



# CHINMAYA DINDIMAH



Monthly Newsletter of Chinmaya Mission, Chennai

Vol : 15 Issue : 06

OCTOBER 2023

₹ 10/-

(A free Newsletter of Chinmaya Mission for Devotees only)

## AT EVERY BREATH A TEACHING

### Once Again, the Lord's Grace

After all the stories I had heard about how the very elements bowed their heads at the sight of Gurudev's divine work at Sidhabari, at the October 1997 Hanuman Ahbisheka at Sidhabari, we again witnessed that miracle continuing. It had been raining hard up until the day of the camp; then the rains stopped, and the camp, along with the filming that had been planned, proceeded in sunshine. Then, on the day of the abhisheka - when we formed long lines to take our turn at the "bathing" ceremony, and then as we sat down in front of the statue of Hanuman after the oblations were over the sun mercifully hid behind a vast cloud cover, so that the heat would not strain us unduly. Just before the arati, a few drops of rainwater fell to bless the event. And, at the very moment the light was circled in front of Hanumanji, the sun peeped out 20 between the clouds for one long minute and again disappeared from view.



### Maha Sankatahara Chaturthi

Wednesday 1<sup>st</sup> Nov 2023

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



### Gayathri Homam

Every Sunday at

Chinmaya Tarangini

Uthandi

6 AM – 7 AM.

Sagar Aarti

6.30 PM.



Pujya Gurudev

Sri Swami Chinmayananda's

108<sup>th</sup> Jayanti celebrations

## Upanishad Gyana Yagna

## TAITTIRIYA UPANISHAD - PART 1

(Video excerpts of Taittiriya Upanishad by Sri Swami Chinmayananda)  
Essence of Taittiriya Upanishad

by : **Swami Swatmananda**

(Chinmaya Mission, Mumbai)

Date : 1<sup>st</sup> - 4<sup>th</sup> Nov 2023

Time : 6.30 to 8.00 PM

Venue : Chinmaya Vidyalaya

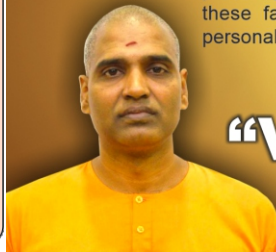
Anna Nagar, Chennai -40.



Sri Swami Chinmayananda's

## Memorial Talk

The year 2023 being the 108th Janmotsav year of Param Pujya Gurudev, it has been proposed to have Swami Chinmayananda Memorial Lecture Series. Pujya Gurudev had associated with many Sadhus, Saints and learned personalities. All these happened decades back and the present generation of organizers, devotees and public are not aware of some of these facts. Hence we have contacted some of the organisations and personalities of His time and we are organising a series of Talks.



TOPIC :

## “VISHWA GURU”

Date : Sunday, 5<sup>th</sup> Nov 23

Time : 6.30 to 8.00 PM

by : **SWAMI RAGHUNAYAKANANDA**

Ramakrishna Mission

Venue: Chinmaya Heritage Centre,

Chetpet, Chennai - 31.

Transport arrangements & Contact No.: Avadi : 9840509098 / Ambattur : 7358021700 / Adayar : 9841018301 / Baba Nagar & Villivakkam : 9840649095 / Virugambakkam : 9444409194

*All are welcome Please attend and benefit*

Posted at Egmore RMS, Chennai - 8 (Patrika Channel)

To

## CHINMAYA DINDIMAH

Monthly Newsletter of

CHINMAYA MISSION CHENNAI

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If undelivered return to Chinmaya Mission, No.2, 13th Avenue, Harrington Road, Chetpet, Chennai - 600 031.



## உபநிஷத் லாரம் - சாந்தோக்ய உபநிஷத் - 8 - By Swami Sureshananda

60

“பிராண -சூரிய உத் கீத தியானம்”

பிரணவமே உத்கீதம் - உத்கீதமே பிரணவம்.

பிரணவமே பிராணன் - பிராணனே பிரணவம்.

பிரணவமே சூரியன் - சூரியனே பிரணவம்.

சென்ற அத்தியாயத்தில் ஓங்கார தியானத்தை (ஓங்கார உத்கீத தியானம்) பற்றி பார்த்தோம்.

அந்த ஓம் - பிரணவ மந்திரம், ஸ்வரம், உத்கீதம் எனும் பல பெயர்களால் அழைக்கப்படுகிறது.

சூரியன் உதிக்கவில்லை என்றால், பிரம்ம முகூர்த்தமும் இல்லை, விடியலும் இல்லை, மனிதர்களின் செயல்பாடுகளும் இல்லை, ஏன் யக்கு - யாகங்களும் கூட இல்லை.

அந்த சூரியனோ உதிக்கும்பொழுது ஓம் எனும் சப்தத்துடன் தான் உதிக்கின்றான். (இன்று அறிவியல் ரீதியாக உண்மை என்று நிரூபிக்கப்பட்டுள்ளது).

யாகங்கள் செய்கின்ற வேதியர்கள் அழைப்பதற்கும் - சம்மதம் தெரிவிப்பதற்கும் “ஓங்கார”த்தையே பயன்படுத்துகிறார்கள். (தைத்ரிய மந்திர கோஷம். ஓம் இதி பிரம்ம, ஓம் இதி தகம் சர்வம்.. எனும் மந்திரங்கள் இதை நிரூபிக்கின்றன)

கௌஷீதகீ என்கின்ற மாமுனிவர் தன் மகனிடம் கூறினார் - நான் சூரிய தேவனையே பாடினேன், நீ ஒருவன் மட்டுமே எனக்கு மகனாக பிறந்தாய், நீ சூரிய தேவனின் கிரணங்களை பாடினால் பல பிள்ளைகள் பிறப்பார்கள்! என்று.

இது அதிவைத தியானம்.

இன்றும் இது சாத்தியமா என்றால்? சாத்தியமே! எவ்வாறு எனில், முந்தைய காலங்களில், பிள்ளைகள் அதிகமாகவும் - கால்நடைகள் அதிகமாகவும் இருந்தாலே அவன் செல்வந்தன் என்று சமுதாயத்தினால் மதிக்கப்பட்டான்.

இன்றும் நாம் சூரியனை ஓங்காரமாக உபாசனை செய்தோம் என்றால், நாமும் செல்வந்தர்களாக வாழலாம். இன்றைய காலகட்டத்தில் புற வசதிகள், வாகனங்கள், வீடு வாசல்கள், பணம் மற்றும் நகை இவைகளை (இன்று செல்வங்களாக மதிக்கிறோம்) அதிகமாக பெற்று சமுதாயத்தில் செல்வந்தனாக நம்மால் வலம் வர முடியும்.

இனி “அத்யாத்ம தியானம்”. வாயில் உறைகின்ற பிராணனை உத் கீதமாக தியானிக்க வேண்டும். பிராணனே ஓங்காரமாய் இருப்பதினால், ஓங்காரத்தை உச்சரித்தபடி பிராணனை த்யானித்தால் அது அத்யாத்ம தியானம்.

பிராணனினால்தான் இந்திரியங்களும், முழு உலகமும் இயங்குகின்றன.

பஞ்ச பூதத்தின் ரஜோ குணத்திலிருந்து தோன்றியவைகள் இந்த பஞ்சபிராணன்கள்.

கௌஷீதகீ மாமுனிவர் தன் மகனிடம் கூறுகின்றார் - நான் பிராணனை உத்கீதமாக தியானித்ததினால் ஒரு மகனாக நீ இருக்கிறாய்.

நீ பிராணன்களை உத்கீதமாக தியானித்தால், பல பிள்ளைகளை நீ பெறுவாய்! என்று கூறினார்.

முன் காலங்களில் பிள்ளைகளும் - கால்நடைகளும் செல்வங்களாக கருதப்பட்டன. இன்றைய காலகட்டத்தில் செல்வங்கள் என்றால் எதையெல்லாம் குறிப்பிடுகின்றோம் என்பது உங்கள் அனைவருக்கும் தெரியும். அனைத்து செல்வங்களும் பெற்று சுகமாக வாழ வேண்டும் என்றால் பிராணனையும் - சூரியனையும் உத்கீதமாக தியானிக்க வேண்டும்.

இந்த பிராண - சூரிய உத்கீத தியானம் செய்பவர்கள், யாகங்களில் வேறாத்ருவாக இருந்து பாராயணம் செய்வதில் தவறு நேர்ந்தாலும் - அது குற்றமாவதில்லை. தவறாக மாறுவதில்லை.

தொடரும்...

ஹரி ஓம்

### Krishna Jayanthi by Bala Vihar celebration at Uthandi - Report

On 3rd September around 125 children and 60 parents gathered at Uthandi, Matsyanarayana temple as part of Janmashtami Celebration for Bala Vihars all around the city.

The program commenced at 9.30 after breakfast and the inaugural session was by Br. Anand Chaitanya who beautifully explained the teacher taught relationship and then enthused the children with a Bhajan.

Post the inaugural session children got charged with playing the 8 games all of which were story based on life of Sri Krishna. There was also an interesting session for all parents. The highlight was a souvenir making session where children got to make their own souvenir.

The program ended by 12.30 with prize distribution to the three best Balavihars who won maximum points in each of the games.

On the whole it was an enthralling experience for all present at the occasion.



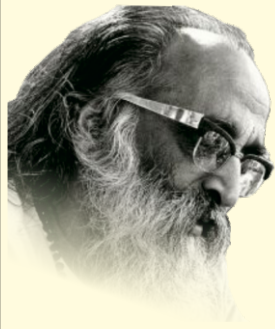
### Vinayaka Chaturthi Celebration by CHYK - Report

Throughout the year, we invoke the God of Beginnings before every deed to successfully accomplish it, and as an honour we worship and celebrate him exclusively on the Chaturthi of Avani month. This year our Vinayaka Chaturthi was filled with Bhakti and fun. The evening started off with a Puja and Aarti to Ganesha and then lead to an amazing fun-filled connexion game based on the Namavali of Ganesha. Then our Ganesha was taken on procession around the satsang hall which was followed by Bhajans. At the near end, CHYKs emphasised the significance of Ganesha and discussed interesting facts over why we celebrate him and how he has always paved way for all good actions as the remover of obstacles. At the end, everybody offered flowers to the deity and took his blessings along with Prasadam.

12.11.2023

Happy  
**DIWALI**  
Festival of Light  
2023





## My TREK THROUGH UTTARAKHAND

-Swami Chinmayananda

Tuesday, 18 May 1948

Started early. The way is rough but pleasant. Came up to the top of the hill. (The detour due to

bridge repair will take another month's free labour - practice goes on - bad - 12 months' old breach). From there, without going down to the Tapta kundas (the Vyasa and the Vasistha), we crossed the village and came straight to the main road. At about 12 noon reached Bhukki near the swinging bridge. Had lunch there and wandered off in search of a shady tree to sleep. Swamiji and Gautam found one. I went in search of another and reached Bhattwari, covering a distance of six miles. This is the dreariest stretch of granite hills. No shade here even for a bird.

Covered these six miles in record time. Expectation is a great spur to man. Expecting shade around each corner, I slogged on the serpentine route and reached Bhattwari. On the way met a farmer who is on his way to a place 10 miles away from Bhattwari. Talk - What is Pakistan? Why are the yatriis so few? People have lost their faith. The great tragedy has happened. What has become of our Raja? Convinced him-apanā rājā ho gaya. Accha, to yearly tax dena padega? Iswara nama le lo....

At Bhattwari met the officer of the State appointed to check if the yatriis and the coolies have got their mail or not. We have none. This man is 50 years old, stalwart and heavily built. Has no faith in the Congress. Truth is the dharma of Uttarakhand - is lost now. There is bribery and we have become faithless. The Raja was our faith. The Congress promises food and kapada - where are they? Nonsense. The varnas are going, Hari, Hari! We worship the Brahmanas - even if they never wash their faces. Schools? No please. We do not want them. Rājāsāba had one in Narendranagar and the gharavālās who had education became ambitious and wanted to become Rājās themselves. There can never be more than one Rājā. Now we have ten - it is impossible. It is all the gharavālās work. Jawahara - O, he is God himself. But not his gharavālās. Will they follow Jawahara's advice? Then it is okay. But I am not sure! These are his sentiments. A difficult problem for Congress here. The villagers with their faith and loyalty are not quick to change. Action alone, solid service can bring them around to see reason.

## Wanderings In The Himalayas

-Swami Tapovanam

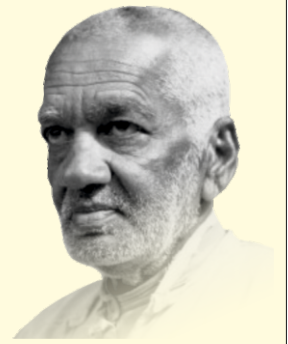
BADARINATH - 2

True vairagya is the result of thought. The other kinds of vairagya, resulting from various other causes, can, at best, be only weak, temporary and halting.

Yudhisthira's vairagya was of the true type. Stricken with remorse at the death of so many kinsmen and at the thought that he himself had been the cause of such massacre and misery, his mind turned inward. He now pondered over the vanity of worldly things - state, riches and relationships like father and son - over the heartless crimes committed for the sake of such vain things and over the great sorrows man has to suffer in this world and the next, as a result of such thoughtless conduct. His mind thus turned away from wealth and pleasure and learnt to despise kingship and its paraphernalia. His mind rose to the most intense state of vairagya and he resolved to renounce everything and become a sannyasi. In an assembly where his brothers like Bhima, comrades like Kṛṣṇa and teachers like Vyasa were present, he announced his intention to retire to the forest and there, give up his body in penance. Bhima and the other brothers objected. They argued

"If, by sheer renunciation, a king could reach his goal then, even the mountains and trees which have no desires of their own must reach the goal still more easily."

Yudhisthira answered them logically quoting the Vedas, yet, as he could not reject the affectionate advice of Kṛṣṇa and Vyasa, he had to defer the fulfillment of his wish to a later time. So he continued to rule his kingdom, but in a spirit of perfect detachment. The news of the extermination of the Yadavas as a result of internal strife, and of the passing away of Lord Kṛṣṇa, inflamed the old desire that lay smouldering in his breast. He decided to give up all worldly activities and soon set out on the final journey. His brothers and Draupadi followed him. They moved farther north through the heart of the Himalayas. They had left Badarikashrama behind, when Bhima cried out, 'Alas! Draupadi has dropped down on the way'. Yudhisthira neither stopped nor turned; he just said, 'That is because of her partiality for Arjuna' and passed on. A little later Bhima reported the fall of Sahadeva. 'That is because of his pride in his wisdom', said Yudhisthira quietly and moved on. Thus, one by one, all the brothers fell and Yudhisthira, in intense loneliness, made his way forward, over rock and snow, without once turning back. Just think of his vairagya, his courage and heroism! Let us now follow the route he pursued on the great journey.





## Upanishad Gyana Yagna Sep 2023 - Report

Constant reflection on spiritual discourse will naturally kindle dispassion and discrimination in our mind, and protect it from petty desires and attractions. Regular contemplation on the thoughts imbibed in discourse not only protects the mind and intellect from a possible downfall, but also helps them become established in the Supreme Consciousness.

Swamini Vimalananda, senior disciple of Swami Chinmayananda delivered the religious discourse on Keno Upanishad from September 3rd to Sept 7th 2023 from 6.30 pm to 8.00pm the excerpts from the five days of her discourse are given below:

Day 1:

We cannot realize this Divine Soul through our senses. Even the mind cannot reach up to him. It is a concept, which is celestial, and divine that is the reason why it is unreachable by any instrument or means. It is unlike the animate and inanimate and it transcends the speech, mind and intellect. The only thing that can be said is that it inspires the speech, intellect, senses and mind is Brahma.

Day 2:

Kena Upanishad says that the self or atman is the highest power of all. It is amazingly described through a story how the divine self that gave the powers could also take away the forces. There is only one Brahman.

- The real self (atman) is distinct from the temporary body.
- Material designations do not apply to this eternal soul.
- The atman is spirit (brahman) – unchanging, eternal and conscious.
- Consciousness, as spread throughout the body, is a symptom of the soul.

DAY 3:

The Upanishads draw a distinction between man's empirical self and his true Self or Atman. The empirical self is the existential self, subject to sorrow and suffering and subject to change. The true Self is the unchanging Atman that observes the empirical phenomena but is unaffected and undying.

DAY 4:

1. Emotion + knowledge is first requirement for seeking spiritual path.
  2. Love for the subject + effort (knowledge) should be present for progress on this path.
  3. Respect with devotion for enlightenment
- The mind has to be prepared, it should look inward.

DAY 5:

It is the nature of mind to wander, we need to engage it in thoughtful, contemplate the spiritual words and involve in spiritual work.



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Swami Swaroopananda

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Swami Advayananda

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CHINMAYA MISSION CHENNAI

**Swami Chinmayananda's 108th Janmothsav**

**108 Homam for Health, Wealth, Family oneness & Social Welfare**

**Oct & Nov Month Homam Schedule**

28.10.23 Sri Shakthi Bhuvaneshwari Alayam Annanur.

05.11.23 Vivekananda Vidyalaya, Veerapuram, Avadi

19.11.23 Vivakenanda Vidyalaya, Agaramel, Poonamallee.

26.11.23 Varasidhi Vinayagar Koil, Chinmaya nagar Stage 1, Chennai -92

**Homam timings : 6:30 to 8:00 AM**



# 108 Havans at 130 Pincodes of Chennai & Suburbs (Sep 2023 Havans at Kanyakaparameshwari Broadway, Sri Niketan School, Chinmaya Tarangini & Royapettah)





## Memorial Talk Sep 2023 by Swami Vigyanandji (VHP) - Report



Swami Vigyanandaji of the Vishwa Hindu Parishad delivered the Sri Swami Chinmayananda Memorial Talk for September 2023 at Tapovan hall in Chennai. The topic of the Memorial lecture was "Power of Togetherness". Swami Vigyanandaji is the Joint General Secretary of VHPAs well as Founder & Global chairman of World Hindu Foundation. Swamiji said VHP was founded in 1964. Many personalities sharing the same vision for Bharat and Sanatana Dharma came together from the RSS and other organizations. PUJYA Gurudev Swami Chinmayananda accepted to be the treasurer. The objective of the VHP was to awaken hindus to their place in the comity of nations. VHP was also an important to Swami Chinmayananda. The last conference Gurudev attended in America in 1992.



சந்த சஷ்டி திருவிழா

# கூரசம்ஹாரம்

18<sup>th</sup> Nov 2023  
சனிக்கிழமை

சின்மய சர்வேஸ்வர தியான நிலையம்,  
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அபிஷேக நன்கொடை - ரூபாய் 100/-  
தொடர்புக்கு : 9597446766/9943467897/9952596692

## Swami Chinmayananda's 108th Birth Anniversary

Hari Om! Namaskaram!

2023 marks the beginning of Pujya Gurudev Swami Chinmayananda's 108th birth anniversary. To commemorate this momentous occasion, Chinmaya Mission Chennai is introducing a unique and very potent saadhana opportunity for Gurudev's most ardent devotees.

Gurudev's Padukas, which He wore, and we all have reverentially worshipped here at Heritage Centre through all these years after His Mahasamadhi, will now be offered a place in every devotee's home for 3 days.

Bringing home His padukas will give the feeling akin to His Presence filling your home in person. Your faith and devotion will magnify that Presence for you and your loved ones and shower untold blessings that cannot be spoken about until personally experienced.

We are not formulating any mandatory rites and rituals around the padukas; you are free to honour them according to your own bhaava. The only non-negotiable saadhana, which is a must around these padukas while they bless your home for 3 days, is: 1. Daily chanting of Gurudev's Ashtotra at His Padukas.

2. Daily Chinmaya Aarti after the Ashtotra.

3. And, when the padukas are ready to leave for the next home, a heartfelt Guru Dakshina offering which will feed the corpus currently funding Bala Vihar classes for Economically Backward Children of our city. This newly undertaken project by our centre is gaining in popularity and demand with the passing of each day.

Spiritual Education for children was a cause very dear to Gurudev's heart. If we can "catch them young", He believed it would change the very fabric of society and, consequently, the destiny of the Nation. Given that so much of our young population falls in the underprivileged category, this humble Seva will significantly contribute to the true essence of the Bala Vihar idea that Gurudev was the first to birth into our country.

In remembrance of the date that Gurudev delivered His first Bhagavad Gita lecture, we will set this initiative into motion on the 31st of December, 2022, and keep it going till the 31st of December, 2024.

We look forward to your enthusiastic participation in this collective saadhana, which will make this 108th year of Gurudev's life and Teachings amongst us a truly memorable and forever cherished one.

Shubham Bhuyaatt

Swami Mitrananda



## Karma Yoga by:Br. Anand Chaitanya Classes

Wed & Thurs  
Days

7:00 - 8:00 AM

Zoom Online

Meeting ID: 849 4454 9835 Passcode : HARIOM

## Weekly Programme for the month at Chinmaya Heritage Centre

Class	Day / Timings	Venue
Mega Screen	Sunday / 5:00 - 6:00 PM	CHC
Gurudev Aarti	Sunday / 6:00 - 6:30 PM	CHC
Study Group	Sunday / 10:30 - 11:30 AM Sri B.D.Garg - 9382850383	CHC
Balavihar	Sunday / 10:00 - 11:00 AM Kum. Mayuri - 8610774188	CHC
Shishu Vihar	Sunday / 10:00 - 11:00 Smt. Radha Naryanan - 9884885137	CHC
Swaranjali	Sunday / 2:30 - 4:00 Kum. Shweta Sai - 8053657867	CHC