda; 4.Atharva Veda; 5.Valmiki Ramayan; 6.Kamba Ramayanam; 7.Mahabharat; 8. Patanjali Yoga Sutra; 9.Puranas; 10.Periya Puranam; 11.Thirukural; 12.Manu Smriti; 13. Tirumantiram; 14. Arthasastra.

Each team would choose one text assigned by the mentors and in a systematic way, study and learn to interpret it based on Advaita philosophy. The team would meet online every week, on a fixed day and time. The group will be authorized and guided by mentors to study, reflect and research on Hindu scriptures for a period of 3 years. This group will interact and learn the right interpretation of the text and be prepared to make presentations whenever necessary. The sessions will be based on discussion and interpretation. The outcome of the discussions will be documented in a methodical manner. All the teams would meet once a month to discuss the progress made and present the documentation prepared. Once a year there would be seminars/symposiums inviting eminent personalities to the relevant text for discussion. The team has been advised to prepare and bring out small books such as from the Rig Veda for children; Sama Veda for youth and relevant texts for elders, etc.

We invoke His grace and blessings for the success of this noble endeavour.

Sankatahara Chaturthi



Sunday
24th October 2021

Abhishekam & Pooja
5:30 pm at
Chinmaya Heritage Centre

You can donate Rs.200/- & Archana will be done in the name & details given.

Viboothi, Chandan as Prasad
will be sent by post
contact details : 9940507126

Every Sunday at
Chinmaya Tarangini
Uthandi

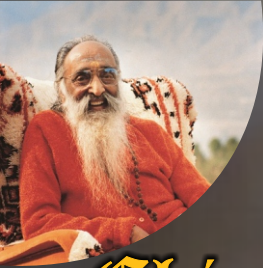
Gayathri Homam

6:00 am – 7:00 am.

Sagar Aarti

6.30 pm.





Hari Om



Chinmaya Geeta Chanting Competition 2021

Chant... Study... Know... Live

Chant Geeta Enchant Krishna

Competition 2021 (ONLINE)
Open for Chennai and suburbs only
Chapter 2 - Sankhya Yoga

CATEGORY	CLASS	PORTION
A1	LKG & UKG	Verses 39 to 43
A2	I & II	Verses 39 to 48
B1	III & IV	Verses 39 to 53
B2	V & VI	Verses 39 to 58
C	VII, & VIII	Verses 39 to 63
D	IX & X	Verses 39 to 72
E	XI & XII	Verses 39 to 72 also refer GCC 2021 Booklet PDF for additional guidelines for this category



For further details contact :

Phone: 044-28363876, 28365046,

Mobile : 9940507126

Email : chinmayageetachanting@gmail.com

Website : www.chinmayamissionchennai.com



Geeta Chanting Competition
A golden opportunity for XI & XII Std. Students



Where Geeta leads you to Glory

Kurukshetra is a battlefield where the forces of Dharma and Adharma collided. Even though the forces of Dharma were underhanded and smaller in number compared to the forces of Adharma, they were able to emerge victorious. No mighty weapon, warrior or war strategy could match the wisdom and strength of the forces of Dharma. It is because, this strength and wisdom emerged from a river of verses narrated by the Master Charioteer. It is the Holy Geeta that aided the forces of Dharma on the battlefield.

Kurukshetra 2021 is a cultural extravaganza that aims to fuse the values of The Holy Geeta with the exuberant talent of youngsters from across the city of Chennai. This is an amazing opportunity for the students of class **11** and **12** to showcase their talent. Pick your battlefield (event) , wield your weapon (skills), Kurukshetra is coming !!!

LIST OF EVENTS

Krishna's Gospel (Elocution - English)

Pechu...Pecha irukatum (Elocution - Tamil)

Rapped in Devotion (Rap singing)

Mind your own Design (Poster making)

Vivekachoodamani (Block and Tackle)

Parables (Short filmmaking)

Invite will be sent soon

Exciting cash prizes await the winners

For further clarification please contact :

Badri : 9840640932

Yugapriya : 9940527136

Sai Teja : 9677184223

Weekly Classes for the month

Class	Day	Timings	Venue
Mega Screen	Sunday	5:00 - 6:00 pm	CHC Puja Gurudev's
		6:00 - 6:30 pm	Vivekachudamani Video
Study Group	Sunday	10:30 - 11:30 am	Gurudev Ashtotram & Aarti. by Sri. K. Muralidhar - 9840099293
	[2nd & 4th		"Bhaja Govindam" - 9840422544
	Tuesdays	7:00 - 8:15 pm	Zoom by Smt. Shanthi Mulayath
	Saturday	6:00 - 7:15 pm	Smt. Shanthi Mulayath Prakarna Granthas - 9840422544
	[4th	11:00 am	Smt. Shanthi Mulayath
	Saturday	- 12:30 noon	Vivekachudamani (discussions) - 9840422544
Study Group	Monday	6:30 - 7:30 pm	Zoom by Smt. Harsha Muralidar - 9840398078
	Wednesday	3:30 - 4:30 pm	Zoom by Smt. Lalitha Ganesh - 9840732202
	Friday	6:00 - 7:00 pm	Zoom by Smt. Harsha Muralidar - 9840398078
Devi Group	Tuesday	11:00 am - 12:30 pm	Zoom by Smt. Lalitha Ganesh - 9840732202
Swaranjali	Wednesday	7:00 - 8:00 pm	Zoom by Sri. Praveen Kumar - 9841162069
	Thursday	5:00 - 6:00 pm	Google meet by "VGN CV- Avadi - 9841162069
		7:00 - 8:00 pm	Zoom by Sri. Praveen Kumar - 9841162069
CHYK	Saturday	5:30 - 6:30 pm	Zoom by Smt. Rohini Manohar - 9940215351
	Sunday	8:00 - 9:00 am	Zoom by Kum. Darshana - 9444749791
	Sunday	9:00 - 10:00 am	Zoom by Sri. Hari Vittal - 7395922048
Chinmaya Sunday Patashala	Sunday	9:30 am - 12:30 pm	Zoom by Smt. Harsha Muralidar - 9840398078
Balavihar	Saturday	4:00 - 5:30 pm	Zoom by Smt. Srividya / Smt. Rohini - 9940215351
	Sunday	10:00 - 11:30 am	Zoom by Smt. Srividya / Smt. Rohini - 9940215351
	Sunday	11:30 am - 1:00 pm	Zoom by Smt. Srividya / Smt. Rohini - 9940215351
	Sunday	4:00 - 5:30 pm	Zoom by Smt. Srividya / Smt. Rohini - 9940215351
Shishuvihar	Tuesday/ Sunday	6:00 - 7:00 pm	Zoom by Smt. Radha Narayanan - 9884885137

Brni. Bharathi Chaitanya Online Classes
For details contact - 9840422544

1st - 4th November
11 AM - 12 Noon

VIVEKACHUDAMANI

Open to all

ZOOM ID: 899 8184 2168 Passcode : ADISHANKAR



Chinmaya Mission Chennai.

Online Study Classes

Text:



" ÷ "

'KRISHNA' ...The Complete Man
(Selected verses from Geeta)

by Swami Sureshananda ji

Every Week : Thursday & Friday / Time: 6.30 - 7.30 Pm

Through
Google Meet

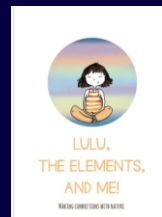
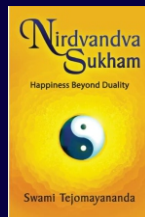
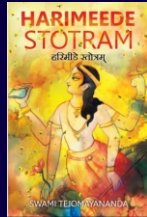
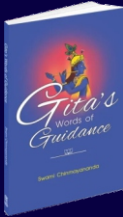


Link:

<https://meet.google.com/deu-vpaw-bqx>

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call us on 044- 28363876 / 28364331



Chinmaya Mission Chennai



Navarathri Utsav ²⁰²¹

Online

themed on "PRAKRUTI VANDANA"

from 7th - 15th October 2021 between 7:00 - 8:15 PM

DATE / DAY	TOPIC	CM - WING / C V's	TOPIC	CM - WING / C V's
7-Oct Thur	SKY PART -1 : SUN, MOON & PLANETS - NAVAGRAHA	Chinmaya Vanaprasta	SKY PART -2 : STARS & ASTRONOMY	Chinmaya Vidyalaya TADA (Sricity)
8-Oct Fri	VAYU - AIR	Chinmaya Vidyalaya, Tirupathi	AGNI - FIRE	Chinmaya Vidyalaya VGN (Avadi)
9-Oct Sat	WATER BODIES	Chinmaya Yuva Kendra	MOUNTAINS	Chinmaya Vidyalaya Annanagar
10-Oct Sun	NAKSHTRA & TREES FOR EACH STAR	Chinmaya Devi Group	FOOD	Chinmaya Balavihar
11-Oct Mon	ANIMALS & VAHANAS OF GOD	Chinmaya Shishuvihar	PART-1: DIVINE NON-HUMAN CREATURES	Hari Hara Vidyalaya Tamaraipakkam
12-Oct Tue	SARPA KAVUS	Chinmaya Academy of Management (CAM)	DIRECTIONS & ASHTA-DIKPAALAKAS	Chinmaya Vidyalaya Sr. Sec & HSS - Virugambakkam
13-Oct Wed	PANCHA BOOTA STALAS	Chinmaya Sunday Patashala	DUALITIES	Chinmaya Study Group
14-Oct Thur	PART-2: DIVINE NON- HUMAN CREATURES	Chinmaya Vidyalaya, Mandakalathur	TIME CONCEPT	Chinmaya Mission Sriperambudur
15-Oct Fri	HOMAMS	Chinmaya Vidyalaya, Kilpauk	GOD, NATURE & HUMANITY	Chinmaya Mission Vellore

LIVE



ZOOM ID: 823 8329 9309

zoom

Passcode: NAVARATRI



YouTube

Channel Chinmaya Mission Chennai



Chinmaya Mission Chennai

Organises



Online Talks in English

On

“Amrtabinḍu Upanisad”

Part -2

by **Swami Mitrananda**

(Chinmaya Mission, Chennai)

Date : 16th - 18th Oct, 2021

Timings: 6:30 - 7:30 PM



YouTube Channel

Chinmaya Mission Chennai



zoom

Meeting ID: 852 2723 6952

Passcode: CMYAGNA