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# chinmaya

Chinmaya Mission (UK) Newsletter

Issue 14

*"Learn to keep a vision. Discover it in yourself. No one else can give it to you. He who has a vision rises to the highest. That vision must be enshrined in the hearts and minds of everyone. And where there is a vision, when even a single member has developed and cultivated this courage, this heroism to live up to the vision, then that mission cannot die. It is such a vision that can serve the society, the community and the world at large.*

*Are you ready?  
Will you cooperate?  
Have we such heroes?  
"I shall be watching all through"*

*– Swami Chinmayananda*



## Hari Om,

We are at war. We are told this war is unlike any other of the past. In this new era, war is fought not against an army, but against a society.

An atmosphere of suspicion, tension and revenge prevails – but this is *not* a dharmic war. Where is the good and who defines the bad? Where are the principles and noble values to be upheld? Even those that stand up ostensibly to defend the just cause are guilty of thoughtless violence against innocent victims. This is no Mahabharata, but it IS the living Geeta – its message crystal clear, shining like a beacon, if we would only stop to look and listen.

Why else, while part of the world burns in anger and pain do we see, in stark contrast, great acts of charity : The G8 concert, the funds pouring out of the hearts of common people to support the famine in Niger, children selling home-made toys to raise funds for schools.

And so it is with our internal conflict – the war within and the war without. The enemy is becoming increasingly cunning, and seems to strike unexpectedly from areas we could not imagine. We cannot even know if the enemy was once a friend – the delusions of maya cloud our judgement and we strike out damaging the very foundation that sustained us.

On a daily basis we hear of bombs on the trains or alerts. The objective of the bombers is to cause disruption and fear. And so it is with Maya.

There will be the sabotage, the daily terrorism of greed and delusion – and there is the alternative of dharmic living and seva.

Now more than ever, does the Guru hold out the lifeline of hope, understanding and truth. The knowledge that will dispel doubt, delusion and fear and replace it with the reality of wisdom. The calm, clear logical voice of reason is the only way, and our Guru stands firm and strong to guide us through these dark days of terror.

And as if by divine intervention we receive the guidance of three Swamis and a resident brahmacharini all in the space of three months – could they possible have known how much we need them now!

Swami Swaroopananda's whirlwind tour, after a three year break, had us all entranced in his discourses ranging from Gayatri Mantra to 'Make it Happen' preparing us, it would now seem, to meet the challenges that lay ahead.

Brahmcharini Sumatiji joined us from CIRS, with her magical voice, spiritual knowledge and boundless enthusiasm has already inspired a whole host of activities both at Chinmaya Kirti and around UK. Watch this space – the momentum is only just picking up.

And of course, our Guruji, Swami Tejomayananda arrives on 16th August. Guruji's life itself is an inspiration. Although he has been very ill, his talks reach ever increasing pinnacles of wisdom, dragging us up with him with the strength of his knowledge, utterly detached from the physical strain he has been through.

And then, as if to make sure that we do not stray and that the words of the Guru is constantly with us, Swami Chidatmananda arrives to take our youth to a retreat titled 'Inspiration Technology', with his vibrant message of the real dharmic war.

There is so much to look forward to: the visits of our Swamis, a host of new activities starting at Chinmaya Kirti from Yoga and Meditation to GCSEs and Vedanta courses to Dance and Music; fund raising and seva/community projects.

As the slogan goes, ..'the future is bright, the future is orange!'

**Hari Om.**

***"Even though you have not conquered, in battles of the world, you become the world-conqueror when you have conquered your mind."* Pujya Gurudev Swami Chinmayananda.**

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## Mission and Vision

*Members of the Chinmaya Mission know there is something special about being a CM devotee, a joy, a belonging, a fulfilling sense of responsibility and awareness. Even those who are not members can see the almost tangible bond that lives amongst those united by the vision of the Mission. But what is this bond, this uniting force? What is the vision behind the Mission and what is our responsibility as members of the Mission? Swami Chinmayananda (affectionately known as Gurudev) explains:*

Though spiritual vitality can be unfolded within the heart of a human being only in perfect liberty and freedom, the world today has moved to a situation wherein nothing can be done without organization. Even to bless the society, to spread values of life, organization has become necessary. And thus, from as early as the Puranic days with religion first conforming itself through the building of various temples, to around five hundred years BC when Lord Buddha organised a spiritual renaissance and later Adi Shankara appeared on the horizon, building centres from where spiritual thought was spread into the community, to the nineteenth century with Vivekananda and Ramakrishna Missions coming into being, these missions were nuclei for developing, perpetuating and spreading spiritual and ethical values, religious and moral ideals.

There are Christian Missions, Islamic Missions, Buddhist Missions, Hindu Missions, and World Missions. We view them as organizations wherein inspired people come together to serve in society for spreading spiritual values and improving the moral quality of life in the community. Many missions have since come about. Each acharya, in his lifetime, is able to inspire a large number of people to organize themselves so that they were more effective in their work. After all the great human effort, when

the Master leaves, the mission collapses; because our loyalty is to the individual personalities and not to the ideal – the members are not inspired by the ideal that the teachers stood for.

We need a fundamental change of attitude. Otherwise we will never be able to organize ourselves for the development of society. This is an age of organization and without it Hinduism has suffered long these recent centuries. All workers in the Mission must become conscious of their responsibilities. Let us relentlessly insist upon discipline from each and spontaneous co-operation with all. Consciously let us live in a spirit of unity and mutual understanding, of respect for one another, and of love to all. All work can then become a spiritual Sadhana if we insist upon the physical discipline of life and mental spirit of understanding.

The tradition of the world is that people come together in a spirit of cooperation only in the political and economic fields, but never in the fields of social revival, nurtured by a purely selfless sense of reverence to the past. If we can thus bring about such pockets of inspired activities, millions around the world will draw a new inspiration and start their own seva in their own individual environments.

Learn to keep a vision. Learn to have an ideal. Discover it in yourself. No one else can give it to you. True heroism is in living uncompromisingly up to your ideal. The world may threaten you. The community will not easily leave you free. But he is the hero who defiantly stands, firmly rooted, in his own conviction. That one, even a single individual who inspires the entire population, is the true hero, inspiring generations and generations thereafter. This uncompromising heroism of living up to the ideal is the very core of our avatars. Whether it is Krishna or Rama, what is it that we glorify in them? We worship them, we revere them because they had heroism



to live up to their ideals. Living up to their ideals was not easy. Jesus was crucified. Mahatma Gandhi was shot. But what does it matter? One day everyone has to die. You have not taken a contract that you will die in a hospital bed, surrounded by wife and children. Once you have found joy and glory, why not die living up to your ideal? That consciousness can arise in you when the vision is clear. He who has a vision rises to the highest. That vision is not a contract; it is not written on paper. It must be enshrined in the hearts and minds of everyone. And where there is a vision, when even a single member has developed and cultivated this courage, this heroism to live up to the vision, then that mission cannot die. It is such a vision that can serve the society, the community and the world at large.

Will you come forward to suffer and strive for rebuilding your community? Just because you have accepted me, you cannot sit back and hope that this sick, old man will accomplish any spectacular magic. Every community must lift itself by itself. The necessary inspiration is to bloom forth in the heart of each sincere worker. They must draw their inspiration from their clear understanding of the goal towards which they are all putting forth their efforts. This we must achieve! We can achieve! No doubt, we will achieve!

*Remember, members of the Chinmaya Mission today have an outstanding position in the society. They are being looked up to by an expectant part of the nation as perhaps the harbingers of a new hope into the chaotic conditions of the society. Every activity of the Mission members is being critically watched by the others around. Think before you speak. Remember the Lord before you act. Let not an ugly action ever defile the face of the cherished hopes of the society. Let not even an unintended word from your mouth splash tears in the face of the community.*

*You are all white-clothed sadhus! You are looked upon, if not in reverence, definitely with admiration by those who are not*

*members, for the brilliance of your emotions and the purity of your feelings. Upon the nobility of your thoughts and the chasteness of your actions will depend the future of your organisation, the glory of your country, the fulfilment of Vedanta on foreign shores.*

**Are you ready ?**

**Will you cooperate ?**

**Have we such heroes ?**

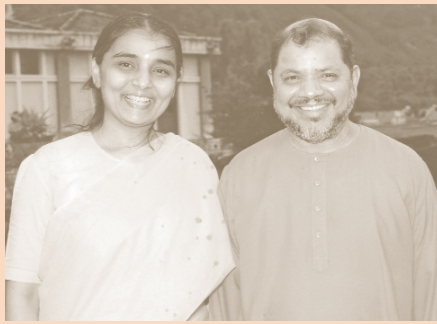
**I shall be watching all through ...**

**Thy Own Self**

*Swami Chinmayananda*



## Interview with Brahmacharini Sumati Chaitanya



*Chinmaya Mission UK is happy to announce that Guruji Swami Tejomayananda has recently posted Brahmacharini Sumati Chaitanya to London. A disciple of Swami Chinmayananda, Sumatiiji was initiated by Guruji in 1995 and has been working with Chinmaya International Residential School (CIRS) in Coimbatore for the past 9 years as a friend, philosopher and spiritual guide to the children and staff. She is well known for her amazing ability to relate to all age groups and*

*her wonderfully melodious voice. She has helped take the Dharma Sevak course, recorded for the 'Geeta Chanting learning aid' and 'Aradhana' cassette of chants and contributed to the 'Chinmaya Book of Hymns'. Her presence in London is already taking us all to greater spiritual heights. Soon after her arrival, we spoke to her about her experiences with Gurudev, her work with the Mission and what she is looking forward to in the UK:*

**Sumatiiji, what was your previous role with the Mission?** I have been working with CIRS since its inception. I acted as spiritual guide, held classes and bhajans, taught theatre and dance and dealt with personal problems. I had both a mothering and policing role at the same time. My time at CIRS was wonderful: it was not just the beautiful setting of the school in the midst of the mountains, but also watching the children grow and growing with them. This was the most joyful experience – seeing their transformation, watching them learn to take their own decisions and understand what is right and wrong.

**When did you first meet Gurudev?** I can never forget the first time I met Gurudev. I was working as a doctor and had become frustrated with the corruption I saw in my profession. I questioned why this was happening within a profession which was considered to be noble. It was at this time that Gurudev came into my life. It was completely by chance that I went to Gurudev's 500th Gyan Yagna in Bombay. When I entered the yagnashala, I was zapped by the number of people there. From the moment that Gurudev was wheeled in on his wheelchair, I was captivated! I knew then what I wanted.

For six months, I got to know the Mission and throughout, I felt that Gurudev knew me. But I had still not met Him! Then, some months later, I heard that He would be holding a youth camp in Sidhabari. This was my chance! I went to Sidhabari with the sole goal of meeting Him and telling Him that I wished to join the Brahmachari course. It was Easter 1993. Little did I know that this was to be His last camp.

My first glimpse of Gurudev at the camp was in a huge hall and, desperate to meet Him, I wondered to myself how I could possibly cross the ocean of people – how would He reach out to me? But a mango thrown to me by Him and a loving look told me that He knew I was there. The next day, I woke up early and waited on the steps of his kutiya to see Him. I could hear Him laugh and slowly see the

area around His kutiya fill with people waiting for a chance to meet the Master. After a long time of waiting, Gurudev finally came out. There were many people milling around. Again, I wondered how I would get to meet Him. Then, through the crowds, He beckoned to me. He said, "Come here my dear child, this is common property (pointing to Himself), you don't require introduction". I walked up to Him and He hugged me. I remember feeling so loved that I thought thousands of parents could not love me that much! His eyes were an ocean of love and compassion. He made me sit next to Him and spoke to me for a while. After some time, He looked straight into my eyes and said, "Everything is mithya". That look of His made me quiet and unaware of everything. I sat in silence. When I opened my eyes, I saw Him ready to leave. I was in ecstasy and speechless. But I did not want to lose this chance to talk with Him about the Brahmachari course. So I said, "Swamiji, I want to talk with you". He roared, "What was I doing for the last half hour, hmm?". He continued, "Where do you want to join? Tell those people there, I, Gurudev, want you in the Mission". I was choked and did not know how to react. He answered before I could ask and gave more than I could have ever imagined. With tears of joy in my eyes, I fell at His feet. And from that moment, I have never felt His absence. That was my first and last meeting with Gurudev.

**What is your most memorable experience with Guruji?** Every time I see Guruji, I learn something new. From His humility and His softness. His spirituality and way of dealing with people. His devotion. There are so many countless examples of this. And I have come to realise that any softness in me is His alone – it does not belong to me.

**Chinmaya Mission is about transforming lives. What is the most striking example of this that you have seen?** Myself. Gurudev has transformed me. The most striking thing has been learning to see things as they are. Learning to live with smiles. That is what CM is about, is it not? Gurudev taught me to smile!

**What are you looking forward to in the UK and what are your first impressions?**

My goal is simple: to serve my Guru. And Guruji has asked me to be here. Fortunately I have found a very loving family. There is dedication here to the Mission. A strong "I am CM" feeling. And depth in every Mission member here. Those who attend study classes attend not just for the sake of the classes, but to learn and grow. That inspires me.

**You spent a lot of time with children during your time at CIRS. What is the greatest gift one can give to their children?** The greatest gift is for us to live up to our values. Gurudev always said, values are caught, not taught. We must practise what we preach and become role models for our children. Then they will not look outside to search for them.

**If I were to buy one book or CD from the bookshop, which should it be?** My favourite video is 'Many Moods of the Master'. Also Gurudev's commentary on Vivekachoodamani is amazing: it gives the full picture of what to seek, how to go about seeking it and what is the result. It is amazing: poetry in the form of prose!

**What do you think is the most important contribution of the Mission to the world?**

The Mission is His Vision of Oneness. And through that Vision, we learn how to live happily and spread happiness around. This is something special that Gurudev has done. He never stopped with Himself. He has created a system whereby the Knowledge will spread like a chain reaction. And where Knowledge spreads, it will benefit generation after generation. This is the Mission's contribution to us and to the world.

*Sumatiiji will be starting a whole host of classes at Chinmaya Kirti, including ladies classes, guided meditation sessions and summer courses on 'Vedanta in practical life'. Please see page 12 (Whats Happening) for more information.*



*'No amount of study and reflection, ritualistic worship and pilgrimages, service of mankind and charity, japa and dhyana as practised during some fixed hours of the day or on some special days of the week – can in themselves bring about a total transformation and a permanent change in the texture of our thoughts or in the beauty of our actions. Religion is to become not a mere practice but a faithful and constant atmosphere around our head and heart.*

*In all our contacts with the world outside, in all our experiences, we must keep constantly the clear picture of our goal in*

*our mind's eye. In order to achieve such a total inner revolution, a seeker must train himself to live his spiritual values at all times. It is by means of the philosophical study that we follow in the Chinmaya Mission, that greater understanding is gathered through our study and practice. This study and practice is to be preserved within ourselves, to add a new colour to our perceptions in life, and a new glow to our day-to-day experiences.'*  
– Swami Chinmayananda

*During Swami Swaroopananda's visit to London, many Mission members were asked the question: What does the Chinmaya*

*Mission mean to you? Some answered "Truth", some "Family", some "Happy people" and many answered "It means Everything". How do we measure or ascribe a value to the transformation the Mission makes to our day-to-day lives and to the beginnings of that inner revolution which Gurudev speaks of? The following piece illustrates the personal reflections of a Chinmaya Mission UK member, and her perception of how the Mission has spurred her into more dynamic action and deeper contemplation in a way that has changed the texture of her thoughts.*

*What would your answer to the question be ...?*

## What Chinmaya Mission Means To Me...

There is a part of me which has always wanted to be a writer; to share my thoughts, ideas and experiences with others. "Chinmayam" has allowed me to write about what is close to my heart.

There is a part of me that wants to teach children; to help them develop a set of values which will be of benefit to them and guide them in life. To nurture them, entertain them and grow with them. Bal Vihar has allowed me to be a teacher.

At the same time, I'm also a student. I never want to stop being a student. Regular Study Classes within Chinmaya Mission allow me to maintain discipline, sincerity and regularity in my study of Vedanta.

Another part of me wants to serve others. Camps and Yagnas have given me the opportunity to do physical work so that others may gain maximum benefit from the Mission's activities.

There are times when I require guidance; when it's comforting to know there is a hand on my head. Or simply a shining example of Truth and Beauty in front of me. Here I have no words for what our Swamis and Brahmacharis give to us. Their teachings are simply priceless, and when we don't get to listen to them first hand, we have their books and talks.

Yet another part of me is sociable and wants to be in the company of like-minded people. I have met some of the most wonderful people through Chinmaya Mission. People I call my own, for we are all Gurudev's children. We are His Missionaries, and

I have seen the awareness of that responsibility in so many Sevaks and Sevikas across the globe. It is a truly heart-warming thing.

In this way, I have noticed that whether I want to read or write, teach or learn, serve or be guided, Chinmaya Mission has allowed me to express myself; to develop new skills and build on existing talents. The Mission encourages me to be the best that I can possibly be.

There is also a part of me that wants solitude and silence. It is in these special moments of silence that I can introspect and everything becomes clearer. I realise that Gurudev's teachings tell me that I'm more than just the roles which I play. I am not made up of many parts. I am Whole and Complete, just as everything is Whole, Complete and One.

*Gurudev tells the writer in me that Truth is beyond words and ideas.  
He tells the teacher in me that I am not, in fact, the teacher - I am nothing but an instrument.  
He tells the student in me that there is a difference between gaining information and gaining Knowledge.  
He tells the Sevika in me that true Seva is about leading a good and noble life, and living the principles that we learn.  
My Gurudev tells me that I may have friends, teachers and Gurus, but my happiness cannot lie within them as long as I feel that they are separate from me.  
He tells me that our very nature is Bliss.*

So, the greatest thing that Gurudev and Chinmaya Mission have done for me is to allow me to gradually and methodically break down all my misconceptions and false identifications. And while this process of unfoldment is taking place, rather than call myself a writer, teacher, student or Sevika – I will attach myself to the Higher and simply say...

*... I am CM!*

Hari Om!  
Trishna Gulrajani

*Mission members wherever they are, in whatever condition, their life's work is to discuss and impart the secret essence of Vedanta. Be yourself a "Sandeepany" – one who lights the "Lamp of Truth" in the hearts of all.*





## His Vision, Our Mission

2005 kicked off quite literally with a running start when one of our Chyks, Ranjani Kumar, decided to undertake the London Marathon on behalf of Chinmaya Mission. While Ranjani spent several months training with the utmost focus and dedication, adults, youth and children were all coming together in true CM spirit to raise sponsorship for her. As Gurudev has said, *"Enthusiasm is the ocean into which we must all take the plunge, waves will be created that will reflect our dynamism"*. Ranjani completed the Marathon in an impressive 5 hours 20 minutes, exhausted but exhilarated!

Some weeks later, a group of Chyks, inspired to raise funds for Chinmaya Kirti, carried out a 36-hour sponsored fast, raising £13,000 between them. Then in true Chinmaya Mission style, it was decided that the funds would be sent to the Tsunami-stricken places in Asia. The amount was almost doubled by CMUK in the following fortnight. The awareness that "I am CM" is so



vast and great that it is impossible for it not to encompass the vision of universal love and unity.

The next major event on the CMUK 2005 calendar was Swami Prakashananda's visit to London in March after having received Sanyaas Deeksha. Swamiji overwhelmed us with his beautiful and moving talks on the Ramayana at Chinmaya Kirti and in South London, with his melodious singing at Chyk Soul and his fun-filled visits to our Bal Vihar centres. Whether this brief trip or Swami Ishwarananda's fleeting visit last October, these short trips are enough

*"Do not imagine your sincerity in work, but work sincerely with your imagination"*  
– Swami Chinmayananda

to refresh us, bring us back on the right track or even help to clarify a difficult part of a study group text. Gurudev's Swamis are "sparks from the fire". They not only capture our attention with their words, they also capture our devotion by their simple ways of living and loving.

Then, with the wonderful news that Swami Swaroopananda would be visiting London after a 3-year gap, work immediately began towards preparing for the yagnas and retreats which Swamiji had planned for us. The Chyks came up with a plan to redecorate Chinmaya Kirti and what began as a simple spring clean escalated into what the Chyks called "Operation: Ashram". Week after week, they cleared, sorted, scrubbed and painted, funding the entire refurbishment project themselves, apart from the Acharya flat, on a tight budget. It was heartwarming to see Mission members of all ages step into the doors of the ashram, always striving to do whatever they could to make the centre that little bit more beautiful and organised. Chinmaya Kirti has become our home.

The momentum was such that there was simply no time for fatigue. And every bit of effort was rewarded multiple times by Swamiji's visit.



He enveloped us all in an ocean of love and inspiration. It never fails to amaze me that just one being can show so much love in so many different ways and touch the lives of countless people. Chinmaya Kirti came ALIVE, with bustling activity from morning until night everyday. Swamiji took retreats for Bal Vihars, Junior Chyks, Chyks, Men and Women, so that there was something to offer to everyone. His yagna on "Meditation through the Gayatri Mantra" was calming and uplifting, especially the moments when the entire audience chanted the sacred mantra, guided into meditation by Swamiji.

The power of Swamiji's words reached out even further – to the corporate world in a talk at PwC, and to other organisations through short talks at the Sadhu Vaswani centre and the Mahalakshmi Vidya Bhavan. Swamiji motivated us, entertained us, advised us and encouraged us to do greater things – in our personal lives as well as within the Mission. Swamiji's parting words at his Samashti (final) Bhiksha at Chinmaya Kirti were that someday soon he wants to speak at the Royal Albert Hall. This is something that he wants to give to his Gurudev, and we have to MAKE IT HAPPEN!

*"If I rest, I rust"* – Swami Chinmayananda

In Gurudev is such an example of dedicated hard work, that even our best cannot be enough. It was *His Vision* to spread maximum happiness to the maximum number for the maximum time. No matter how much we do, we can always do more; no matter how much we give, we can always give more – this is *Our Mission*. I am reminded of Guruji's words at the recent inauguration of the new centre in Paris. While speaking about the need for the new overseas centres in those places where the Mission's activities are growing, Guruji said, "We cannot produce a child and then forbid that child from growing – the child HAS to grow!"





## Global Mission News in Brief

**Swami Tejomayananda Honoured as "Hindu of the Year"** On 11 June 2005, Swami Tejomayananda was chosen to receive the "Hindu Renaissance Award" as "Hindu of the Year" for 2005 by



Hinduism Today magazine, giving every Mission member a renewed enthusiasm and a sense of joy and pride in the Chinmaya Mission. The plaque received by Him reads: "Presented by Hinduism Today to Hindu of the Year, 2005, Sri Swami Tejomayananda, spiritual leader of Chinmaya Mission Worldwide, for fulfilling the vision of his guru, Swami Chinmayananda, guiding the Chinmaya Mission's exemplary teaching programs, inspiring the dynamic expansion of the monastic order (including new swamis from the diaspora) and teaching hundreds of thousands to be better Hindus."

Gurujī will be gracing London in August for a **three-day series of talks: "Life of Total Fulfilment" based on 'Dhanyashtakam'**. The dates are Tuesday 16 to Thursday 18 August, the venue is Brent Town Hall, Forty Lane, Wembley, Middlesex HA9 9HD. Don't miss this opportunity to listen to the words of one of the most respected and revered authorities in the world on Vedanta speaking on how to live intelligently, leading to a life of total fulfilment.

**Tapovan Prasad – a monthly magazine that talks Spirituality.** Tapovan Prasad is a global monthly magazine for Chinmaya Mission which has, from 1963, been in the reading room of Chinmaya Mission devotees the world over, giving them news and views of the Mission's happenings. The magazine contains articles on practical Vedanta, interviews with Mission Swamis and answers to queries by seekers, with words that come alive and speak to readers warmly, vibrantly and meaningfully. **It is one of the best publications of the Mission and we encourage all to make it part of our regular spiritual readings for our own self-progress and unfoldment.** Please contact [info@chinmayauk.org](mailto:info@chinmayauk.org) to subscribe – it's only £20 to subscribe for 1 year or £150 for a long term subscription for 10 years.

### Make It Happen

An interactive CD ROM entitled "Make It Happen" has been released by Swami Swaroopananda and is available at our e-bookshop ([www.chinmayauk.org/ebookshop](http://www.chinmayauk.org/ebookshop)). It



presents a toolkit for life – filled with powerful ideas, eternal principles and self empowerment exercises designed to guide you through the unfoldment of your inner personality. This insightful program takes you on a journey of self discovery, helping you unravel the questions of your life and providing you with highly effective tools to **MAKE IT HAPPEN!**

**E-Vedanta Course – Welcome to Vedanta the e-way!** A wonderful opportunity to study Vedanta through an **email course** is being offered by Chinmaya International Foundation (CIF). Pujya Gurudev, Swami Chinmayananda, initiated this unique method of **studying Vedanta** from home to cater to the needs of all students around the world seeking a subjective development of their personality without interference with their personal, social and domestic commitments. 24 lessons are available by email over a period of one year from CIF. Students are guided by acharyas (teachers). There is no need to change one's faith, religion or spiritual master to do this course. Please contact Chinmaya Mission UK on [info@chinmayauk.org](mailto:info@chinmayauk.org) to register for the course or visit [www.chinfo.org](http://www.chinfo.org) for further details.

**CIF** was established in 1989 as a research centre for Sanskrit and Indology, with a wealth of knowledge on Ayurveda, ancient Indian medicine, sociology and all subjects connected with India's culture and ancient discoveries. Swami Chinmayananda visualized CIF as a bridge between East and West, past and present, science and spirituality, pundit and public. CIF is located at the birth place of Adi Sankara in Kerala and has been recognized by the Mahatma Gandhi University.

### CORD – Chinmaya Organisation for Rural Development – Touching the lives of Millions

A majority of India lives in villages, cut off from mainstream development without sustainable solutions to mitigate their severe sufferings. Chinmaya Mission Centres across India have achieved laudable milestones in developing much needed people-centred rural services, but these efforts needed a greater impetus, focus and expansion. To respond to this need, Chinmaya Mission has formed a National Trust for comprehensive rural development called Chinmaya Organisation for Rural Development (CORD). CORD's vision is to harness human resources and enable the poor to transform their lives through programmes driven by themselves. It will thus facilitate integrated and sustainable development of the poor with their active participation and empower them to deal with complex social, economic, political, environmental, educational and health issues affecting their lives in a comprehensive and constructive way. Please visit our website for more information.

That child is growing, but has to grow bigger and stronger. The sky is the limit! If I say that "I am CM", then my conviction must be to live by that. We have many upcoming opportunities: Gurujī will be here in mid-August for a three day yagna on Dhanyashtakam at Brent Town Hall. And soon after, Swami Chidatmananda will be returning to London to take camps with Mission members of all ages. These events enrich our personalities and allow us to practice what we learn while we serve. We have these chances – let us grab them! While I am adding the finishing touches to this piece, I am at the Tapovan Kuti Ashram in Uttarkashi. Just half an hour ago, Swami Dhyananandaji was telling us about the early days when Gurudev would publicise his own talks by riding a bicycle through the town and announcing on a megaphone: "Talk by Swami Chinmayananda on the Geeta this evening ...!" That was the energy and zeal of our Gurudev! Do we have the strength and conviction to fulfil our part in His Mission? "We Can, We Must ... We Will!"

Trishna Gulrajani



# Chinmay **CHYK** it out!

## Who is a CHYK?

A CHYK is and must be, a seeker. He or she must feel, at some level, that there is something more to life than the mundane.

A CHYK often finds himself perched atop a rock. He looks out into the horizon and sees two paths before him.

The first path leads down into the Valley, the other, to the summit of the Mountain. The Way of the Valley, the low road, is the one most accessible to him. It is easy to tread, worn by the many who walk it everyday and clearly demarcated by the temptations of everyday life.

But a CHYK is a seeker and a seeker flinches at the path of the Valley. He looks down and sees the masses. He sees the pleasantries and maladies, the conformity and the humdrum, and though he is drawn to them, something within him resists.

So he looks up. To the Path of the Mountain.

But the Way of the Mountain is shrouded in mist. The summit is faraway and veiled by thick cloud and this is not a bad thing; for the Way of the Mountain is fraught with difficulty. If the young CHYK were to know the path that lay before him, he may turn back, afraid of the obstacles that he would encounter enroute. But the Way of the Mountain is shrouded in mist. And this is not a bad thing.

He knows others have walked this path before. He sees them from time to time and revels in their radiance. He reads and listens to their words; contemplates and understands their meaning; but still he is unsure. And all the while, the laughter and tears of those from the Valley below echo up and tempt him.

So there he remains, motionless, perched atop his rock, moving neither up nor down, pondering his situation.

But then, he hears a noise. His concentration is broken and he looks across. There on the stone next to him, is another seeker, another CHYK, sitting and pondering. They look at one another and their eyes connect. No words are spoken; none are required. They look at each other and some unknown force draws them together. Their feet move lightly over the rocky ground and they meet each other halfway.

At the same second, as though choreographed by some absent administrator, they break their gaze and turn their heads towards the summit of the Mountain. Neither of them realise, but they are holding hands, and with the firmest of conviction they look up to the Way of the Mountain.

And so, with fire in their hearts and devotion in their eyes, they step, hand-in-hand into the Mist.

– Milan Samani



## - I am CM -

*'I am CM', I heard him say,  
As the Sun came up, at the break of day.  
I heard him say, 'Somehow I've found,  
A sound that breathes, the silent sound'*

*'I am CM', I heard her say,  
As the Sun shone through, throughout the day.  
I heard her say, 'As nature breathes,  
The Light prevails, when darkness leaves'*

*'I am CM', I heard them say,  
As the Sun came down, at the end of day.  
I heard them say, 'We sing in verse,  
A song that breathes, the Universe'*

*'You are CM', I heard Him say,  
As the Moon reflects, and the Stars give way.  
I heard Him say, 'Always believe,  
God's warrior of grace & peacekeeper is Thee'*

*We are the torch that shines, fueled by the search,  
To experience, enquire & evolve.  
We are the time before time, and time thereafter,  
To reflect, rise & resolve.  
We are the Truth that binds, to the Divine,  
To become, be & go beyond.*

*'I am That which I seek,  
I am CM,  
I AM'*

– Darpan Patel







*"Systematic Preparation alone can Equip the Youth to face the Challenges of Life with a Smile"*

— Swami Chinmayananda

Gurudev used to say, "Youth are not useless, they are used less." And during the past year, Junior Chyks, in one way or another, have proven they can take on life with energy and dynamism. Some have been hard at work preparing for their GCSE Hinduism exams with a positive, inspiring attitude. Well done to Ria, Resham, Akshith and Sabree who took their GCSE Hinduism exam last year and came out with exceptional results, bringing pride to the Mission and to their parents. They were presented with their certificates by Swamiji himself during his visit. Rishi Vadera and Ravi Sanghani had their Upanayana (Janeyu) ceremony, taking the leap from childhood to a life of duty and responsibility to our parents, society and to God. Swamiji also held a Junior Chyk Retreat – 'Dare to be Different!'. His message: it's not just about being different, but about



doing things differently! Whether through creative role plays or the insightful Q&A session with Swamiji, the retreat was made by the Junior Chyks' bubbling talent and energy.

All teenagers want to be different, to stand out and be noticed. We, as Junior Chyks, are not content with merely following others. We know that, more than any other age group, we have the maximum receptivity to learn, the greatest courage to stand up for what is right and the strongest motivation for success. We know our choice: we can choose like most to let this potential fade away. Or we can choose to tap into it, unfold our strength and, taking Swamiji's message,

**"Dare to be Different!"**

## **YOU, ME AND GOD: a conversation between a teenager and a Guru**

**Youth (with arrogance):** "Swamiji, I don't believe in God!"

**Guru:** "Excellent! I like your outspokenness. You are intelligent and think independently. You have the courage to speak your conviction. Now come, what KIND of GOD is it, that you don't believe in?"

**Youth (surprised and with some hesitation):** "This God, who sits above the clouds, judges men and dispenses favours and punishments by remote-control. Don't you think Swamiji, it's all hocus pocus?"

**Guru (laughing):** "I am entirely with you. I too don't believe in THAT KIND OF GOD. But ... hmm, what did you have for breakfast before coming?"

**Youth:** "The usual: toast, coffee, eggs."

**Guru:** "Great. Now where did these eggs come from?"

**Youth:** "I don't know exactly, probably a poultry farm."

**Guru:** "Yes, but how are eggs made? Do they grow in fields or are they made in factories?"

**Youth:** "Eggs come from hens, but ... what are you trying to say?"

**Guru:** "Well eggs come from hens, hens come from eggs, which come from other hens, and so on ad-infinitum. Can you say with certainty, which was the first cause? Egg or hen? You see, God is

not just a person or individual, sitting in a palace above the clouds, dispensing favours. It stands to reason that every effect must have had a cause prior to it. The watch that you are wearing did not make itself. Your breakfast did not cook itself. There was a cause. The cause must have emerged from a previous cause. GOD is the first cause. The sole cause. The UNCAUSED CAUSE. There was no cause before Him. He is the oldest, the most ancient, He was before TIME. This 'causation hunting' is the favourite pastime of the evolving human intellect – trying to trace everything to its ultimate origin. That which is beyond the intellect, is G-O-D. The intellect cannot come to a conclusion as to the ultimate cause - just like the example of the hen and the egg."

**Youth:** "I see. And am I to understand that THAT is God?"

**Guru:** "That, which you now speak of as GOD, the Muslim calls Allah; the Christian refers to as 'My father in Heaven'; the Parsee as Ahura Mazda. All are referring to the SAME SUPREME PRINCIPLE. The cause behind all causes. The source of all that was, now is, and ever will be. The Hindu scriptures refer to it as BRAHMAN, the Absolute, the infinite. THE TRUTH IS ONE. THE WISE SPEAK OF IT VARIOUSLY."

**Youth:** "But, Swamiji, the description doesn't seem to be complete. Is that all that God is? How can one come to know Him?"

**Guru:** "Now, you are really getting somewhere. I have not 'described' God. He cannot be described. To define Him is to defile Him. Now, your second question asks 'How can one come to know Him?' But He also cannot be 'known' as you know this table or this chair. He is not an object of the intellect. He is the VERY SUBJECT that enables our eyes to see, our ears to hear. An example will

make this clear. You are walking along a dark country road at night, illuminating your path with a battery torch; you want to know how the torch gives light; you unscrew the torch; you will not be able to see the battery cells, as the bulb will not emit light unless powered by the battery. Similarly, the eyes, ears, mind and intellect, all of which get their own power to function from the LIFE PRINCIPLE, cannot understand IT as an object."

**Youth:** "Then, God or Truth is something abstract, that cannot be seen or heard or touched - or even thought of. Right?"

**Guru:** "You are right. In fact, God is all this and much more. The Bhagavad Geeta says: 'Weapons cleave It not; fire burns It not; water wets It not; wind dries It not. This Self cannot be cut, nor burnt, nor wetted, nor dried.' It is not material; it is not matter, understand. This Life Principle, is also the SELF in you, in me and in everybody. It is the innermost core of your personality."

**Youth:** "But can you really put these concepts into practice?"

**Guru:** "Just hearing or reading about these great ideas is not enough. HINDUISM IS NOT A PART TIME RELIGION! Hinduism is that aspiration to associate yourself with divinity. We must live the values if we want their radiance in our lives. Proper understanding, and correct attitudes are important, but so is strength of conviction. Learn to have vision. Learn to have an ideal. It is such a vision that can serve the society, community and world at large. If you ask me 'how to start', my answer is 'Just start'. If you ask me when, my answer is 'Now!'"

– Swami Chinmayananda



# Early Inspirations

*"One little child can change the entire history of the country. That is how all the great men of the past were made – a Shivaji, an Einstein, a Tagore, a Mahatma Gandhi" – Swami Chinmayananda*

## *Our Marvellous Swamiji!*

*Oh Swamiji Oh Swamiji  
You came to us like a bolt of thunder with a smile on your face  
And love in your heart*

*Oh Swamiji Oh Swamiji  
You brought along with you Hanuman the Mighty  
And inspired us with the Hanuman Chalisa*

*Oh Swamiji Oh Swamiji  
Whenever I chant "Shree Guru Charan Saroj"  
Veer Hanuman soars over to me like a rocket*

*Oh Swamiji Oh Swamiji  
The next time we met  
You taught us about Ganesh the Obstacle remover*

*Oh Swamiji Oh Swamiji  
Now I call on Vakratunda every morning  
To make my day a happy one*

*Oh Swamiji Oh Swamiji  
When we met in Kenya with the lions  
You told us stories about Adi Shankaracharya*

*Oh Swamiji Oh Swamiji  
Before I knew it I was reciting  
"We stand as one family bound to each other with love and respect"*

*Oh Swamiji Oh Swamiji  
I know it sounds funny, I know it sounds weird  
But some how and from some where  
You have come down from the Higher to teach us the tools of life*

*Oh Swamiji Oh Swamiji  
You have given us so much  
That no one can ever take away*

*Oh Marvellous Marvellous Swamiji  
WE LOVE YOU SO VERY MUCH!*

*- Kiran Modi, (9 years old)*





This month saw Swami Swaroopananda visit London and hold a magical weekend camp for the Bal Vihar, Hanumanji's Adventure Challenge! Read about Swamiji's visit in the articles of Heeral Pattni (6) and Shree Vadera (9) reported in the BV Times:

## The BV Times

# BV Strikes Again!

Archery, Mosaics, Puzzles too! Lots of fun to remember, this was the foundation of a great camp! Day 1 included puzzles, mosaics and of course hilarious stories from Swamiji. Day 2 involved Archery, making picture frames, but don't forget the amazing stories from Swamiji. The story that we'll remember was the churning of the Ocean. The basic story was: The gods were at war with the demons. So the gods went to Vishnu, and He said: work together to get the nectar of immortality in the middle of the Ocean of Milk. So they worked together and got the nectar. But the demons snatched it for themselves! So Vishnu took the form of a beautiful woman and the demons blindly gave the nectar to her. Then He gave it to the gods! But where is this Ocean of milk? There is a secret about the Ocean of Milk: well, close your eyes and think good thoughts and your Ocean of Milk will be there. Can you see it? This is because Gurudev said good thoughts = good actions.

### RIDDLES

- 20 people jump into a pool and twenty four heads come up. How?
- A sevak went to a BV camp for 2 nights. She rode in on Saturday and came back on Saturday. How?
- A sevak got locked in a room for telling off a child. 4 walls were sealed tight, the door was locked from outside and there was no window. How did he escape?

(See below for answers)

## SWAMIJI

May was a busy month for our Swamiji too, with talks on the Gayatri Mantra, attending the first Janeu ceremony at Chinmaya Kirti, teaching at camps, plus the men's and women's retreats! But no matter what, Swamiji always keeps a smiling face. He is great, loving, caring and always there. His smiling face brings joy all over the world. If you ever need someone to talk to, it would be Swamiji. So Swamiji, we wish you happiness wherever you go, because we love you and we know you love us!

## Oh Krishna!

Concept by: Shree Vadera and Heeral Pattni  
Artwork by: Darpan Patel



## A Bal Vihar Interview

**Question:** What was your best thing about the camp?

**Answer:** Making the mosaic

**Question:** What was your worst thing about the camp?

**Answer:** Getting less time with Swamiji!

**Question:** Who was your favourite class teacher?

**Answer:** Pooja and Anjali

**Question:** What will you always remember about the camp?

**Answer:** When we first saw the Hanuman mosaic put together.



# What's Happening?

*"Please understand that even if we happen to be lucky enough to be at the feet of the greatest Master, that Master can do nothing to any one of us unless we are ready to move in His direction and become one with the Divine. Your own intellectual understanding can pull you nearer to the Truth. When the fascinating beauty of the Infinite Beatitude comes, it naturally sucks you unto Itself." - Swami Chinmayananda*



## Current Study Classes

For all information on study classes please e-mail: [info@chinmayauk.org](mailto:info@chinmayauk.org) or call 020 8203 6288  
Please visit our e-bookshop on [www.chinmayauk.org/ebookshop](http://www.chinmayauk.org/ebookshop)

### ADULT STUDY GROUPS (30+)

#### Chinmaya Kirti (Hendon Central)

Monday 7.30pm - 9.00pm  
Text: Bhagavad Geeta, Chapter 12  
Thursday 7.30pm - 9.00pm  
Gurudev's DVD Commentary on Shrimad Bhagavad Geeta

Friday 8.30pm - 10.30pm  
Beginners level text: Self Unfoldment

**St John's Wood**  
Saturday 11.00am - 12.30pm  
Beginners level text: Self Unfoldment

Monday 9.15am - 10.30am  
Intermediate level - Viveka Choodamani, Video Class

Tuesday 10.30am - 11.45am  
Devi group text: Self Unfoldment

**Northwood**  
Sunday 11.00am - 12.30pm  
Intermediate level text: Art Of Manmaking (Gita Talks By Gurudev)

Sunday 12.45pm - 2.00pm  
Sevaks class on Chinmaya Mission and basics of Vedanta

**Harrow**  
Monday 8.30pm 10.00pm  
Beginners level text: Bhaja Govindam

Thursday 7.00pm - 7.30pm, All levels  
- Vedic chanting

Thursday 7.30pm - 9.00pm,  
Intermediate level text: Viveka Choodamani  
Sunday 11.30am - 1.00pm  
Beginners level text: Self Unfoldment

### CHYK (YOUTH) STUDY CLASSES (17-30 yrs)

**Baker Street**  
Wednesday 7.15pm-7.30pm, All levels - Chanting Session  
Wednesday 7.30pm - 9.00pm:  
Beginners level text: Self Unfoldment  
Intermediate level text: Manah Sodhanam  
Intgermediate level II text: Tattva Bodha By Swami Tejomayananda

### BALVIHAR (4-12 yrs) AND JUNIOR CHYK (12-17 yrs) CLASSES

4 classes for age groups 4-7yrs, 8-11yrs, 12-14yrs and 15-17yrs  
Additional classes in Gujarati and Hinduism leading to a GCSE qualification

**Chinmaya Kirti (Hendon Central)**  
Sunday 11.00am - 12.30pm

**Northwood and Ruislip**  
Sunday 11.00am - 12.30pm

**St Johns Wood**  
Saturday 11.00am - 12.30pm  
Additional Hindi classes

**Harrow and Edgware**  
Sunday 11.30am - 1.00pm

## ACTIVITIES AT CHINMAYA KIRTI AND NEW CLASSES WITH BRNI SUMATIJI

2 Egerton Gardens, Hendon, London NW4

*Since Swami Swaroopananda's long awaited and uplifting visit and Brni Sumatiji's arrival, the London mission centre 'Chinmaya Kirti' has been transformed into a lively ashram and has become the focal point of Chinmaya Mission UK events. The centre is buzzing with all kinds of diverse and enriching activities:*

### NEW CLASSES WITH BRNI SUMATIJI

Every Tuesday (starting July 19), Satsang open to ALL, 7.30pm - 9.00pm  
Text: Manah Shodhanam by Guruji

**Devi Group (Ladies Study Group)**  
Every Thursday (starting July 14), 11.00am - 12.30pm  
Text: Bhaja Govindam by Adi Sankaracharya, followed by Guru Paduka Puja from 12.30pm - 1.00pm

**Every Sunday (starting July 17), Satsang and Study Class open to ALL,**  
7.30am - 8.30am  
Meditation and Gayatri Mantra

**Summer Course:**  
Vedanta in Practical Life by Guruji  
9.00am - 10.30am

### SPONSORED HANUMAN PUJA & HANUMAN CHALISA CHANTING

Every Saturday, 5.45pm - 7.00pm  
Each week a family will be given the opportunity to sponsor (be Yajmaan) for this auspicious event. This is a great way to celebrate birthdays, anniversaries or if you are facing any kind of difficulties: make an offering at the feet of Lord Hanumanji.

### SWARANJALI

Monthly Bhajan Session at Chinmaya Kirti  
Fourth Saturday of each month, 7.30 pm - 9.00 pm  
A musical session that invokes a devotional form of expression and offering to the Lord. So make a note in your diary, and come along to sing, play and enjoy. All instruments welcome!



### CHYK SOUL

The musical youth group of Chinmaya Mission UK. Third Sunday of each month, 2.00pm-3.30pm  
Chyk Soul focuses on inspirational music and aims to reflect the fusion of our western upbringing and eastern heritage. If you have any bright ideas, play a musical instrument or just want to sing, please come along!

### SANSKRIT CLASS: ADULTS/YOUTH

Sunday (Beginners level)  
9.00am - 10.30pm  
Saturday (Intermediate level)  
10.30am - 12.30pm

### COURSE ON UNDERSTANDING AYURVEDA: ADULTS/YOUTH

(£60.00 for 6 sessions)  
Beginners Course - weekly courses on Wednesdays, 11:30am - 1.00pm  
Intermediate Course - weekly courses on Saturdays, 2.00pm - 3:30pm

### HANUMAN PUJA AND AARTI

Every Wednesday, 7.15pm - 8.00pm  
With a short discussion on the Sunderkand

Visit our website [www.chinmayauk.org](http://www.chinmayauk.org)