



Chinmaya Hari Om!



Hari Om

On 5th April, Hanuman Jayanti, the halls of Chinmaya Kirti reverberated to the heart-throbbing chants of the Hanuman Chalisa. Chanting continued throughout that auspicious day, 108 times, in preparation for the arrival at the end of the evening of the precious Murti of Hanumanji, chosen by Guruji, Swami Tejomayananda, to be our Presiding Deity.

Many of you may not be aware that Guruji himself presented us with this very special Murti at the Grand Sammelan of the Chinmaya Mission in Mumbai in December 2000. The Murti had just been gifted to Guruji and as an expression of his joy on hearing that we were on the threshold of acquiring a CM Centre in the UK—the very first one on the European Continent, Guruji spontaneously handed it over to us!!

So we date the 2nd phase of our journey as a Mission from that moment onwards—the moment when 13,000 ardent supporters of Gurudev's mission, representing hundreds of thousands around the world, came together to celebrate the 50th anniversary of the first public talk by Gurudev as he took his first steps to bring Vedanta, the cherished knowledge of the Vedas, to the common man.

Now, Hanumanji, symbolising profound knowledge, pure love and dedicated service resides in his own special niche at Chinmaya Kirti, watching over and guiding each and every one of us in our sincere efforts to absorb Gurudev's teachings into our very being; inspiring each to live up to his ideals, to be ever more conscious of the promises made to ourselves in the Chinmaya Pledge; forming each one of us into the instrument through which the knowledge can be spread and the community at large can be served. And ultimately, through this knowledge and seva, and by His grace, we may undertake the journey towards Awareness of the real inner self.

"The culture of a people must continuously serve them, nourishing their inspiration, guiding their action and providing consolation and comfort, balance and equanimity, in both their joys and sorrows."

We were all very grateful to Swami Chidatmananda for making a very special effort to be here for the occasion. Swamiji stayed for a few days and we were able to enjoy many informal sessions with him, which were full of wisdom and learning.

Those of you who have visited Chinmaya Kirti know that it needs a total refurbishment. Of course this means a lot of time and a lot of money. We do need each and every one of you to help. You can do this from wherever you are by donating birthday money; organising fund-raising activities in your communities, in your schools, in your homes. (Please see the article on "Transforming Lives" on page 9 of this issue).

Our initial face-lift prepared us for Hanuman Jayanti and also for our Inauguration on Saturday 29th May when Guruji himself will be here to open the Centre officially. Please come and share this open day with us from 9:30am to 5:30 pm. It promises to be a momentous day in the history of the Chinmaya Mission UK, marking the beginning of a new phase of service and the spreading of inspiration and knowledge. We warmly invite you to be a part of this day of joy and celebration and catch a glimpse of the work and vision of a great Master.

In the evening we have a programme for special invitees - officials of local boroughs and churches, representatives of organisations sympathetic to our activities, officials of Indian Organisations, etc and Guruji Himself will preside.

Guruji will remain in London for 6 days to conduct a Yagna, details of which are

enclosed with this issue of the Chinmayam. We look forward to seeing you in large numbers at the talks taking place at The Kensington Hall in Central London. The venue which is very readily accessible by public transport, proved very popular when Guruji was here the last time.

If Swami Swaroopananda comes with Guruji he will stay on for a few more days to guide, inspire and lend his expertise on all matters concerning the future of Chinmaya Kirti and our role within it.

If not, then we look forward to Swamiji's visit in September at which time he will be conducting two camps, details of which will be communicated at a later date.

Spring is a time for new beginnings and all of nature responds to its call. We at Chinmaya Kirti feel the energy flowing through our veins. Come and connect with us.

Hari Om
Rupin Vadera

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On line with the Master



The following are extracts from letters written by Swami Chinmayananda to his devotees, containing Pearls Of Wisdom to help us understand ourselves, the world around us and the relationship between the two and in the process make us fall in love with life. As Swamiji Himself said, "These are ideas – think over them. Discuss! Discover! Spiritual knowledge cannot be given – take it!"

Human mind stands between two worlds, as it were – the upper world of harmony and the lower world of discord and chaos. To the extent that we withdraw ourselves from the lower clamour and tune ourselves up to the sweet music of the higher, to that extent we are spiritual and divine. Whatever the methods by which this is achieved – those are all methods of religion. You become truly religious, not by rotating a string of beads, not by reading books, not by merely singing the glory of the Lord, but by sincerely living in tune with the higher in you, the greater and the nobler in you.

PEARLS OF WISDOM



Ruthless discrimination is the secret of success. If into our acute awareness we have brought, as a logical conclusion, the firm conviction that this world of objects - including our children, wealth, possessions, our body, mind and intellect – are all finite things that brilliantly dance around us for a certain period of time and disappear without any notice or warning ... if this realisation has come to our own personal understanding, certainly we shall get love and affection, and also learn to enjoy everything around us, but at the same time there would be a constant warning from somewhere deep in ourselves that nothing is permanent and that we should not barter away our existence depending entirely upon the finite bubbles of life. Ultimately, therefore, knowledge alone can give us a sense of detachment, without which life is a bondage and freedom only a dream.

In the Darkness of Ignorance we attach ourselves to the unreal and the fleeting world; in the Light of Knowledge, we identify ourselves with the Real and the Permanent. During the dream, the dreamer in us lives the "reality" of our dream-sorrows; on waking, the awakened in us, knowing the unreality of the dream experiences, no more lives the dream-sorrows that were dream. So too the Awakened, who in the final experience in Meditation has realised the Truth, will no more feel any attachment to the false worldly things and the dream-like unreal worldly experiences. Such a one is a True Mahatma, a God-man; He is the Prophet of every Religion.

Life is a flickering lamp kept in the stormy sea-shore of circumstances, unprotected and open to extinction. As such make use of every flying hour when you are young, free and cheerful to develop your inner personality. Detect weaknesses; remove them one by one steadily. Develop noble and enduring qualities. Watch in others for weaknesses which you should guard against in yourself. Love all. Pump into yourself at every leisure moment serene thoughts of the Divine and the joy of Pure Living. If you have made these a habit with you, you have equipped yourself for the entire life's journey. Thereafter you are the King of Circumstances wherever you are – at home, among your children, with your family or in the world outside. Thy Own Self

Peace is a condition of the mind. The undisturbed state of one's mind is one's experience of Peace. Peace when it comes from outside will be uncertain, undependable. Within you is the seat of all goodness, joy, perfection, divinity. Don't live on sentiments. Live in true intelligence. Discriminate at every moment. Don't yield to unhealthy attachments, low thoughts, vulgar motives. Be ever pure. Be cheerful. Laugh ever and smile continuously within.

Life is not and should not be one constant steady flow. And when you see dark clouds gathering and storms threatening to burst out, you need not despair and leave the boat. Be steady at the helm of Truth and steer steadily on the path of safety which the Rishis have chalked out for us. Constantly referring to the compass of inner purity, selfward gaze, go ahead ... full steam, full speed.



During Swami Chinmayananda's visit to Taipei in 1982 for a Yagna, he was interviewed by Emmanuel de Lutzel a reporter for the China Times.

Q. Swami Chinmayananda, could you give a short introduction of your teachings to someone who is not a specialist in Indian philosophy?

A. Giving a brief introduction of the vast science called Vedanta is rather difficult. To the intelligent man, when he views the world around him, he cannot help but ask questions. Rational human intellect cannot accept anything without questioning the cause of it. The Vedantic method, which is based upon logic and scientific analysis, invites such questioning because only a mind free from doubt and agitation is suitable for the higher realms of contemplation.

Q. Do you believe that religion is separate from science, politics and economics, and that no bridge exists between the two worlds?

A. I think that they are totally bridged. Let me give you an example. Let us imagine that a politician has discovered the best way to organise human beings, an economist has found a way to bring wealth to the country, and a scientist has made it possible to be comfortable through modern technology. Who is all this for? It is not for those mountains over there. A country is developed for the benefit of man. Progress in this world is only justified if it brings happiness to man.

Q. What is the way to reach happiness?

A. The great masters said that no matter how beautiful the world is, man cannot find happiness if he isn't tuned in properly or harmonious enough to find peace and happiness in any situation he is in.

Q. What do you think of such religions such as Christianity, Islam, Judaism or Zen Buddhism?

A. Physics was not authored by one man, but by many scientists. In Hinduism, there are many masters of the scriptures. The very same science can be expressed in different ways, depending on the time and place. Jesus gave us the Truth, but in the language that the fishermen of Galilee could understand, and Mohammed did it in the form that the people of his time could understand. Likewise, Buddha gave Hinduism new meaning in keeping with the times. For example, nutrition is the same, what is important is to eat. Italian, French, Chinese and Indian food are all presented differently, but are all eaten only through the mouth.

Q. How do you explain the trend of young people in Europe and the United States turning more and more to

spiritual masters in Asia?

A. Scientific study has made the world extremely rational and intellectual, but man has not fully developed other important qualities such as tolerance, mercy, goodness etc. This is primarily because modern education is unbalanced and is highly intellectual rather than emotional. Religion, however, is oriented towards emotions, and youngsters need spiritual consolation. Many of them have not been able to find it in their church or temple.



Q. But you just said "Whatever the food, the main point is nutrition..."

A. I know that noodles are nutritious, but I want rice, because in my mind I associate noodles with earthworms so I cannot eat them! All religions are the same, but people's temperaments are different. I have driven thousands of people back to their church or mosque. There is great interest today in learning about Buddhism or Hinduism, because both offer rational explanations.

Q. You just came back from mainland China. What is the current policy there towards religion?

A. Some temples have been reopened recently, probably only to show to foreigners. What I saw in one temple was interesting. People were shouting and playing and taking pictures outside the temple, but the minute they advanced towards the sanctuary, they became

silent, even though most of them obviously were not there to worship. I also saw quite a few people burning incense. No government can abolish religion in just a few decades.

Q. In the world of today is it materialism or spirituality which is growing faster?

A. Let me tell you a story to illustrate my answer. Down the avenue of time, an old man called Society was walking hand in hand with an old woman called Religion. In the 19th century, along came a young girl named Science, skipping and jumping about. When the old man saw the maiden, he became very happy and followed her, and together they walked into the 20th century. But now the old man has come to realize that if he follows the young girl he will collapse. Today's man has everything – a beautiful house, television, etc, but he is still miserable. So thinkers have to start thinking in a new direction.

Q. There are so many so-called masters. How does one recognise a genuine one?

A. How do you recognise a good doctor, or lawyer or artist? You have to watch the person in action and examine his performance. When society is false there will be a lot of false masters – more than 80% are false – but they are nonetheless managing to satisfy certain people.

Q. Like the shopkeeper who sells bad goods?

A. Yes, it should not be so, but it is. Who is the shopkeeper who would not try and sell a bad thing to a fool? As long as there are fools in society, false masters will prosper. Never mind. Finding one good one in the whole lot is sufficient. How many Christs or Buddhas were there? It just took one Buddha, one Jesus and one Mohammed to orient the thinking of the whole world. You just need a little practice to be able to tell the real thing from the false. It is somewhat like buying a second hand car – you need to know a bit about mechanics.

Q. How do you view the future of India? Aren't you afraid that the huge gap between the rich and the poor will eventually lead it to communism?

A. How many rich people are there in India? Seven. To kill one rat you don't need to burn down the entire house. Communism will never come to India. If someone is attracted by communism, he becomes a politician, goes to Delhi and then becomes rich and a capitalist. But that is not a good question to ask me, because I am not a politician!



Meditation

"My congregation voted overwhelmingly for the introduction of Meditation into our weekly church service" explained Amy, a lively, mature, church minister from Middle America at a recent Conference on Yoga and Meditation held in Rishikesh.

"I had to strike the right balance here and prayed for inspiration and guidance which I just knew would come from the Source.

Somewhere from deep within arose a phrase which repeated itself over and over again—'Be still and know that I am God'. I recognised it immediately—Psalm 34 from the Bible. I knew I had my answer".

*"Now each week we chant this phrase together, slowly, seated quite still, eyes closed; repeating the phrase over again— BUT with each repetition dropping the last word, progressively: 'Be still and know that I am God'; 'Be still and know that I am'; 'Be still and know that I';—Finally with 'BE' we continue to sit still in the fullness of the silence, a deep meditative silence, for ten minutes and sometimes even more. It has been a tremendous success!" ***

How to be still is the method of Meditation—distracting the Mind from its habitual whirling and agitation by offering it something more attractive; thus leading it progressively towards the dynamic fullness of the Inner world and the experience/awareness of its own Spiritual Identity.

If Yoga is the tool to reach the River, Meditation is diving into that river and experiencing it. Yoga is doing— Meditation is be-ing—and here the search for God ends.

Meditation is NOT a verb, it is a Noun; be-ing in that state of awareness and knowing your own spiritual identity just as surely as you now know your physical body to be male or female. The experience may be momentary, it can be intermittent and eventually permanent as in a fully realised soul.



"If you want to know what electricity really is, put your finger into the live socket!" Gurudev's emphatic words ring out. Remaining and functioning in such a State of Awareness continuously is Total Meditation.

But even the great Lord Shankaracharya could momentarily disconnect!! There is the famous story of his visit to the most holy city of Kashi (Benares), emerging from the renowned Sri Vishwanath Temple flushed with supreme joy. At such moments one is truly tested!! The Lord appears before him in the form of a filthy leper begging for alms, and Lord Shankaracharya unthinkingly waves him out of his way.

"Who is asking who to move?" The words startle the Lord Shankaracharya out of his euphoric state and he falls to the ground and begs forgiveness from Lord Shiva for this momentary lapse of The Self.

All practice in the process of Meditation is directed towards arriving at an effortless, un-broken, permanent communication with the Source; removing all resistances along the way, improving and purifying the quality of both body and mind through Ayurveda, Yoga, Pranayama, Seva, Prayers, gradually calming all constrictions and agitations, physical, mental and emotional and ultimately realising that body and mind are both hindrances in that final journey home.

When Tapovan Maharaj-ji's devoted disciples pleaded with him to lighten his tapas to heed and heal his battered body, his calm response to them was, "Then what should I have been teaching you all my life?"

But disregarding the body this way with Awareness is quite different to being careless with it and indulging all its so-called needs.

Meditation is a definite method. Contemplation also uses a systematic method of examination, but whereas contemplation is a seeking and searching for Truth, Meditation is the Inner Method of practicing and Experiencing this Truth.

The practice of Meditation adds no powers, it only releases them, for the powers are always within us. Just as we do not create water—we simply need to open a tap, or remove an obstruction, or open up a channel, and the water flows.

Meditation is also a scientific method, affirmed throughout the Scriptures by the highest authorities, tried, tested and repeated successfully several times over. And it is not the reserve of any one particular culture or religion—Sanatana Dharma, Christianity, Judaism, Buddhism, Sufism, all have their traditions of Meditation which have been practiced through the ages.

Do not let Meditation disturb your religion! For Meditation can be incorporated within it as a deep and intense form of prayer, not being man-centred but centred in that one Supreme Force that enlivens all.

***Irrepressible Amy has since added a recitation of the Lord's Prayer (Oh Lord who art in Heaven—) synchronised to the rhythmic flow of the Surya Namaskar, the Sun Salutation; she demonstrated it and it works just amazingly!*

Zia Rawji



chinnaya Inner Awareness

**“When the doors of perception are cleansed,
then the world is seen as it truly is... Infinite.” – Aldous Huxley**

If you let the storms in the world affect you, then you will start seeing the world in a negative light. But if you rise above them, then you will be like the wise bird that flies over the storm, unaffected by it all.

The individual self, the little self, the jivatman, the doer, feeler, thinker self, lives in a realm of subjective perception that is conditioned by the objective world around it. It is bound and tied down by 'laws' it itself has created – laws that make it identify itself as the body, mind, and intellect, and it expresses this through its own disconnected individuality.

What are these laws it has created? The first law the jivatman creates is that it is the ego, ahamkara. Once this notion of I-ness arises, there is a lack of inner-awareness and an immediate notion of duality springs forth; the jivatman, in its ignorance, says to itself, “I am the body and hence I am the doer, I am the mind and therefore I am the feeler, and I am the intellect and thus I am the thinker. The world and people around me are separate from me, and even God is something beyond and above me.” The jivatman drives itself into a state of ignorance that is almost self-perpetuating. As it progresses from a mere child to a full grown adult it is habitually conditioned to use the external world as a reference point for its own completeness and happiness. It forgets that within itself exists the true wellspring of wholeness and happiness; that by our very own selves we are completely integrated individuals who do not need other people and situations to determine our happiness. Such are the 'laws' the jivatman creates that bind itself down and create an underlying sense of disconnected individuality; even within ourselves we are disconnected from our true nature.

At this very moment we are a mass of our likes, dislikes, desires, belief patterns, attitudes, etc. These are called **Vasanas** and they create a perception of the world as it is seen through the **individual ego**. This taints and colours life in a way that is different from Reality. It is like we are going around life wearing coloured glasses and we've been doing this since birth, totally unaware that our perception of life is completely tainted by the Vasanas of the jivatman, the little self. The key of all spiritual teachings is to remove these glasses, these Vasanas, and see the whole of creation as it really is.



When we transcend these limited perceptions that have become knee-jerk, habitual ways of acting, feeling, and thinking, then we enter the infinite, boundless pool of the unified, single, connected Self. In this connection we see ourselves in everything and a shift in our awareness occurs. Also, we observe the

Such are the 'laws' the jivatman creates that bind itself down and create an underlying sense of disconnected individuality; even within ourselves we are disconnected from our true nature.

world as a divine lila, a play, with all things and beings interconnected in the unfathomable expanse of existence. Our perceptions change from being externally orientated to being internally orientated; we become centred in ourselves. So now, in all moments we begin to have an

inner-awareness - existing in the present moment and in Witness Consciousness. When we transcend into this state we become part of a wellspring of calmness, stillness, love, equanimity, compassion, understanding, respect. And we begin to trust.

We stop using the external world and external instruments (the body, mind and intellect) to judge, question, react, etc. and in this pool of higher clarity and awareness we begin to interact with the world and people around us in a way that is driven from within, from the Self, from Witness Consciousness, living in trust.

We begin to feel and think in a deeper way, like the wise bird soaring in the air.

*Yes, the snake will bite for this is its nature. Trust it for that.
People will have faults and make mistakes. Trust them for that.
But, it is your perception of them and your reaction to them that will label them as cruel or unkind.*

The wise bird trusts everything around him and knows he is a part of it all, part of the whole interconnected flow of Nature. He trusts the air that gives him flight, he trusts the ground that acts as his checkpoint, he trusts the horizon which is the unmoving mark of something beyond, and he trusts the sun which gives him light and warmth. And he works with these things to get to where he needs to be. He doesn't let them control him, but rather he controls himself and in doing so is able to master the control of the wind, land, and sun, using each as an instrument to aid him in his goal. By trusting all these he is unbounded and can move as he wants and where he wants – he is free and in control. Still, he trusts the snake to bite him, he trusts the dark clouds ahead to be bad weather, and he trusts that every

“We are the flowers of the garden of God. In this worldwide garden of everyday hustle and bustle, we too are threatened with polluted and degraded circumstances. Being flowers we are expected to live in our natural state of peace, spreading fragrance all around us.” Anon



The world is a divine lila, a play, with all things and beings interconnected in the unfathomable expanse of existence.

blackened and malevolent storm is temporary, beyond which lies the stillness of the air that is caressed by the golden light of the majestic sun. He trusts whatever is around him for what it is. In the same way, the jivatman learns to trust everything around it for what it is. It learns to discriminate between that which is Sattvic, that which is Rajasic, and that which is Tamasic. And deeper than all that, it understands that all these things are temporary and finite, and it learns to look further beyond that too.

When we gain this deeper awareness, this transcended clarity, and when we see the world and people around us as part of ourselves and inner consciousness, then we can begin to trust events, situations and people with a renewed understanding, compassion, love, respect, and a wholeness of being that sources from the Eternal Self within. In this way we can all tap into the single, greatest source of strength, dynamism, confidence, tolerance, and unity, all unbounded by the limited doubts, fears, anxieties, and vulnerabilities that arise from the small self's ignorance. With this inner awareness, unlimited success shall surely follow!

The world is not cruel, people are not

The key of all spiritual teachings is to remove our Vasanas, and see the whole of creation as it really is.

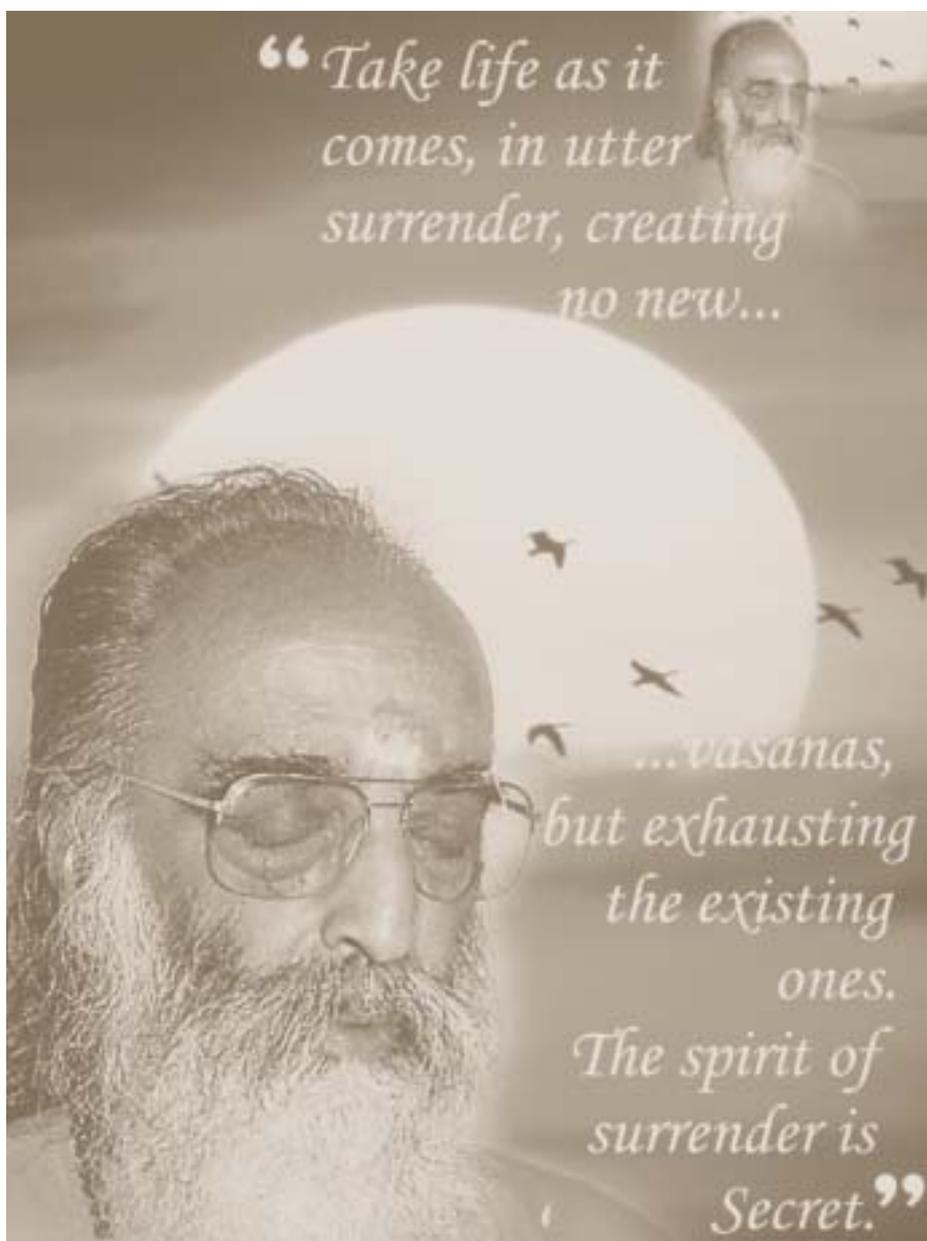
indifferent and unkind; it is you who make them so. Yes, the snake will bite for this is its nature. Trust it for that. People will have faults and make mistakes. Trust them for that. But, it is your perception of them and your reaction to them that will label them as cruel or unkind. If you let the storms in the world affect you, then you will start seeing the world in a negative light. But if you rise above them, then you will be like the wise bird that flies over the storm, unaffected by it all. There have been many tales of the great beings that have walked before us who have been hurt or cheated by others but they never stopped loving or having compassion for

these people. They have faced trying situations in their lives but have remained with equanimity of mind, unmoved by these negative forces. Such is the way of the Blessed Ones. Such is their greatness. Can we not learn to be as great as them? Of course we can. The world will be full of challenges, but success only comes to those who rise up to meet the challenge. As many great people have said, success is not about what happens to you in life, it is about how you deal with what comes to you. If you do not trust your Self first, if you do not live with that inner-awareness, then you will think of the world negatively. These are Vasanas that condition our way of thinking, and the thing is that Vasanas can be removed. Find that inner God, the

Self. Go within; learn to feel from your heart for, as the Upanishads declare, this is the seat of Brahman. Success unbounded lies here. Respect yourself, trust yourself, and meditate upon yourself as your Self.

Then you will be a Being that is centred in the Self; totally free and in control, and unmoved by the pettiness of the transitory world. Here you will enter a realm of infinite happiness. You will be a being immersed in success, for happiness is the key to success.

OM TAT SAT
Shayur Shah





Chinmaya Mission News

**Anantananda sanbhoga
paropasamasalini, suddhoyan
cinmayi drstih jayatyakhila drstisu.**

**This chinmaya (awareness, attitude)
vision, which is full of peace and
unlimited Joy and Bliss, wins over all
other viewpoints.**

The word 'cinmaya' (Chinmaya) in the above verse from the Upanishads is not a particular reference to the Chinmaya Mission, though it could very well have been! Pujya Swami Chinmayananda's teachings have always led us on the path of Self-inquiry, a path where the aim of the journey and destination are one and the same; to lead lives that reflect this 'cinmaya' – purest Knowledge, highest Knowledge, the Knowledge of the Self.

This is taught at all levels throughout the Chinmaya Mission – through our various classes, camps, Yagnas, every event, every



activity. Its beauty is that this is not simply bookish knowledge. This Knowledge, when applied, permeates every aspect of one's life and each experience becomes beautiful, each action becomes seva.

I, of course, can only speak about my own personal experiences, so I'd like to share an experience from last year's CHYK camp: "Born to Succeed". The theme of the camp was Inner Awareness, taught through excerpts of the Upanishads by Swami Chidatmananda. One afternoon, Swamiji delivered a mind-blowing discourse on 'Inner Nature,' showing us how our outer environment is a reflection of our inner atmosphere and asking us to go outdoors and reflect upon this. By directing our energies inwards, thereby changing our inner qualities, we were also able to change our outer experience, for we began interacting more positively to other people, to Nature, to each situation. It was fascinating to witness this change as it took place. I felt energised, happy, successful, ALIVE!



Gurudev once said, **"Everybody exists. It is only a few who live, because to live you should have an ideal."**

I know I'm not alone in saying that I'm not content with simply existing. I want more than just a few one-off experiences that I can say I have 'lived' through. As members of the Chinmaya Mission, we constantly strive towards achieving a balance between our inner development and our outer practices. Gurudev has left behind a legacy of his teachings, through which we have progressed and grown internally, and continue to do so. However, the proof of our inner understanding of the Supreme knowledge is in our application of it in the outer world. Until now, we needed a platform from which we could positively interact with the external world – by serving not just the community but also each other.

As announced in the previous issue, with Gurudev's grace and blessings, we now have a centre, which Guruji has lovingly called "Chinmaya Kirti".

"A Mission is an organization wherein every member, fired by a common Vision becomes a true missionary and comes to serve a definite cause in the society around him..." - Swami Chinmayananda.

When the centre officially opens on 29th May 2004, it will be a community centre, where people can attend study classes on Vedanta, Sanskrit and other languages,



Yoga classes, Bal Vihars, Bhajans, other forms of Satsang, Seva programmes, Pooja events and so much more. It will give people the opportunity to worship, learn, grow, serve and celebrate – all under one roof. It will be our Ashram, our learning centre, our home.

Those of us who have already visited Chinmaya Kirti just can't get enough of it! We celebrated Tapovan Jayanti and Geeta Jayanti there on 4th December 2003, the day we first got the keys. It was a day of celebration and auspiciousness, for the vision of having our very own centre had become a reality. Swami Pranavananda presided over the event and a special video clipping of one of Gurudev's lectures was shown. It was a happy and proud event for all.

A week later, our Harrow and Northwood Bal Vihar classes performed their end of term plays at Chinmaya Kirti. It was heart-



warming to see so many of the little ones helping with the clearing up, feeling a responsibility towards their own centre which they would never have felt in a hired-out school hall.

Unable to wait too long for our next visit, we organised an informal New Year's Eve family affair at Chinmaya Kirti, where we recited the Hanuman Chalisa, sang bhajans and watched a pre-recorded New Year's video message by Swami Swaroopananda. After midnight, we celebrated with non-stop dancing to Garba and Dandiya tunes. The hall looked beautiful, lit only by the candles lining the altar, and we couldn't think of anywhere else we'd rather celebrate the beginning of a new year.

On 18th February 2004, we held a Mahashivratri pooja. It was an opportunity for both youth and adults to learn about the importance and spiritual practices of one of the major dates on the Hindu calendar. Such events particularly benefit our youth by showing that our



religion is not about idol-worship, but about 'ideal'-worship, not about blind belief, but about being able to sense the inner rewards of true faith.

Since the start of the year, refurbishment work on Chinmaya Kirti has been under way, in preparation for the installation of the Hanuman idol that took place on Hanuman Jayanti, 5th April 2004, and the official opening and naming of the centre that will take place on 29th May 2004. Everyone is pooling in to share the load and efficiently work with true Chinmaya Mission dynamism, providing the perfect example of how our inner strength can be reflected in our outer work. For as Gurudev once said, **"Enthusiasm is the ocean into which we must all take the plunge, waves will be created that will**



reflect our dynamism..."

With the recent momentous celebration of Hanuman Jayanti and the installation of the idol to bless Chinmaya Kirti, I am reminded of one of my favourite stories on Hanuman-ji where he took one giant leap across the sky towards Lanka to carry out the Lord's work, whereas the rest of

the army stood at the banks, more concerned by how many miles they couldn't go towards Lanka, than by how many miles they could go. **Just like Hanuman-ji, may our strengths overcome our weaknesses and may we always be focused on successfully achieving what we set out to.** May he make Chinmaya Kirti, where he too has now come to call home, an effective tool that will enable us to spread the timeless knowledge of Vedanta, help realize Gurudev's vision and inspire the community at large. To quote a line from the Chinmaya Mission Pledge, **"We seek the Lord's grace to keep us on the path of virtue, courage and wisdom."**

OM TAT SAT
Trishna Gulrajani

Transforming Lives... Brick by Brick

Our Home - An Update

The 'Brick by Brick' sponsorship scheme that was launched at last year's Yagna gives each person the opportunity to contribute to the development of our very own centre, Chinmaya Kirti. The response has been fantastic, but again, there's still a long way to go. Let's make that journey together, as a community, as a family.

We are contributing to the foundation of something bigger than a building. Our centre will be more than just four walls; it will be our Ashram, our place of study and reflection, it will be a community centre, with many seva programmes... the visions are many, we need a means to realise them.

The goal is so worthy that our children and youth have been inspired to dynamically invest their energy to raise funds for this goal. From organising talent shows to shaving their heads to raise sponsorship, to simply collecting loose change, these youngest members of the Chinmaya Mission Family have raised funds from as small as £10 to as much as £1,000!

In The Spirit Of Yagna - The Joy Of Sharing...

Also inspiring has been the tremendous success of the many Gyana Yagnas held by the Chinmaya Mission in the UK, with Spiritual teachers coming from afar to impart the priceless treasures of Vedanta. The transformation of lives has been evident – unfolding right before our eyes is Gurudev's dream of spreading "maximum happiness to maximum number for the maximum time". We now look forward to the **Gyana Yagna to be held from 29th May to 4th June 2004 by Pujya Guruji, Swami Tejomayananda, the spiritual head of Chinmaya Mission worldwide.**

But this is more than merely a single goal – it is a continuous journey towards the worthiest of goals. The journey so far has only been possible as a result of the financial contributions and selfless work of our many committed sevak. Only with your support can the Chinmaya Mission continue to bring these spiritual masters to the UK and build a centre as a platform from which to serve society with the timeless wisdom of Vedanta.

From The Heart Of Sublime To The Hands Of The Divine...

Last September, a 7 year old approached our Yagna co-ordinator offering her help in any way she could. In the same spirit, please come forward to help in however YOU can in spreading the message of Vedanta. You can contribute in any of the following ways:

Contributing to Chinmaya Kirti or the brick-by-brick scheme

It's just £10 for a brick to build Chinmaya Kirti! That is the cost of a trip to the cinema or mobile calls for a couple of days! Think of the good you will be doing for the community. Puts things into perspective, doesn't it?

Sponsorship and seva for Guruji's Yagna in May 2004

- Be a yajmaan (sole or joint) for the day
- Sponsor the daily Prasad pustikas or bookmarks
- Provide flowers arrangements or garlands
- Advertising
- Volunteer to be a committed sevak at the yagna.

Seva throughout the year

- Sponsor a page in the 'Chinmayam'
- Make a monthly contribution by filling out a direct debit form
- Provide your professional skills
- Buy Chinmaya Mission books as gifts for friends and family
- Contribute towards the Chinmaya Mission's many worldwide Seva projects

Gurudev's life was one of extraordinary spiritual strength, immeasurable love and tireless service. Let us all strive for the same. Let your offerings be as effortless and spontaneous as you would offer a flower at the altar of the Supreme Lord. Let it flow, not from a man to a Mission, but from the very Heart of the Sublime to the Hands of the Divine.

For more information and to volunteer your help, please contact us on info@chinmayauk.org or call 020 8861 2625.

Trishna Gulrajani



Ask Swamiji

Q. If detachment is the key to happiness, do we not simply invite sorrow by taking on responsibilities and living as it is inevitable that we will become attached to friends, family, career, our hard work. Surely we have to renounce all to be happy?

A. No. Taking up work, helping others, sharing with others, is not attachment unless you want something in return for yourself. Always remember, love the world more and more, become less and less selfish and you will become less and less attached. Love creates detachment. Because where there is love there is no selfishness, where there is no selfishness there is no greed, where there is no greed there is no Me! Me! Me! And when there is no me!, there is no attachment. The giver is always free, the receiver is always bound, attached. A lover says, "Let my beloved be free. If they come back to me, then they were mine. If they go away then they were never mine."



... And of our self? We must correct our view of our self and understand the purpose of our life. We must realise the difference between our empirical self and our absolute Self. Perfect is only that which is infinite, and once we discover this infinite and we become complete, who are others? Others are also infinite, but can you have many infinite?

There can only be one infinite. The moment you come to discover your true self as the infinite you recognise that the Self in me is the Self in everyone. In the dream you have your best friend and you have your enemy, but when you wake up can you have any hatred for your enemy? Or any particular attachment for your friend? We can only have love for both of them because, you realise that the role you were playing as your enemy was also you.

And thus, you come to realise that

everything is nothing but my Self only. And this is love, is when I see the other person as myself, is it not? Love makes everything seem perfect. There is an interesting story about my handsome friend who was in love with this girl, whom we had waited to see for one year. When we finally got to see the girl, we were shocked – she was cock-eyed! When she left, we all asked him, "Did you not notice she's cock-eyed!" And he said, "But that's why I'm in love with her! One eye in heaven and the other is down to earth!"

See? Love makes everything perfect! Other people in the world may not think of you as cute, or beautiful, or handsome, but does not your mother always find you beautiful and handsome? Your grandmother must be old with age, wrinkled and grey by now, but don't you find her beautiful? When there is love, the whole world is beautiful. And when there is love you will remove the suffering of anybody whom you feel is suffering. Isn't that a perfect view of the world? A perfect view of the world is not gained by changing things, but by developing love in your heart. And how can you develop love in your heart when you live a life of finitude, always wanting from others. You can give to others only when you have happiness with you. Remember, two incompletes can never make a whole. Love can only be there when you are complete.

When there is such love, there can be no suffering in the world. And you may think "But everybody is not going to become like that!" You can't change the world, so change yourself. You complete yourself and go out to give the world what you can, see how beautiful the world becomes around you. This is a view to perfection. Perfect yourself and the world around you will become perfect. Clear?

So with this, best wishes to all of you. **May you attain that perfection, live a perfect life and see a perfect world.** It is possible, it has been done, it can be done. And when you look with love, everything is perfect. Every joy, every sorrow is perfect. This is what Krishna teaches Arjuna ... Krishna did not change the scene or situation for Arjuna. That situation which seemed so imperfect to Arjuna became a perfect opportunity for him with the correct vision. **Change your vision about yourself, change your vision about the world, and you will see that everything is already perfect.**

-Swami Swaroopananda

Rise & Call



And although uncertain times
may lay before you,
certainly there is will & way to see
them all through too.
for it is only the lower tendencies
of this mind,
that leaves us in doubt from
time to time.

So do not lose hope,
keep climbing deep within,
like the Rise of the wave &
Call of the wind.

And even if and when
false friends forsake you,
better still is if and when false
foes will make you.
for it is not always what
someone has said,
but in more ways it is how
someone has led.

So do not lose hope,
lead action by vision within,
like the Rise of the wave &
Call of the wind.

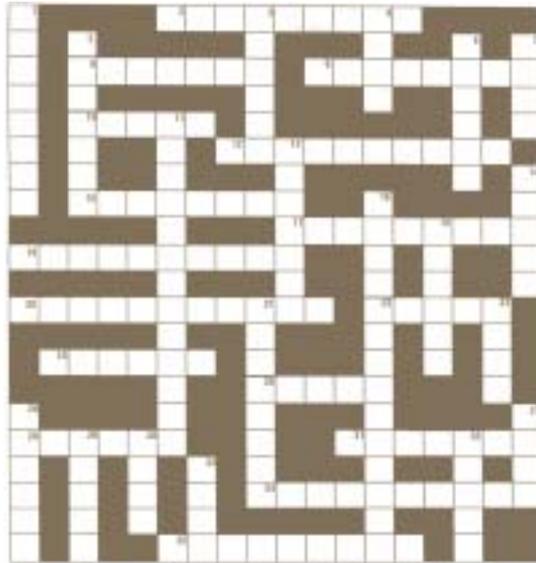
And beyond all the stresses
and strains and strife,
lies a constant awareness that
gives life to life.
for it is this which always was,
is & will be,
the cause and the effect both
without & within me.

So I no longer lose hope,
I find faith from within,
with the Rise of the wave &
Call of the wind...

Darpan Patel



Crossword



Across

- 2 A herb that Hanumanji brought to revive Lakshman's life when he was hurt in battle
- 8 Devotee of Lord Rama, famous for his strength, bravery and devotion
- 9 The epic story of the Lord Rama that contains countless lessons on Dharma
- 10 The place of great luxury where Ravana lived and where the kidnapped Goddess Sita was taken
- 12 Brother of the demon king of Lanka and also a devotee of Lord Rama
- 15 Son of Anjani
- 17 Another name for Lord Rama, King of the Raghu dynasty
- 19 The monkey kingdom
- 20 Another name for Hanumanji which means 'Son of the Wind God'
- 22 God of Wealth (clue: he is mentioned in the 15th verse composed by Tulasidas in praise of Hanumanji)
- 24 The great hermit who used to sing the praise of Hanumanji (clue: he is mentioned in the 14th verse of the Hanuman Chalisa)
- 25 A demon. Hanumanji slayed many of these
- 28 The serpent who tested Hanumanji's valour and intelligence when Hanumanji crossed the sea to Lanka to find Goddess Sita
- 31 Monkey king and friend of Hanuman. Hanumanji united him with Lord Rama and helped him regain his throne from his brother
- 34 The 8 yogic powers which Hanumanji can grant to anyone (clue: have a look at the 31st verse of the Hanuman Chalisa)
- 35 The great saint who composed 40 famous verses in praise of Hanumanji, which are now chanted all over the world in devotion to Hanumanji and helps us overcome all our obstacles

Down

- 1 Brother of Lord Rama, who accompanied him when he was sent to the forest in exile
- 3 Another name for Sita, daughter of Janak Maharaj
- 4 'Mahavira Jaba _____ Sunavei'
- 5 40 verses, which Tulasidas composed in praise of Hanumanji
- 6 Demon king of Lanka who was destroyed by Lord Rama
- 7 God of Death (clue: he is mentioned in the 15th verse of the Hanuman Chalisa)
- 11 Son of Kesari
- 13 Brother of Lord Rama. Hanumanji was as dear to Lord Rama as this brother was
- 14 The Destroyer of the Universe. Hanumanji is a descendant of this God
- 16 Descendant of Lord Shiva
- 18 '_____ Mudrika Meli Mukha Mahee'
- 21 Another name for Hanumanji which means 'The Mighty One' (clue: look at the 24th verse of the Hanuman Chalisa)
- 23 Incarnation of Lord Vishnu, who was born as the son of Dasharatha Maharaj, ruler of Ayodhya, the perfect son and ideal husband
- 26 The tree which Goddess Sita was sitting under when Hanumanji went to Lanka in search of her as messenger of Lord Rama
- 27 The brother of Sugriva and the king of the monkeys before he was defeated by Lord Rama
- 29 The dynasty of Kings which descended from the Sun. Lord Rama was the most famous of these Kings
- 30 The example of the ideal wife, devoted to her husband Lord Rama and whom we respect as 'Mother'
- 32 The Lord of Gods. Hanumanji got his name because of a blow he got on his chin from this God.
- 33 God of Wind. Anjani worshipped this God so that she could get a child

“Children are not empty vessels to be filled but lamps to be lit”

Swami Chinmayamanada

BALAVIHAR

Attending Balvihar lessons has improved my knowledge about Hinduism. In Balvihar we have done so many topics like Destiny and Karma, the BMI chart, learning about Hindu Culture - but my favourite has been chanting the verses from the Geeta and learning their meaning. From the verses that I have already learnt, my favourite is:

*Karmany ' eva adhikaraste
Ma phalesu Kadacana
Ma Karma phala he tur bhuh
Ma te sangos ' tv a ' Karmani*

It is my favorite because it is in this sloka that the Geeta sends out a very important message about selfless actions with a very powerful meaning.

In depth what it means is:
You have the right to perform actions.

Do not expect or seek the fruit/reward of your action.
Do not work only for the purpose of the fruit/reward of action.
Do not sit around doing nothing; do not loose your talents.

After I learnt this verse I realized that we should give up all our selfishness and embrace in generosity. If we live a life of Dharma and do selfless actions we will live a happy life, and that is all we always want.

EKta Nandwani (13 years old)

To win a prize!
Please send a photocopy of your answers to the address on page 2.

“The actions of today become the destiny of tomorrow”



What's Happening?

Current Study Classes

For general information on study classes please e-mail: info@chinmayauk.org or call 020 8861 2625

ADULT STUDY CLASS

Northwood

Wednesday 9.00pm – 10.30pm
Sundays 11.00am – 12.30pm
Level: Beginners
Contact: Rupin on
07785 921 000,
rupin@hanuman.be

Harrow

Mondays 8.30pm – 10.00pm
Level: Beginners
Contact: Rameshbhai on
07765 837 134,
rameshpattni@hotmail.com

Thursdays Chanting Class

7.00pm – 7.30pm
Thursdays Study
Class 7.30pm – 9.00pm
Level: Beginners
Contact: Smitaben on
07961 177 106 (after 6pm),
smitasamani@hotmail.com

St Johns Wood

Mondays 7.30pm – 9.00pm
Level: Intermediate
Contact: Nimisha on
07774 796 090/
Cris 07771 546 407

Saturdays 11.00am – 12.30pm

Level: Beginners
Contact: Rameshbhai on
07765 837 134,
rameshpattni@hotmail.com

South Croydon

Thursdays 7.30pm – 9.00pm
Level: Beginners
Contact: Gita on
07960 525 728,
gita.parma@blueyonder.co.uk

CHYK STUDY CLASS

(Youth 18-35)

Baker Street

Wednesdays 7.30pm – 9.00pm
Level: Beginners and
Intermediate classes

Additional chanting sessions

from 7.15pm – 7.30pm
Contact: Milan on
07957 568 879,
chyk@chinmayauk.org

SANSKRIT CLASS:

ADULTS/YOUTH

Hendon

Saturdays 11.00am – 1.00pm
Level: Intermediate
Beginners classes soon to start
on Sundays
Contact: Balkrishna on
07968 36 66 76,
ballu_ji@yahoo.co.uk

BALVIHAR (5-12 yrs) AND JUNIOR CHYK (12-17 yrs) CLASSES

4 classes for age groups 4-7yrs,
8-11yrs, 11-13yrs and 14-16yrs

Northwood and Ruislip

Sundays 11.00am – 12.30pm
Additional Classes in Hinduism
leading to a GCSE O Level
Gujarati and Folk Dance classes
Contact: Madhavi on 07980
597 810, info@chinmayauk.org

St Johns Wood

Saturdays 11.00 am – 12.30pm
Additional Hindi classes
Contact: Kanchan on 07870 590
879, info@chinmayauk.org

Harrow and Edgware

Sundays 11.30am – 1.00pm
Contact: Madhavi on
07980 597 810,
info@chinmayauk.org



UPCOMING CLASSES – CHINMAYA KIRTI, HENDON



The newly acquired Centre in London – 'CHINMAYA KIRTI' – will be buzzing with all kinds of activities! For all age groups from 5 to 75+ years classes, seminars, workshops, lectures, talks, summer schools etc., will be taking place on a regular basis and will be rolled out over the next few months.

Just to give you an idea, here are some of the categories of exciting activities which will be held at the Centre:

- Vedanta classes •Vedic Chanting •Meditation classes •Video Discourses •Yoga Pranayama
- Stress Management •Languages including Sanskrit •Ayurveda clinic •Family events

So keep a lookout on our website and get prepared to take a flight into the heights of spiritual, cultural and social experience!

For further information contact Ramesh Pattni on Mobile: 07765837134

*"Mere listening to my yagnas will not add to your beauty.
These ideas are to be reflected deeply and digested slowly.*

This process is hastened only when you discuss what you have studied with others.

Study groups constitute the heart of our Mission.

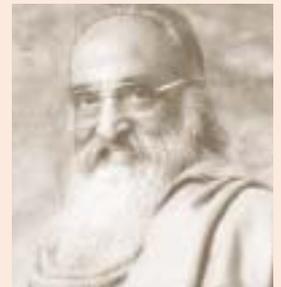
The ideas gathered by you, when discussed with others, not only become deeply rooted in yourself, but as they become clearer in your own understanding, they also inspire those who listen to you.

*Thus, each student, while trying to strengthen his own understanding,
can become an instrument for the spread of*

this knowledge. This process is the dynamic study scheme followed in the Vedantic tradition.

This is not a Chinmaya methodology, it is the most ancient Vedantic tradition of study."

- Swami Chinmayananda



Visit our website www.chinmayauk.org



May 2004

Chinmaya

Chinmaya Mission (UK) Newsletter

Issue 13



*"More important than
what is Behind you and
what is Ahead of you,
is what is IN you.
Seek it. Centred in it,
act and live."*