



July 2000

Chinmaya

Issue 3

- **BRIEF PROFILE - SRI TAPOVAN MAHARAJ**
- **INTERNATIONAL CAMP - NEPAL**
- **KRISHNA - SYMBOLISM**



Message from our President

Hari Om!

Welcome to the third issue of Chinmayam.

It feels like we have just completed our mailing of the April issue and yet here we are again!

After an inspiring, revitalising experience at the International Spiritual Camp in Nepal, coming literally and spiritually down to earth has been somewhat of a challenge ! The UK delegation was the largest , with 49 delegates attending and I know I speak for all of them when I say that it was a delight for the senses as well as the soul. In fact the surroundings and the resort were so enticingly conducive to complete relaxation that attempting spiritual growth was a formidable task in itself !

The camp followed a resoundingly successful series of Yagnas by Swamini Vimalananda, culminating in a Ram Navmi Puja, conducted at very short notice, but drawing record numbers of devotees.

Looking back ...

This last year has been eventful – Swami Swaroopananda’s ‘Ramayana’ Yagna in September, followed by the very first Bal Vihar ‘Krishna my Friend’ camp, Junior CHYK and Teenagers Camp and the 4th CHYK camp and a series of mini yagnas by Swami Sacchidananda.

We have been fortunate to have had such a wealth of opportunities throughout the year, but it does not stop there. Adult study classes have been established to continue pursuing the path of knowledge – do take advantage of them.

Looking forward..

As the UK copes with collapsing Domes and dot.coms, ailing airlines and elitist educators, (and the rest of the world is an unending saga of war, injustice, financial instability, and global environmental crises) ; we leave all that behind to look forward to a summer filled with enlightenment (and hopefully some sunshine as well).

Our Bal Vihars are growing rapidly, the demand for books and publications has been unprecedented and we are now re-stock our shelves !

Musical Discourses with Guruji
Warm August evenings filled with the sound of classical devotional music, Tulsidasji poems evocatively sung and explained so that the most philistine amongst us will feel moved - no, not a commercial for “Explore Rajasthan” – but here, in England, at the Commonwealth Institute, Kensington on the 10th and 11th of August, conducted by Swami Tejomayananda.

All are Welcome

Hanumanji, will thrill and inspire the Bal Vihar children at their fun packed summer camp on 1st and 2nd September. Soon after that the Chyks begin their journey on 8th and 9th September, culminating in Swami Swaroopananda’s Yagna from 12th to 17th September.

The magazine is rapidly establishing itself as the Voice of the Mission in the UK - I know people use the back page as a ‘ready reckoner’ CM telephone directory and a ‘What’s on in London for the seeker’ !

Please do continue to send us all your comments, suggestions and requests for information and thank you to all of you who have written to us and sent in your reply cards.

I hope you find this issue entertaining, interesting and thought provoking... and on that note...

*‘The future is carved out of the present moment.
Tomorrow’s harvest depends upon today’s ploughing and sowing.
The past is dead.
The future not yet born.
If one is inefficient and unhealthy in the present, he has no hope for a greater future’.*

– Swami Chinmayananda

Contents

Namaste	2
12 Tips for Joyful Living	3
A Brief Profile - Sri Tapovan Maharaj .	4/5
Recent Events	5
Gurupurnima	6
Janamashtami	7
Symbolism - Krishna	8
From our Bookshelf	9
Mission: Possible - Mission News	10
Chinmaya International Camp - Nepal	11
Children’s Bal Vihar	11
Forthcoming Events	12

Front Cover: Swami Tapovan Maharaj at Uttarkashi



Chinmaya Mission (UK)

Signal House, Lyon Road
Harrow, Middlesex
HA1 2AG UK

Tel: +44 (0)20 8861 2625
Fax: +44 (0)20 8427 5169

Feedback

We would like to hear from you!!

We would like to know what you think of your magazine. What do you like reading? What don’t you? What would you like to see more of? Are there any articles you would like us to include?

Your comments are important to us. This is your magazine, let us make it the best we can for you.

Please post your comments to the Chinmaya Mission or e-mail them to: chinmayauk@aol.com

12 TIPS FOR JOYFUL LIVING

by Swami Tejomayananda

- *Once we choose our course in life, there is no point in complaining about situations, difficulties or problems that we may have to face. A householder's life has its ups and downs.*
- *Conflicts in the mind arise due to dual and contradictory purposes in life. Surrender and insistence on one's will cannot go together.*
- *It is we who carry the load of all due to our sense of doership, possessiveness or ignorance and then, when tired, blame others. Do your best to please the Lord and not any man.*
- *A principle in Spiritual Living is : "Remember the rights others have over you, and forget the rights you have over others!" We have duties, no rights or demands.*
 - *No one can give you rest. You will have to learn to take it.*
 - *Whatever goal you have chosen to pursue in life, BE FIRM and determined in your efforts to realise it!*
 - *Never believe in anything unless it happens.*
 - *Do not hesitate to act.*
 - *Have faith in the inherent goodness of others.*
 - *Expect that tragedy can happen any moment. Do not be surprised when misfortune comes into your life.*
 - *Learn to be flexible in your everyday living.*
 - *Adopt the ways of Nature. Her method is one of Patience.*

Guruji's Birthday

Guruji (Swami Tejomayananda) celebrated his 50th Birthday on 30th June. Chinmaya Mission UK wishes him many more years of loving service to the world.

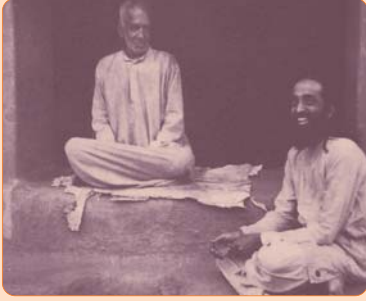
Happy Birthday Guruji!!!





chinnaya A BRIEF PROFILE

Sri Tapovan Maharaj (1889 – 1957)



Sri Tapovan Maharaj
with Gurudev

Sri Tapovanji, the Great Master of Uttarkashi lived for 68 years as a monumental expression of an ideal Vedantic Teacher. He was a veritable living embodiment of the ideal Sannyasa with all the supreme renunciation, rare saintliness, austerity, deep wisdom and divine dignity and compassion implied by such an ideal. He was the Guru of our Gurudev (Swami Chinmayananda).

“In the world wicked ones are created as touchstones for the good. Accept their load as if they are flowers and rise morally and spiritually higher and still higher.”

- Swami Tapovanji Maharaj

The Early Days

Chippu Kutty Nair who was later to become the great Sri Tapovan Maharaj was born at Mudappallur (near Alathur) in Kerala in 1889.

From a young age, Chippu Kutty expressed dissatisfaction with everything that was limited or conditioned. One day he returned from school declaring his decision to cease his education within the school, and seek it instead in the Infinite Truth. Seeing his determination, his loving father immediately arranged for Chippu Kutty to be tutored in English, Sanskrit and Malayalam, all three of which he quickly mastered.

At nineteen, when his father died, Chippu Kutty took on the responsibilities of the head of a wealthy family, but he also continued his studies and preparations for his great mission in life. During this time he lived in a thatched hut, sleeping on the ground and having only one single dhoti as his sole personal possession.

He made three pilgrimages around India in these years including visits to the Himalayas seeking sat-sang (sacred company) at the feet of great teachers like Swami Satyananda and Ramana Maharshi.

That Defining Moment

In 1923 at the age of thirty-four Chippu Kutty Nair left the worldly life and took to the life of a roaming monk. For seven years Swamiji lived in intense tapas in many places in India.

Finally he came to reside in Rishikesh and stayed in the Purana Jhadi (Old Jhadi) along the Ganges along with other monks and rishis. It was at this time he was given regular initiation by Sri Swami Janardhanagiri of Kailasashram in

Rishikesh. Thus Chippu Kutty became Swami Tapovanam (a forest of austerity and penance).

Essentially a poet, Sri Swamiji had a mad passion for witnessing nature's beauty unrolling on the canvas of the unfrequented peaks and valleys of the Himalayas. Here he roamed widely, and notes of his travels were reported in two volumes, both in Malayalam: "Himagiri Viharam" (Wandering in the Himalayas) and "Kailasa Yatra" (Journey to Kailasa). Besides these two important books, Swamiji wrote a few volumes in chaste Sanskrit; of these his masterpiece is "Iswara Darshan", a well recognised, and much commented upon garland of spiritual thoughts.

His Lifestyle

Living a sequestered life and seeking always solitude and contemplation, Swamiji discouraged contact and correspondence with his devotees. However all types of seekers came to him. He was a Brahma-Jnani—his mastery of the difficult Brahma Sutras, the Upanishads and Gita was astounding and drew the most learned scholars from far and wide to come and seek knowledge at his lotus feet.

With his students he was a strict disciplinarian and very few could withstand the rigours of the conditions imposed on them. Gurudev was one of the exceptions; he belonged to the last batch of students and was the **only** one of 30-35 persons who studied and practiced steadily with Tapovan Maharaj for ten years.

Mahasamadhi

Ill health began to ravage Swamiji's physical state. But when asked to receive medical attention, he would invariably answer, "Do you



Swamini Vimalanandaji in London

Following a blaze of publicity Swamini Vimalananda arrived in London on a rain-swept, dripping Tuesday afternoon. Our spirits were a trifle dampened but there was no stopping Swaminiji's enthusiasm and bounding energy. The evening saw the beginning of what turned out to be an overwhelming presence of a totally new following in Harrow with no past exposure to Chinmaya Mission Discourses.



Swamini Vimalananda

Swaminiji's eloquence charmed one and all and the Masefield Suite in Harrow Leisure Centre brimmed with over 350 ardent listeners. Thereafter, there was no looking back. Three mornings of 'Bhaj Govindam' in Gujarati and three evenings on the popular titles of 'Mind Management', 'Born to succeed' and 'Life without stress' in Perfect English using logic that cut straight to the heart of the subject, Swaminiji's name, fame and dynamism swept her to new pastures from North to South.

From Bharatiya Vidya Bhavan to the Yoga Centre in Kenton, Canon's Gujarati school in Edgware and the seven evenings at UCL on Bhagwad Gita Chapter 3, Swaminiji imparted her wisdom in her characteristic, sweet but challengingly interactive style which got

the crowds thinking introspectively and kindled their desire to follow her around for more. The six-day Course in Meditation covering Swami Tejomayanandaji's 'Dhyanasvarupam' attracted 50-70 devotees to converge into central London at 7 am – some enthusiasm but an effort worth every minute! The highlight however, was a mass guided Ramnavmi puja which became alive with 500 participants in a unique experience where Swaminiji explained every step of the puja, lending a sacred meaning to a ritual normally shunned by many as boring and pointless. All the offering of rice and prasad then went to feed the poor and needy while the participants left enriched and invigorated with a renewed spiritual awakening ready to face the challenges of daily life.

A BIG thank you to Swaminiji and although she may disapprove of this verbal expression of gratitude, it is but a gross expression of a deeply felt debt which we can only begin to discharge by living our lives in the spirit of 'Ishwar Arpan Buddhi' (dedication of all action to the Lord) and 'Prasad Buddhi' (accepting all results as the Lord's prasad).



Swamini Vimalananda

think that medical science has discovered any medicine by which this human body can be immortalised? It should die, and since it must die, why not die here?"

"I have already left this body. There is nothing in it to regret" he said with a smile. Perhaps he created the situation to hammer into his disciples the insignificance of the phenomenon called death. "So this is the Vedanta that you have studied in me? What is death? Death is only one of the experiences, which the Atman (the Self) illumines. We are not of that dying stuff. We are the Self."

On the full moon day on 16th January 1957 at 4:30 am (Brahma Muhurta hour) The Great Swami took Mahasamadhi.

Even as the Himalayas gives perennially to the world it's snowy treasures in the form of the life-giving Ganges, so too Sri Swami Tapovanji bestows his "Tapovan Prasad" upon the world! His ardent disciple Swami Chinmayanandaji (Gurudev) worked tirelessly to transport the treasure of his Guru's teachings to the four corners of the globe.

Swami Chinmayananda taught in a language and form that was understood by the masses. And thus the teachings of one of the last representatives of an ancient institution of traditional gurus is preserved and available to millions like us who live in the modern-day world.



GURUPURNIMA - MEANING & RELEVANCE TODAY

In today's rational society fostering self-reliance and independence, one may ask the need for a teacher in the pursuit of self-awareness. However, the first question to ask oneself is: is there anything we can achieve with confidence and mastery, without the help of an instructor - be it driving, cooking or obtaining a degree? Can any of this be learnt merely through reading books? If we need an instructor for proficiency in any activity, should there be any question for the need of a guru? The subtle forces of the mind delude and confuse us in our search for the purpose of life and it is in our own pursuit of happiness, that it eludes us: we are told happiness IS our very nature, yet we fail to experience it. Here lies the role of the Guru.

Who is a Guru? The word comes from Sanskrit and means "dispeller of "ignorance". There are different types of gurus, but the highest position is that of Sadguru - an enlightened teacher who is capable of communicating to his disciples the highest truth indicated in the Scriptures; and then guiding them in the methods by which these highest levels of consciousness can be attained: but with so many spiritual teachers, how do we even recognise one?

On analysis, our preceptor is one who inspires us to live a noble life and in whose presence, we feel elevated. When we compare our life with his/her, we feel ashamed of our weaknesses. Therefore, the question is not for us to choose a guru but for us to gravitate towards a guru

compatible with our current state of mental and spiritual evolution.

If we expect a guru to transform us to Godhead by touch alone, we are waiting in vain. Self-redemption ultimately comes from our own self-effort in purifying our own mind and intellect with the knowledge of the scriptures. This, translated into in our daily lives in the form of kindness, love, selfless activity, sincerity and devotion raises us to the spiritual heights that will eventually launch us to the Ultimate Truth. All we have

to do is to purify our mind - intellect equipment, and the guru necessary for our next stage of growth, shall reach us. This is the Eternal Law.

Hour by hour, the world around us is ordered so as to give us the necessary dosage of experiences. When we come to deserve the Master, he shall reach us. The disciple, with inner purity, developed

through self-effort and an aspiring mind, will realise that the ultimate guru is the Lord himself within and when we meditate, we beseech him to merge with us.

But to reach this place, or to even begin our journey, we need to be kindled with Brahavidya - the knowledge of the Self. And who else is able but a Sadguru to introduce us to this sacred knowledge 'knowing which all else is known'. Any amount of praise for our Sadguru would not be sufficient.

On Gurupurnima, offerings of gratitude are made to the great Guruparampara that has nurtured and passed on the Vedic dharma in its original form. From master to disciple, this knowledge was passed by Adi Sadashiv, The Lord Himself, through the compilations of Ved Vyas around 4000 BC and revival by Adi Shankaracharya 1200 years ago. Pujya Gurudev Swami Chinmayanada spread this knowledge in the twentieth century with pristine clarity, accuracy and devotion.

To this great Guruparampara, we offer our prostrations.

Hari Om!

*Gurur Brahmaa Gurur Vishnu Gurur devo Maheshwara
Gurur eva param Brahmaa tasmai Shree Gurave namah (Guru Stotram – Verse 3)*

Word Meaning:

Guruh = the Teacher **Brahmaa** = the Creator **Vishu** = Vishnu the Sustainer
de vo Maheshwarah = God Shiva, the Destroyer **Guruh eva** = the Teacher alone is **param Brahmaan** = the Supreme Brahman

Meaning:

Salutations to that Teacher who is the Creator, the Sustainer and the Destroyer of this universe; who alone is the absolute Supreme Reality too.



Janamashtami (Gokulashtami)



*There is but one Song –
The Bhagawad Gēeta,
There is but one Lord –
The Son of Devakimata,
The only Holy words are –
All His Names,
Our duty is to Serve Him –
In His Divine Games*

On a dark stormy night in Mathura, Krishna's parents Vasudeva and Devaki sit desolate and cold in the tiny cell where Kamsa, Devaki's wicked brother has imprisoned them. Kamsa had been warned that Devaki's eighth child who was about to be born, would one day destroy him.

The child Krishna is born and through the grace of Lord Vishnu is smuggled past the sleeping guards to Mother Yashoda in Gokul.

Janamashtami is the day of the birth of Shri Krishna, the eighth incarnation of Lord Vishnu. It is celebrated with fasting and prayer. The story of the birth of Lord Krishna is full of significance.

Krishna was born in the night in a prison cell and then taken to a sleeping mother Yashoda. Krishna is the light of intelligence, happiness, infinite wisdom and truth. He is the true Self.

Krishna is born in a prison. This represents ourselves being in the prison of the material world. However he was born while the guards slept. These gatekeepers represent our senses. When we put our senses to sleep-the light within us can shine - and Krishna is born. We are no longer the prisoners of our senses. Krishna was first born in the hearts of the Rishis.

People fast to celebrate the coming of the Lord. The Lord is enlightenment and food is mere gratification for the senses. Fasting is Upasana which means to live near the Lord. Attunement to the Lord in meditation is also Fasting.

"In that silence of the heart, in spite of the thunders, we must remain sufficiently long. Then only in that long earned tranquillity will we experience the birth of Krishna, The Light."



chiranjyoti **SYMBOLISM OF KRISHNA**

The Blue Boy of the Yamuna banks, ever clothed in yellow garbs and playing away upon his flute, sending everyone around him crazy with delight and joy, is a wondrous picture of endless Vedantic suggestions!

Krishna (dark / unknown)

Krishna means dark or unknown, and is the Supreme Consciousness. Here Pure Consciousness is seen as dark, not as the opposite of light, but because it is unseen when we are rooted in earthly experiences which are limited by our perceptions, emotions and thoughts, through the body, mind and intellect.

The Flute

Krishna plays enchanting music on the flute. By itself the flute is an inert instrument with holes; similarly the body is inert and the eight holes represent the five organs of perception, the Mind, Intellect and Ego. When we surrender to Him the Lord fills us with His breath to bring out the enchanting melody of a harmonious life.

Blue and Yellow

Krishna is blue (neela) and wears yellow (peetambara) clothes. Blue represents infinitude like the sky or the ocean. Yellow represents the earth. Most objects buried in the earth gather a yellowish hue. This is manifested as the finite on earth.

Raas-Leela

In the Raas-Leela (divine sport), the Lord is seen amongst the dancing Gopis. This is often criticised. Krishna is beyond consciousness, unaffected and unconcerned while witnessing the Gopis. At the same time the Gopis dancing shows the path of Karma Yoga. Their bodies are engaged in continuous activity while their minds are attuned to the Lord. To dedicate one's work to a higher altar and work without ego is Karma Yoga.



Destruction of Kamsa and Chanura

When Krishna is a young boy he destroys Kamsa who claimed Mathura as his Kingdom; he also destroys Chanura, Kamsa's prime minister. Mathura was in a state of chaos and confusion while under their rule. They represent the ego and ego-centric desires which cause agitation, worries and anxieties. When these two forces are conquered, the glory of the pure self is restored.

Mathura – The Birthplace of Krishna

Mathura means sweetness, which is man's essential nature, experienced when ego and ego-centric desires are conquered.

Gnana Mudra

In the Gnana Mudra Krishna holds his little, ring and middle fingers erect. The index finger is bent to form a circle with the thumb. The index finger represents the ego. When the ego transcends the three thought conditions-sattwa, rajas and tamas, then it becomes one with the infinite consciousness (the thumb). A circle has no beginning and no end, thus representing infinitude.



Parenting by Swami Tejomayananda

continued from the last issue

Keep Cool

The first thing that is required when you face any problem - not only related to parenting, but to any problem in life, whether it is a problem in the office or family, a financial problem or any other problem - is that you have to keep cool. First of all, calm down and relax. There is no use of getting very agitated and over-anxious. You must relax. That is what I do. I also face a variety of problems in running a very big organization.

Last year in April, I had a very nice program in Australia, and then proceeded to Singapore where a fax was waiting for me. We had to inaugurate our International School in Coimbatore in June 1996. The fax said that 4 crores (rupees) were required to complete the first phase of construction. When I read that far, I felt almost dizzy! I immediately realized that this world was round and it was rotating and moving and it was not a stationary world! I said, now what can I do? So the first thing I did was that I went to bed! On getting up I started thinking and talking as to how we could solve the problem.

The point is that when you face any situation, the first thing you should do is to calm down. You can't get too excited over all that. Learn to relax first.

The problem is of 'I-ness' and 'my-ness'

When we think of this problem logically, step by step, we come to our next point. When you say 'the children', are you really worried about all children, or only your children? If you think a little more closely, you will find that all your worries

are not because **all** children in general are misbehaving. You are worried because **your** children are misbehaving. Thus we come to our next point. All this worry or anxiety is not for 'the child', but it is for **my** child'. So where does the problem lie? Not in the child but in that possessiveness of 'my-ness'. Please be very careful because here we are thinking from the highest spiritual standpoint. Then we will come to the practical point of view also. If we go one step further, we come to a still subtler level. First it appears that the worry was for the child. Then the worry is for 'my' child. Still subtler is the fact that the action of my child has direct repercussion on 'me', on 'my' image. If 'my' child behaves badly, everybody will ask, 'Whose child is that?' And if 'my' child behaves well and does well, we say, "Do you know that the child who sang very well is my child?" "And who got the gold medal? ...my child!"

So that is why it is said that man believes in heredity when his child is brilliant. "It is in our genes you know!" they say. It is adding a feather to one's cap. Similarly when the child goes too much out of control, they may even announce in the newspapers that they have nothing to do with the child, and that they are no more responsible for him. Thus they even disown the children.

Thus from the spiritual standpoint all this worry and anxiety is stemming forth from the sense of 'I-ness' and 'my-ness'. Look at it very objectively. Then you will discover that what bothers us more is our image. We are worried because our children's behaviour affects our image. Think very seriously. Now to give you another example:

In 1981, Pujya Gurudeva (Swami Chinmayananda) told me that I had to conduct the Vedanta training course in Sidhabari for the first time in Hindi medium. The applications were invited. And there was a person whose job was just to collect the applications. I was travelling at that time. This person informed me that many applications had

Funny Kid

An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?" The boy thought it over and said, "Well, I'll just run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Jimmy, come in or stay out!'"

been received and added, "The stuff doesn't seem to be good."

When I read his comments, I became very sad for some time. "The stuff doesn't seem to be good" meant that the candidates who had applied were not good. Then I thought about it. Why did I become sad upon hearing this news? I had not even seen the applications, leave alone the candidates. The course had not yet started. And then it dawned on me. We are conducting the Vedanta Course for the first time in Hindi medium. In Chinmaya Mission, it had never been done before. I was the first person who was going to conduct this course. If the students don't turn out good, everybody will ask, "Who taught them? Who was the teacher? Who was the Acharya in-charge?" "I saw that my sadness was rising only from this thought. I asked myself why I had to get depressed like that. I didn't even know these students. I didn't know if they had inspiration within themselves. The Lord would bring them. Immediately as I thought that way, all my sadness disappeared. And from that very first group we have got very brilliant students. One had a doctorate in Statistics, one a doctorate in Genetics, another one was M. Tech. in Physics. And all those students are now doing wonderful work. Many have also become Acharyas in Ashrams.

Do you see my Point? So it is the 'I' that is the cause of all this worry.

Aww, Mom!

"I'm ashamed of you," the mother said. "Fighting with your best friend is a terrible thing to do!"

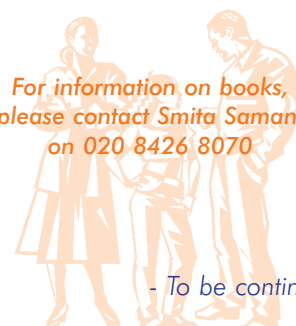
"He threw a rock at me!" the boy said. "So I threw one at him."

The mother stated emphatically, "When he threw a rock at you, you should have come to me."

The boy quickly replied,

"What good would that have done? My aim is much better than yours."

For information on books, please contact Smita Samani on 020-8426 8070.



- To be continued ...



chinnaya **MISSION: IMPOSSIBLE !!**

What makes the Chyk Tick?

For over 5 years the London Youth wing of the Chinmaya Mission has not only grown in number, but have grown in their wisdom, knowledge and love. From the beginning when there were only 4 members who attended weekly study groups, to the 100 strong group who participate in our annual youth camp today, the youth of the Mission have blossomed into a diverse group of talented, creative and enthusiastic individuals. They are an indispensable cog in the wheel of the Mission.

The Chyk are not a quiet sort, they are often seen and heard! Amongst many other projects, they teach Bal Vihar and Chyk classes, oversee and manage our book supply, organise both youth and children retreats and are a vital support system at yagnas. They work with devotion and commitment to the Mission. Nimesh Sachdev who inspiringly teaches in study groups how Hanumanji is such an exemplary devotee, Ashwina Samtani who teaches the strength obtained from silence in difficult situations and Sandeep Patel who organises our annual youth camp, are all examples of youth who work during the day and sacrifice their time at the weekend for the betterment of the Mission.

But what is the secret behind the dedication of the youth?

It is their personal satisfaction, peace and love that comes from the selfless service to all. This selfless service is what the youth are all about - it is the devotion and dedication with which they work, not only in their spiritual lives, but in their personal lives as well. It is knowing that when you work with no expectation or worry for the end result and you work for the good of your fellow people, you do receive the rare gift from the Lord, his grace.

It is an understanding that we are part of a complete whole; a whole made of one class, one kind, one caste and - one love. A love that enhances and envelops the world. A world that we live in, that becomes special to the youth because of the difference they see they are making in it. It is that special feeling when you realise that the work undertaken, maintained and delivered is for the good of others.

The Chinmaya International Family Camp 24-30 April 2000, The Fulbari Resort, Pokhara, Nepal

The magnificence of the snow-peaked Himalayas at your doorstep, the serenity, beauty and hospitality of Nepal and the luxuries of a five star resort - sounds like heaven ! For those of us that ventured to Nepal in April, we were to be



International Family Camp - Nepal

CHYK camp 2000 'Make it Happen!' with Swami Swaroopananda

Make it happen means simply that. You make the choices, you implement those decisions, you deal with the consequences. Camp 2000 opens our minds, invites our thoughts and asks us to fulfill our true potential and live out our dreams. Come make your own choices, be a witness to your own decisions and make your dreams a reality. Why don't you make it happen?

September 8th to 10th

Age: 18-30

Places limited so register early.

For more information please contact:

Sanjive Sachdev 07958934882 - babychyk@hotmail.com

Satesh 07714241998

Ashwina Samtani 0973350547

*Chinmaya Mission UK pays homage to
Pujya Swamini Saradapriyanandaji who took
mahasamadhi on 17th April 2000*

even more spoiled - we had the unique opportunity and privilege to learn, grow, live and be inspired by a host of Swamis, Bramacharis and Bramacharinis (Guruji, Swami Swaroopananda, Swami Mitrayananda, Br. Hareesh, Br. Deepak, Brni Sadhana, Brni Bhakti and Brni Ara) who had traveled from all corners of the globe to support us on our spiritual quest. This camp was more than a retreat from our everyday chaotic lives - it was an international satsang of like-minded delegates (aged from 4 - 64) with stories to bear and experiences to share.

We arrived at the Camp venue in Pokhara after a bumpy but picturesque coach ride through Nepal's hilly countryside. On entering the Fulbari resort many of us rubbed our eyes in disbelief as we approached a magnificent red stoned palace. We were welcomed at the entrance by Lord Ganesh who in his true wisdom commenced the Camp by encouraging us to "Listen well, think well and absorb well" - a truly apt first lesson.

continued on last page



Why do we prostrate before parents and elders?

Indians prostrate to their parents, elders, teachers and noble souls by touching their feet. The elder in turn blesses us by placing his or her hand on or over our heads. Prostration is done daily, when we meet elders and particularly on important occasions and festivals.

Why do we offer prostrations? Man stands on his feet. Touching the feet in prostration is a sign of respect for the age, maturity, nobility and divinity that our elders personify. It symbolises our recognition of their selfless love and the sacrifices they have done for our welfare. It is a way of humbly acknowledging the greatness of another. When we prostrate with humility and respect, we invoke the good wishes and blessings of elders which flow in the form of positive energy to envelop us.

-'In Indian Culture, Why do We',
by Swami Vimlananda and Radhika Krishnakumar

We are pleased to announce our 2nd Bal Vihar Camp:

'Hanumanji the Superhero'
with Swami Swaroopananda
for children aged between 5 to 12 years old
from the **1st to 2nd of September.**

Please contact either:
Madavi Vadera, 01923-827 126,
vaderamr@aol.com

Suresh Wadhvani, 0207-722 5869,
sureshwad@msn.com

Nimesh Sachdev, 0208-446 5478,
email@nimesh.co.uk

Children, this is your very own page in the magazine... if you would like to see your poems, stories and games on this page, send them to chinmayauk@aol.com or Chinmaya Mission UK.

*Sweetness Sweet are His lips
Sweet in His face
Sweet are His eyes
Sweet is His Smile
With His toddling gait
What a sweetheart is He indeed
Everything about the Sweet Lord is sweet alone*

A Saint

*A cloud makes the salt water sweet
And returns it to earth as rain
A Saint even if he received bitterness from others
Gives them sweet blessing in return*

Bal Vihar News

The Bal Vihars have been growing rapidly since the launch in 1997 of the first one in St Johns' Wood by Swami Swaroopananda. There are now two Bal Vihars, one each in St John's Wood and Northwood. However, numbers have more than doubled, so that there are now effectively 4 Bal Vihars running in tandem- (under 8's and over 8's). There is in addition Chyk class, and from September there will be a teenagers class.



- The Bal Vihars are currently studying the Bala Mahabharata (SJW), the Bala Ramayana and the Hanuman Chalisa.(NW). This is supplemented by a varied syllabus containing symbolism, meanings behind rituals and religious practices, an understanding of culture, the significance of festivals etc.
- Plans are in progress to site the Northwood Bal Vihar, the Junior Chyk class, the teenagers class and an adult study group at the same location and time. Prayers and Aarti would be taken together. Numbers too would increase, as more older children from the local area have expressed a desire to attend. It will be an inspiring experience to see the children with their teenage siblings and parents all taking part together and sharing in the learning process.
- There will be in an end-of term party at Northwood in which we will end with the much anticipated showing of the famous Ramayan cartoon video.



Nepal... continued from page 10 ... Through Guruji we questioned "Who are we, What is our True Nature and Why are we here?" and through his grace we found the answers packed into 86 verses and the seven steps of the condensed Yoga Vasistha Sara Sangraha. Guruji pointed us in the direction of liberation, armed us with tools for our journey and left it in our hands to take the first few steps.

In the evenings, Guruji shared with us the jewels of wisdom contained in Geeta, Chapter III on Karma Yoga. He expounded the truths on living a life of dynamism and vitality while achieving detachment and liberation. Guruji led us to the battlefield at Kurukshetra where Krishna was standing, the embodiment of all that is noble and virtuous, and where he declared "Renouncing all actions in Me, with the mind centred on your True Self, free from hope and egoism, free from mental agitations, fight on!" (Geeta Chapter III:30)

From Swami Swaroopananda we learned the power and intoxication of devotion. Through the melodious words of the Gopika Geet, Swamiji showed us the pure and unselfish devotion the Gopis felt for Sri Krishna. We all came away feeling the Bliss a true love can inspire, a love where there is no expectation, no greed and complete trust and surrender to the beloved.

Every morning at 6.00am promptly Swami Swaroopananda prepared us for a very different journey - Meditation. On one bright and magical Saturday morning after Meditation, Swamiji



UK Delegation during the qawali

led us all into the gardens to look up at a dazzlingly clear view of the snow-capped Himalayas and lead us in singing Hanuman's glories through the Hanuman Chalisa. Hanuman truly entered our hearts as we saw him in each of our minds standing tall on the great Fishtail Mountain amongst the gleaming snow looking at us playfully - with great love and modesty.

Swami Mitrayananda through his dynamism and largeness of life led us through the maze of life and showed us how we could get to our goal by pushing forward with determination and meeting all obstacles with strength, treating them as building blocks rather than hurdles. The teenagers themselves were constantly crowding around Swamiji never losing an opportunity to be inspired or share in his Truth.

Through Brni. Sadhana a most incredible and motherly teacher, the younger children were led through days of activities learning about, Krishna, Rama, Shiva, Vishnu, Durga, Lakshmi and Saraswati, learning to meditate and to keep peace in their minds. In her spare time, Sadhanaji took the time to teach the rest of us to really "Reelax!"

From Br. Hareesh, who beautifully co-ordinated many of the activities, we learnt never to judge a book by its cover.

Br. Deepak shared with the youth an openness and love that made us all realize how much we still had to learn and how through hard work and diligence there are always results.

Amongst all the spiritual lessons we learnt, every evening we were thoroughly entertained by a cultural presentation as each delegation shared with us their local talents. The multi-talented Kenyans, the graceful Phillipinos, the musical Indonesians, the cultural Nepalese and the UK.... Well the UK in true fashion brought some of that true British humour to the stage and swept the Swamis into fits of laughter as well as ending the evening with a exclusive Qawali dedicated to our days at the camp (we hear the rights are currently under negotiation.....)

The days of the camp slowly drew to a close and we all stood poised to go out and face the battlefield of our lives. Everyone joined in the "Guru Paduka Puja" to offer our thanks and love to Swami Chinmayananda for the knowledge he has passed down and made available to us.

With a tinge of sadness in our hearts (remnants of the detachment we are all striving to lose), the camp came to an end. All the UK delegates are sincerely grateful to the Nepalese members who made this camp possible and always cared for us all day, every day.

We are very privileged to have had the opportunity to participate in this year's International Camp and we have now all returned to our various lives always to remember Swami Chinmayananda's words; "Opportunities in life come to everyone of us almost all the time. They come in streams, in hosts, and knock at our doors. We are either 'out' or 'sleeping in'. Be awake. Be alert. Be prepared to make use of them;" and with these words in our hearts we are ever ready to grasp the next opportunity to grow and learn on our spiritual quest.

FORTHCOMING EVENTS

- July 16th** Guru Purnima
- August 3rd** H.H Swami Chinmayananda's Mahasamadhi Day
- 10th & 11th** - H. H Swami Tejomayananda visits the UK , Guruji's Musical Journey - Commonwealth Institute
- 23rd** Krishna Janamashtami
- September 1st** Ganesh Chaturti
- 1st -19th** H. H. Swami Swaroopananda visits the UK
Lectures in English
Bal Vihar Camp (1st - 3rd)
CHYK Camp (8th - 10th)
- December 2001-** 50th Anniversary Celebrations of the Chinmaya Mission – preparations are currently underway for the massive celebration of the Mission's 50th Anniversary to take place in India