

## CHINMAYA MISSION TRINIDAD

The Trinidad Ashram is a mere 20 minutes away from the Piarco International Airport, and situated at the foothills of the Central Range. The Ashram provides the perfect ambience for tranquil contemplation and reflection. It is an ideal spiritual retreat.

## REQUIREMENTS FOR STUDENTS

**CANDIDATES MUST BE BELOW 65 YEARS AND OF SOUND HEALTH. THEY MUST HAVE A STRONG DESIRE TO STUDY THE SCRIPTURES AND LIVE A SPIRITUAL LIFE AND HAVE A SUFFICIENT GRASP OF ENGLISH. KNOWLEDGE OF SANSKRIT IS NOT A MUST.**

## HIGHLIGHTS

- ◆ Experience the joy of Gurukula living.
- ◆ Learn the fundamentals of Vedanta/ Jnana Yoga (Prakarana granthas, Upanishads, Geeta), Bhakti Yoga (Portions of Ramayana and Bhagvatam) and Karma yoga.
- ◆ Learn the basics and advance of Sanskrit followed by a Spoken Sanskrit Course.
- ◆ Learn how to conduct and be firmly grounded in spiritual practices (sadhanas) like Meditation, Japa, Puja, Homa.
- ◆ Celebrate auspicious occasions like Holi and Shivaratri.
- ◆ Bond with the Global Chinmaya Mission through the various activities and learn how to be a sevak/sevika of grass root activities like Bala Vihar and Study Classes.

## WHO IS A DHARMA SEVAK?

**Dharma** in Sanskrit means that which is the very essence and substratum which upholds, nourishes, sustains and integrates. Sweetness is the dharma of sugar for without sweetness sugar is not sugar.

Values uphold one's character, nourish one's life, sustains joy, gives meaning to life and integrates the society. Hence values are called Dharma. At a deeper level the Lord Himself is called Dharma, He is the very essence of the world of names and forms and sustains and nourishes it.

**Then who is a Dharma Sevak?** He is one who humbly and daringly nourishes the right values, seeks the Lord within and serves Him through service to Mankind.

## ACCOMODATION

**Accommodation:** Comfortable twin sharing rooms with attached bathrooms.

**Food:** Sattvik Vegetarian food will be served.

**Course Donation:** (Includes boarding, lodging, and course material)

4000 USD / PERSON (OVER 25YRS) WITH AC  
3500 USD / PERSON (OVER 25YRS) W/OUT AC  
2500 USD / PERSON (UNDER 25YRS) WITH AC  
2000 USD / PERSON (UNDER 25YRS) W/OUT AC

## For registration and further enquiries:

### CHINMAYA ASHRAM

#1 Swami Chinmayananda Dr.,  
Calcutta Rd#1, Mc Bean, Couva,  
Trinidad, West Indies.

**Tel:** 1-868-679-3652/1-868-636-1571

**Fax:** 1-868-679-3652

**Email:** chinmayamissiontt@gmail.com

## CHINMAYA MISSION TRINIDAD



# DHARMA SEVAK COURSE

In English

**FEBRUARY 1ST  
TO  
MARCH 11TH  
2012**

**धर्मैण धार्यते लोकः**

**dharmēṇa dhāryate lokah**

**THE WORLD IS UPHELD, SUSTAINED  
AND INTEGRATED BY DHARMA**

**PARAM PUJYA  
SWAMI CHINMAYANANDA**

Founder of Chinmaya Mission, stated that teaching study classes is a way for spiritual students to deepen their clarity in Vedantic studies. He encouraged all sincere students to share their knowledge of universal Truth, as received from the guru, the ancient rishis, and sacred scriptures. He inspired all to spread the light of Knowledge, of Oneness, in all hearts, so as to transform society through spiritual awakening.



**PARAM PUJYA  
SWAMI TEJOMAYANANDA**



Now, under the guidance of Pujya Guruji Swami Tejomayanandaji, the Head of the Chinmaya Mission, a strong band of Swamins, Brahmacharins and devotees are carrying out the multifaceted activities and projects of the Mission.

**CHINMAYA  
DHARMA SEVAK COURSE**

Gurudev introduced the first Dharma Sevak Course at the Mission's Mumbai ashram, in 1991. The course was offered for many years as a two-month retreat. It was inspired by, and based on, Chinmaya Mission's Dharma Veer Course.

This intensive Vedanta course furthers one's inner self-unfoldment, enhances one's understanding of subtle spiritual concepts, and helps one better serve society and conduct Chinmaya Mission's Vedanta study classes.

Chinmaya Mission's Dharma Sevak Course is a two-week or six-week residential Vedanta course primarily for householders interested in intensive scriptural studies. Aimed at individual inner transformation, the course enables students to learn spiritual knowledge and share it with society as dedicated sevaks of dharma, for "**dharmeṇa dhāryate lokah**". Through each course, each covering different texts, students also develop skills to conduct Chinmaya Study Groups better.

During the course, students live the disciplined life of a disciple, as one would in a gurukula (ashram for spiritual study). The Chinmaya Mission provides a platform for becoming "Dedicated Sevaks of Dharma". Each Dharma Sevak / Sevika will be awarded a certificate.

**COURSE ACHARYAS**

**Acharya: Swamini Vimalananda** is the Acharya-in-Charge of Chinmaya Mission, Coimbatore, the Director of the Chinmaya Vision Programme and a Director of the Chinmaya International Residential School. She has travelled widely and has conducted many Discourses, Seminars and public talks in English, Hindi, and Gujarati and camps for children, youth and elders. Her simple style of talking has captivated the intellectual and faithful alike. She has been the Acharya of the previous nine successfully conducted Chinmaya Dharma Sevak Courses.



**Assisted By, Upacharya: Swami Prakashananda**, Acharya of Chinmaya Mission, Trinidad. He has lectured at various Chinmaya Mission centres in Nepal and India. Swamiji has also conducted satsangs and yajnas to serve his Guru and the community throughout Trinidad, the Caribbean, the United States, Canada, and the United Kingdom.



**APPLICATION FORM**

**PLEASE FILL IN BLOCK LETTERS**

Name:.....

Age:.....

Male  Female

Profession:.....

Address:.....

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Phone:.....

Email:.....

Payment Method : Cheque Only

Credit Details:.....

Amt Paid: \$.....

I wish to join the Chinmaya Dharma Sevak Course at Chinmaya Mission Trinidad, abiding by the rules and regulations of the course laid down by Chinmaya Mission.

Signature:.....

Date: .....