



June 2002

# Chinmaya

Issue 7





# chinnamaste



## President's Letter

The word "Chinmaya" means 'true knowledge'

Hari Om

We dedicate this issue to Pujya Gurudev, Swami Chinmayananda, to celebrate 50 years of the Chinmaya Movement.

The Sammelan was indeed an eye opener to all who attended the event in December. It was not just the sheer vastness of the Mission but also the breath and range of depth, and how it had touched and transformed so many lives. It was indeed a reflection of His vision. His dynamism still reverberates, as Pujya Guruji, Swami Tejomayananda, announced many new centres and projects.

The Mission has grown to a global movement. His objective formulated on the banks of the Ganga before He set out to create a Hindu renaissance, in the true essence of Sanatana Dharma. As we observed the vastness of the Chinmaya Family, I could not but feel, what a difference He made.

The central message and Gurudev's vision remains the same, as relevant and important today, as it was in December 1951. Over the last 50 years the world seems to have changed with unimaginable technological developments. Yet the problems facing us all remain the same. They may have taken shape in different forms and different parts of the world. The central issue in all is still the same.

The change therefore had to be in the individual. Gurudev did this by word and deed. He travelled the globe lecturing, teaching and demonstrating with His every breath, not only the philosophy but also the practical means for each and every individual to become a positive contributor to his or her society. Every project, every activity undertaken by the Mission was to ensure that no matter what the background, no matter what the age, each one of us was being shown and taught the spiritual way forward.

The spiritual growth was not separate from an individual's own ambition and desires. Vedanta was a not a philosophy for the elite nor did it entail the denial of the world. Rather it was shown and taught as a practical way forward for an individual's all round development. His motto "to give maximum happiness to the maximum number for the maximum time is our religion." His way of teaching recognised the changing world and the individual of today, and can still be seen in those who carry on His work.

Through the years He had also been criticised by those who sought to keep the rich knowledge their own, to ensure the masses in their ignorance turned to them and paid them to perform mundane rituals. Nothing could deter Him from the goal. Hinduism was not only in decline, but was being abused to control the hapless, being ignored by the privileged and in danger of complete rejection by the educated. He took the blessings of His Guru, Swami Tapovanmaharaj who told Him to "go, roar like Vivekananda!"

At this critical time, a time when the need was the greatest, Swami Chinmayananda transformed the way the highest philosophy of the scriptures was almost kept, as a closely guarded secret, and released it to all corners of the globe. Every person, had to be shown his or her divinity, not just Hindus, but Muslims, Christians and people from other religions. Perhaps it was no accident He was saved by a Christian lady when He was young, and was offered a place by a Muslim to hold one of His yagnas when Hindu priests banned Him from the local temple. Through yagnas, study classes, devi classes, youth forums and Bal Vihars, the goal was "to provide to individuals from any background the wisdom of Vedanta and the practical means for spiritual growth and happiness enabling them to become positive contributors to society."

The Mission was His tool to spread this Knowledge and to enable everyone to serve. Projects the Mission adopted not only catered for the people in need, but also provided an opportunity for others to serve. A true member of the Mission was "whose life is constantly dedicated to the service of others." In all those projects, the basic philosophy still permeated every activity. It was not a case of digging a well in a drought-ridden area, but of adopting a village and catering for its every need. Over 250 villages have been adopted. Today the list of social projects range from schools and research centre, hospitals and medical centres to old age homes. More than 75,000 students are in schools that have adopted the Chinmaya Vision Programme. Villagers have been encouraged to develop their own small businesses with the aid of 'micro loans' from banks, guaranteed by the Mission. To date there has been not one default!

His greatest visible achievement was to bring the Geeta to the masses. His greatest achievement was to inspire the many who have taken up the torch and carry on His work. The biggest difference He made, may well have been to teach the true essence of Sanatana Dharma to the individual. It was through that

individual He would bring about a rebirth of the rich culture that is our heritage, and pride in our own country. His vision was to bring about an "inner transformation of individuals resulting in a happy world around them".

There are great Masters and great teachers. Gurudev was both. Ever working, teaching, serving, His laughter, boundless energy and magnetism made their mark on anyone who met Him. Few were aware of His health problems brought on by the workload He took on. Fewer still of His silence as He played out the many roles needed to get the message across. Try and imagine, if He had not inspired the millions and brought about the Chinmaya movement. Hari Om

*Pujya Vachan*

**"Do not rush out to improve the world. Chinmaya Mission is not there for you to look out into the world; .....Only self-improvement is important. We want the chastest of the chaste for the Mission. We want sincerity and constant introspection. We are not interested in how many buildings and institutions we possess as a Mission. Instead, we are interested in how far each individual has become as institution."**

Swami Chinmayananda

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# 50 Years Celebrated



*"The quality of our actions and reactions depends upon our Vision of Life.  
A narrow vision is divisive.  
A broad vision is expansive.  
But the Supreme Vision is all-inclusive.  
Learn it from the Geeta and Upanishads."  
Pujya Guruji Swami Tejomayananda.*

## Torch March from Pune to Mumbai

The Chinmaya Vishwa Sammelan was formally flagged off to a wonderful start in the city of Pune, where Pujya Gurudev commenced the Movement 50 years ago. Jyothis were brought to Pune from eight locations all over India. All the flames reached Pune by December 21, 2001. There was a public function held in Bal Gandharva Ranga Mandir, which was graced, by Guruji and Swami Purushottamanadaji. On 22nd the eight jyothis were merged into a single flame, before which a Ganpathi homa was conducted at the Rasthapeth Ganesh Temple where Gurudev conducted his first talk.

## Shobha Yatra

On December 24, 2001, the Chinmaya Jyothi was brought to Chinmaya Nagari, a complex that was specially built to accommodate over 3000 delegates of the Sammelan. The procession comprised pilot bikes, elephants, a band, the Chinmaya Jyothi, brahmacharis, brahmacharinis, swamis, swaminis, Guruji's rath and of course a number of devotees.

## Inauguration Ceremony

Jagat Guru Jayendra Saraswati who lit the inaugural lamp from the Chinmaya Jyothi inaugurated the CVS in a beautiful and touching ceremony. Jagat Guru paid rich tributes to Gurudev and the Chinmaya Mission. His Holiness released the souvenir Chinmaya Vishwa, which details the historical growth of the Chinmaya Movement.

## Talks on the Isavasya Upanishad

Pujya Guruji in his inimitable style delved into the subtle essence of Vedanta in his morning talks on the Isavasya Upanishad. The talk was well attended by a number of delegates who despite late nights, hectic schedules were present for the early morning talks.

## Talks on the Bhagwad Geeta – Chapter 18

The evening talks, which were conducted by Pujya Guruji, met with an overwhelming response both from the delegates and the people of Mumbai. It is estimated that over 15000 persons attended the evening talks.



*Pujya Guruji Swami Tejomayanandaji presenting a gift and offering pranaams to Shri Jagadguru Shankaracharya of Kanchi Kamakoti Peetam H H Shri Jayendra Saraswati Maharaj  
24 December 2001*

## Project presentations

Every morning there were presentations on various projects of the Chinmaya Mission made in a professional manner by the people involved in the projects.

## Acharya Satsangs

The afternoons during the Sammelan were times for the Acharya satsangs. There were satsangs with Swami Purushottamanadaji, Swami Brahmanandaji and Swami Subodhanandaji. Then there were panel discussions on various topics involving about 4 acharyas at a time. The topics were interesting ones like: Bhakti & Mukti, Meditation v/s Medication, Sadhana – the true wealth, Success @ youth.com, Ethical management and these discussions also ensured that we got a chance to interact with a number of acharyas.

## Geeta Jayanthi Day

We were blessed that the Geeta Jayanthi Day this year fell during the Sammelan on December 26, 2001. There were multiple programs glorifying the Geeta on this day:

- International Geeta Chanting Competition. Participation from more than 16 countries. 225,203 children from India alone.
- Sampooma Geeta Parayana. Between 2000-3000 participants chanting all 18 chapters of the Geeta
- Geeta Quiz for delegates

## Visit by Mahatmas

We were blessed by the visit of two mahatmas during the Sammelan, namely, Dada Vaswani and Mahamandaleshwar of Kailas Ashram. Both of them paid tributes to Gurudev and gave simple and clear advice to sadhaks and devotees in their discourses.

## Cultural programs

Post-dinner, the delegates were treated to a wide variety of cultural programs, which delighted the senses and filled the heart. Some of these were:

- Video show – Many Moods of the Master.

A beautiful show on Gurudev showing his myriad moods, which rejuvenated the mind and soul of the audience.

- Video show - Chinmaya Movement
- Dance program - Jai Shri Krishna. An offering to the Divine Lord – a visual and spiritual feast.
- Play – Line of Control, with a beautiful theme focussing on Patriotism
- Mallkhambh show. A traditional art form from Maharashtra, in which Yoga asanas are performed on a wooden pole which is 8.5 feet long. They were doing things that did not seem humanly possible!
- Anandavanbhuvani – Light & Sound show on the life of Samarth Ramdas

In addition, every evening before the yagna, the audience was treated to melodious bhajans.

## Chinmaya Vishwa Darshan

A grand exhibition showcasing the various aspects of the Chinmaya Movement was put up at the venue and had the audience marvel at the vastness and depth of the Mission. Some of the stalls included:

- Chinmaya Education Movement – value based education.
- Swadhyaya varga. "Open you eyes with Swadhyay, Break the shell with Sadhana, spread your wings and fly – experience freedom!
- CHYK. "Harnessing Youth Potential Through Dynamic Spirituality". Each word of the motto was addressed through the activities conducted by the Chyks.
- Gift centre. Everyone went back with a memory of Gurudev.
- Chinmaya Vibhuti. The light that will keep Pujya Gurudev's vision glowing and guide the future of the Mission. It is the centre of motivation, information and inspiration for the entire Mission.
- Tapovan Prasad. A magazine for serious spiritual seekers and mission workers. The mouthpiece of Chinmaya.
- Publications Division



# Chinmaya 50 Years Celebrated

Continued from page 3...

- Chinmaya Video Dham
- Mission centres. An eye-opener to the vastness of the Mission and its reach. Guruji's response was "Mission Accomplished!"
- Newsletters
- Chinmaya Vanaprastha Sansthan
- Photography exhibition
- Bal Vihar. A true reflection of the creativity present in children
- Journey with the Master. It takes the visitor on a wonderful journey, showcasing the life of Pujya Gurudev.
- Seva projects. A stall to create awareness about all the seva projects run by CM.
- Sandeepany. They do not solve problems, but dissolve it to the core.

## Special programs for children and youth

There were special programs, workshops and sessions by different acharyas for children (junior & senior), toddlers and youth.

## Valedictory function

The valedictory function was held on the 31st at which many delegates shared their experiences both with the Mission and at the Sannam. It was a moving and touching program.

## The Grand Finale

Over 7000 delegates welcomed the New Year with the performance of Vishnu Sahasranama Archana. It was a grand function, which was enjoyed by all the participants and the observers.

## A Personal Touch

The huge gathering of more than 12,000 delegates was given a very special personal touch by the commemoration of the birthdays and wedding anniversaries that fell within the span of the Vishwa Sannam.

There were fillers between the main programs which included wishing all the delegates whose birthdays or anniversaries fell during the Sannam dates. The delegates also sang the CVS anthem (both in English and Sanskrit) in

between programs. Guruji had composed a birthday song, an anniversary song, the CVS anthem and a New Year song all in Sanskrit, which all the delegates learnt and enjoyed! The crowds knew no bounds to their joy when Pujya Guruji occasionally joined the singing.

"It was the actual realisation of the Chinmaya Mission Pledge given by Param Pujya Gurudev. "We stand as one family, bound together with love and respect."... The whole event was for invoking the grace of the Lord and the blessings of Pujya Gurudev, with each and every sevak putting his best...with discipline and dedication in a spirit of coordination. The advent of the New Year was on an auspicious note...this is very important and inspiring for the evolution and progress of the Chinmaya Movement in future."

Swami Purushotamananda

## What 50 Years Means to Me...

### Action With a Vision.

Swami Tejomayananda

*Action without a spiritual vision gives rise to division.*

*Vision without action remains mere imagination.*

*Vision, however, with action becomes a means of people's welfare, As it brings about an inner transformation in them.*

*It with the understanding of this fact that Pujya Gurudev Swami Chinmayananda started His work, which is now known as Chinmaya Mission.*

### Not an organisation, but a movement

Chinmaya Mission is not an organisation for achieving or accomplishing just a limited goal relevant to a particular time or place. It is a movement that touches all aspects of human life and is therefore relevant at all times.

Basically, Chinmaya Mission is a spiritual movement and not a political/social/industrial organisation. What does this mean? Whatever a social/industrial organisation undertakes is for material growth or prosperity, and at times it becomes self-centred and increases social inequity. In a spiritual movement, whatever activity is undertaken is with the aim of one's own spiritual growth and how that growth can bless the community.

### Many projects, one goal

When a Man of Realisation works, his actions rise from the fullness of his heart and out of love and compassion for all beings. So the performance of his actions is not for but out of fulfilment. Thus in the language of devotion, Swamiji's work is not karma but lila. The various projects he has given to seekers become fields of sadhana for them to purify their minds and realise the Truth and the oneness of the Self with all beings. This is the aim of the entire Chinmaya Movement. We must know why we are doing what we are doing.

Externally the actions done or projects undertaken by a spiritual movement and a social organisation may seem the same, but the vision behind them and the aim of doing them are very different. Spirituality does not lie in a particular action but in making every action a spiritual one. For instance, honesty is not a particular activity; however, every thought, word and deed can be honest. So, spirituality is seeing the Oneness of the Self in and through all beings, resulting in love for all and expressing it in selfless service to them.

### Unique Contribution

A vital and unique contribution of Chinmaya Mission to the world at large is that it gives the logic of spirituality and the foundation of Vedic culture and in the teaching tradition of Advaita Vedanta. The Chinmaya International Foundation is a centre for international research

into these aspects. "Why research in this area?" one may ask. In the present information technology age, people are bombarded with unverified information. Research establishes the authenticity of information and also puts matters in their proper historical perspective. Thus, the many projects of Chinmaya Mission worldwide are planned within the perspective of a spiritual vision and with the welfare of the community in mind.

### Divine roots

Swami Sivananda and Swami Tapovan Maharaj are the sources of inspiration for Pujya Gurudev to undertake this great task. A movement that springs forth from such divine inspiration can only bless mankind like the Holy Ganga herself.

### Only tip of the iceberg

In the Tenth Chapter of the Bhagavad Geeta, Bhagavan Sri Krishna enumerates His many glories but in the end says, "But of what use is all this that I have told you? This is only an infinitesimal part of My Infinite Being!" In the same way, the Chinmaya Movement gives you a small glimpse of Pujya Gurudev's glories, but what He was is all this – and more.

### We can.... We must

We all as seekers must try to make best use of the fields and opportunities Pujya Gurudev has provided for us to manifest his glories in and through our lives. That will be the best tribute we can pay to him. We can.... We Must.



## A star so bright....

Swami Swaroopananda

A few years ago, in Ghana, I had a chance to visit a gold mine. The most precious and most beautiful of all metals had its humble beginning from the sands of a riverbed. Its appearance was that of a muddy rock with yellow streaks. It was crushed, soaked and smelted in a rugged shake or hut. Slowly but surely it took a shine so brilliant that the transformation was unimaginable. That which is considered as the wealth of the world arose from such an unassuming background.

This grandeur of the Chinmaya Mission which we see today, which is the result of Gurudev's years of tapas, was conceived from the river bed of the Ganga, nurtured in a Himalayan hut and is today the most precious gift to mankind.

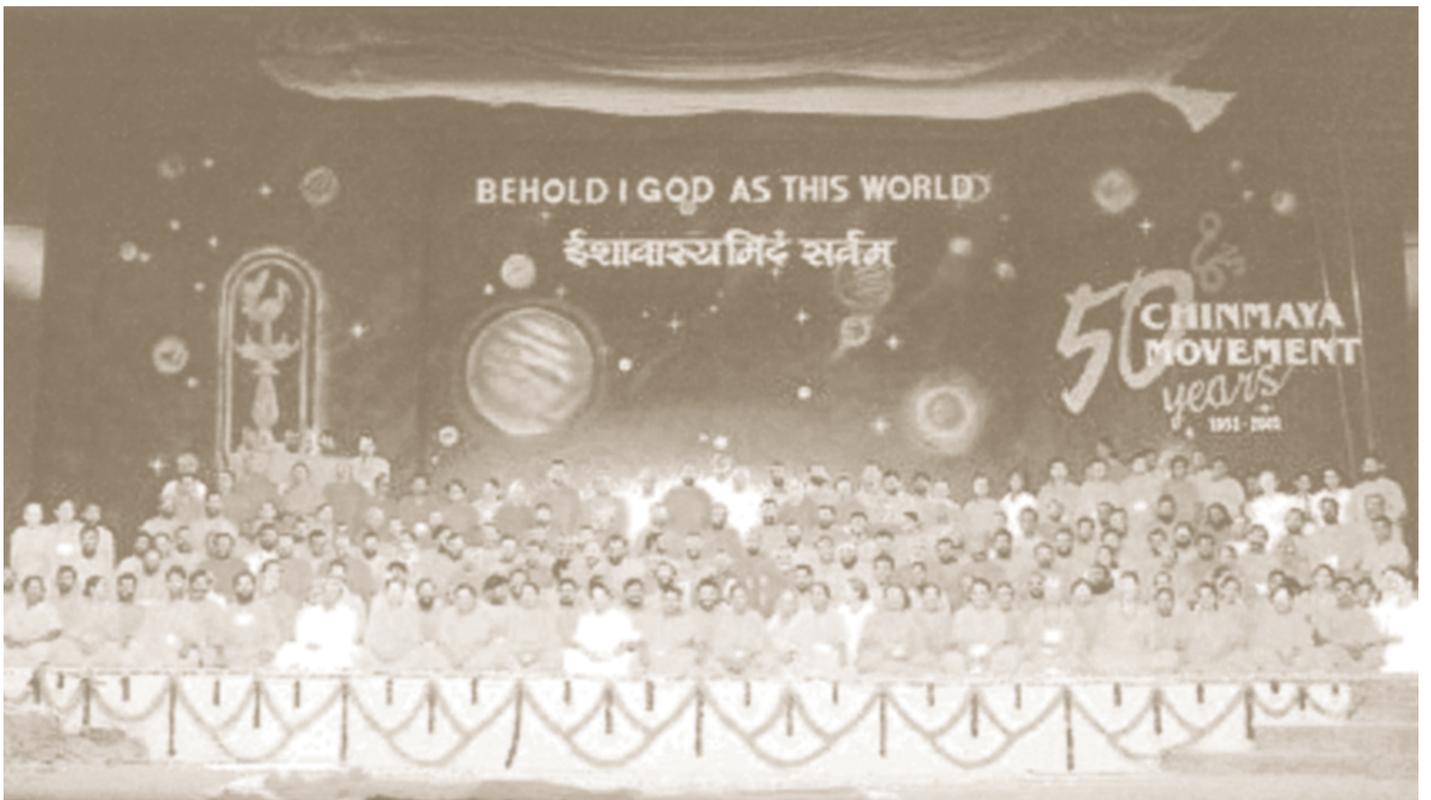
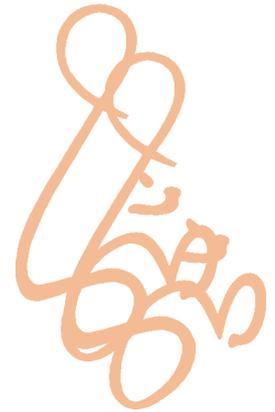
Fifty years of Chinmaya Mission for me is not just looking back at the fifty glorious years of achieving through Gurudev and now Guruji. Nor is it just to look ahead

and see what we can contribute in this great seva but to look within and recognise in each one of us that love, that infinite, that capacity that Gurudev constantly reminded us of.

From childhood two things I thought were the purposes of life; one was to gain the knowledge, that is the Truth, and the other to remove suffering from the world. All my studies of various sciences, failed to reveal the Truth, and in all professions there was only a partial and temporary solution to the removal of pain, and even that with the many limitations and conditions. In Gurudev I found the perfect and absolute blend of all I was seeking. I had never seen or heard a man with such conviction and knowledge beyond beliefs and dogmas along with that boundless unconditional love with which He tirelessly, without any rest literally, worked to bring happiness to mankind. Gurudev was everything that I sought.

The Mission is His heart, His vision, His love. He is the Mission and much more. I do not see the Mission other than His dynamic form ever marching ahead.

All members, devotees and disciples are His various beautiful and energetic limbs ever ready to serve. Sprinkled with the very dust of His lotus feet all I can think of is how blessed we are. Blessed are we to be in that time when the Timeless walked upon the Earth and the stream of His timeless mission like the Ganges burst forth! Its destination is to wash everyone and sweep them to the infinite ocean of bliss. The past was magnificent, the present great and the future shall be glorious, for Gurudev Himself has said, "Now the sun is so bright that people are blinded by its glow, but thirty years from the time I am gone the world will recognise that there shown a star so bright like none before."





# Chailo's Story

## *The action of today becomes the destiny of tomorrow....*

16 years ago Chailo, a tribal village woman from Kand in Himachal Pradesh lived a life typical of the women around her. She was married at the age of 11 and had four children by the age of 20. A poor illiterate mother bringing up her children, helpless and needy, dependent on a reckless alcoholic husband.

16 years ago a project was born. By the grace of Swami Chinmayananda, the seed was sown with Primary Health Care Services and training community healthcare workers. From these humble beginnings the project evolved gradually into a multifaceted participatory program in 350 villages, reaching 30,000 people directly and through them 150,000 people indirectly.

Chailo, along with many needy women joined this program at its inception as a village sub-centre attendant. She trained under the Community Health Nurses, a program recognised as a model by the National Health Institute. Showered with Gurudev's love and blessings, Chailo blossomed into an empowered woman giving her life direction and meaning. Her children now have a mother who provides them with education and values, providing them with a path to success, a bridge out of the vicious cycle of poverty and misery.

Chailo gradually became the Village Head Guide, attending to over 9000 common ailments annually, and went on to become a Mahila Mandal (Women's Club) Leader. The 260 Mahila Mandals with around 10,000 members became the dynamic nucleus of many new initiatives, dealing with issues such as poverty, illiteracy, social injustices, alcohol husbands, low self-image etc.

Recognising that in order for her to help the world, she has to start with herself, Chailo struggled to educate herself beginning by learning to read and write. Awareness spread quickly and soon thumb impressions for minutes of meetings were replaced with signatures!! The self effort of one woman led to 23 Adult Literacy Programmes. As well as empowering herself, Chailo and her Mahila Mandals initiated Balwadi (preschool) where women could leave their children to be cared for while they worked in the fields instead of remaining dependant on irresponsible husbands. To date 2500 children have gone through Balwad.

During Mahila Mandal discussions a common exclamation was "I wish someone told me about this when I was a girl." An adolescent Girls Group

was formed to empower girls from an early age. Chailo's daughter breaks away from the chain of illiteracy and helplessness, growing in confidence and awareness in the adolescent Girls Group.

Women in the Mahila Mandals were often desperate about alcoholic husbands who neglected their homes and families, and often beat up their wives and children. So began the Alcohol Program educating children, adolescents, men and women, and providing support for families and rehabilitation. Thousands have been exposed to this program with both successes and failures. Chailo played a leading role, addressing the Alcohol Program and encouraging women to protest against an alcohol shop being opened in their villages.

In a major accomplishment that revolutionized the lives of many women and contributed to the upliftment of entire villages, Chailo established one of the first Micro banks. This led to small groups of women forming their own Micro banks called Self Help Groups. 10-20 women save through them regularly by pooling their money and inter-loaning between them. Once firmly established further loans are sought through the banking system without collateral. Believe it or not there is 100% repayment. Currently there are over 14000 women involved with total circulation of an astonishing Rs. 3.2 Crores.

Taking the lead and encouraging many women to follow, Chailo breaks through the vicious cycle of poverty by becoming a Micro Entrepreneur. Enterprising women in Self Help Groups take loans to run Income Generating schemes, leaving their children in Balwads. This brings confidence and skill into the lives of women who believed they were dependent and worthless. They now have an income of their own, from which they can provide for their children to nurture them into positive contributors to society.

Reservations for women seats on the Panchayat (council) were an exciting time for the Mahila Mandals. Since 1994, the project has worked with both men and women to develop their capacity to take up these roles. Chailo reached another major milestone in women's empowerment. She was elected Pradhan (President) in Kand Panchayat (village council) in 1994. The Project provides resources and persons for the government training program for elected leaders.

Chailo motivates and actively involves Kand villagers in Micro planning. Translating local participatory governance into a reality is a challenge, although political decentralisation has occurred, administrative and financial

decentralisation has a long way to go yet. Micro planning by the villagers is one of the first steps towards it. The success of Micro planning turns the centre into a mother NGO for the replication of Self Help Groups.

These successes draw the attention of the women's husbands and sons. Chailo begins a youth club for young men in her village. Her son, too, is a member. Youth idealism and energy is being kindled by Gurudev's grace and channelised towards positive social changes. To date there are 25 Youth Clubs.

The legal cell in an informal platform: counselling, supporting women and creating awareness regarding their legal rights. It gives many a voice where they have none. Typical cases are wife beating, desertion by husbands, land disputes etc. Chailo initiated legal processing through the legal cells when she uncovered a fraud in her village temple. Out of 130 registered cases, 80 have been resolved till date.

As Chailo moves on to bring awareness and implement environmental initiatives, disabilities program, rehabilitation programs etc, the selfless service inspires and touches the hearts of many, who light their lamps with the bright flame of Gurudev's vision and blessings and spread the light to their own villages. Chailo like all of us is blessed by guidance to unfold her spiritual dimensions. Everyday in all the programmes whether in the centre or the villages' activities are begun with bhajans and prayers. Study Groups are conducted as per the background of the women involved in the centre and in the field. Thus not only uplifting the standard of life, but increasing the quality of life.

Remember Chailo 16 years ago? Poor, illiterate, helpless, needy?

Today she is an empowered woman empowering others! She is a positive contributor to society; she has lived the pledge that Gurudev wrote for us all.

*"All spectacular steps are achieved in little courageous steps" Swami Chinmayananda.*





**“Service to humanity is an integral part of a human being’s development”**

**Swami Chinmayananda**

Chinmaya Mission is actively involved in social services focussing especially on disadvantaged and underprivileged people. Hundreds of thousands of people benefit from the Mission's schools, colleges, hospitals, diagnostic centres, old age homes and rural village development projects. "To give maximum happiness to the maximum number for the maximum time is our religion." This is the Mission's motto.

*Service in creation:*

**Chinmaya Mission Hospital  
Chinmaya Institute of Nursing  
15 Diagnostic Centres**

*Spirituality in individuality:*

**Chinmayaranyam:** Projects include the reconstruction of entire villages, an orphanage, Homeopathic and allopathic clinics, schools, temples.

**Chinmaya Rural Primary Health Care and Training Centre**

**Chinmaya Seva Centre (CSC).**

The CSC runs an income-generating project for poor rural village women in the Kangra district of the state of Himachal Pradesh

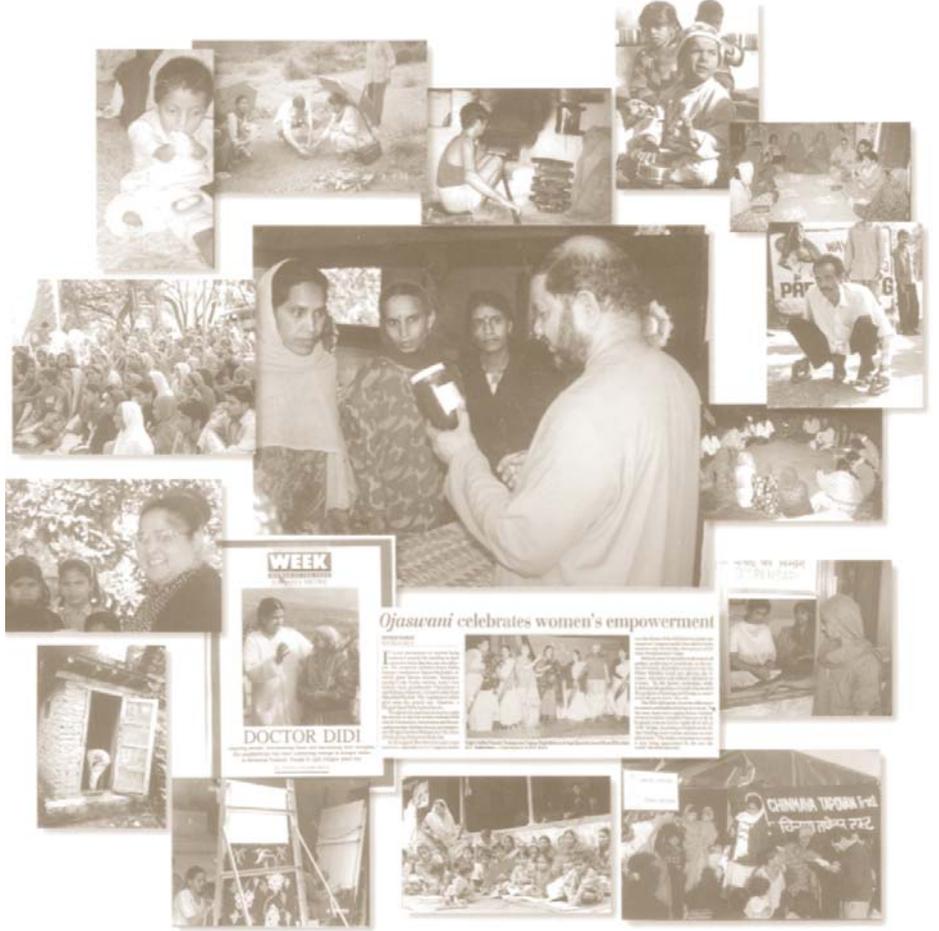
**Chinmaya Rural Development Project**

A Harihar school

A vocational training centre for women

**Chinmaya Seva Project**

The project is involved in the upliftment of several tribal and socially backward villages in Orissa



*At School with the Child*

**Chinmaya Vision Programme**

**(CVP)** offers schools and colleges with a difference. It is divided into four heads:

- Integrated development of the child**
- Indian culture**
- Patriotism**
- Universal outlook.**

*Research Initiatives:*

**Chinmaya International Foundation (CIF):** the primary

research organ of the Mission. A cross-cultural study and research centre where scholars from all over the world meet for the purpose of understanding, exchanging ideas on and conducting research into Sanskrit, Sanskrit texts, Indian culture and comparative religion and philosophy for the promotion of international understanding and universal spirituality.

**“Some act till they meet obstacles,  
Others act in spite of obstacles, and conquer them;  
But some act not,  
Fearing the possibility of some obstacles,  
That might arise enroute.”  
Swami Chinmayananda**



## Introduction

Wow, what a year 2001 was for CHYK! We had the Hindu Youth Festival, the Hanuman Chalisa Maha-Yagna, the CHYK Camp and half of the London CHYKs flying off to Mumbai over Christmas to take part in the 50-year anniversary Vishwa Sannam.

As I'm sure most of you know, both the Maha-Yagna and the CHYK Camp were a resounding success, with record attendance for both events: many thanks to all the CHYKs involved and for making these events, and the year, so memorable.

At the year-end committee meeting, the feeling was that 2002 would be a more laid back, less hectic year for CHYK (or at least that's what I was told)...

...2 months later it's all started again. Preparation for the camp has already begun (if you thought last year's was good, wait till you see what's in store this time!), the Hindu Youth Festival 2002 is in full swing and we've got the centre opening in June, Guruji's Yagna immediately after, Swami Chidatmananda in April and Swami Swaroopananda's camp and Yagna in September!

Laid back? Yeah, right...but we wouldn't want it any other way.

Hari Om

## Study Class

CHYK Study Class is growing at a fantastic rate. We now have two classes, an intermediate and beginners.

The beginner's class is targeted at those who are relatively new to Vedanta and need to cement basic principles in their mind.

The intermediate class is targeted at those who have been attending study class, camps and yagnas regularly and feel they are comfortable and familiar with many of the concepts and are ready to explore the deeper levels of this subjective science.

Details are listed below...if you would like to come then please e-mail us at [chyk@chinmayauk.org](mailto:chyk@chinmayauk.org), or simply turn up!

Please do try and attend, speaking from a personal point of view, I find that discussing my reading in the class forum has helped to such an extent that I feel as if I've built a machine of flawless logic, in which I can insert any situation, see the cogs of Gurudev's thinking applied and come to a logical and satisfactory resolution. With all the organising and socialising, I often

forget that without the constant injection of spiritual knowledge, I can lose my poise and focus...CHYK Class helps, so please do try and attend if you can.

**7:30 pm - 9pm**  
**Francis Holland School, Ivor Place, London NW1 6XR.**

**The closest tube station is Baker Street and it is opposite the Mumtaz Indian Restaurant.**

## CHYK Camp

We had a great response from all the participants of Flight 2 Freedom 2001. Don't believe me? Then read an account written by one of our 'passengers' below...

Freedom - a word which is universally significant, but the meaning of which is only too often taken literally. We see ourselves as free individuals living in a free society, with choices and rights. What we don't generally see, however, are the invisible bonds that limit our growth as human beings. Even if we do feel the presence of these limitations in our lives, we don't always know how to free ourselves from them.

It was no surprise, therefore, that 'Flight 2 Freedom', the 6th Chinmaya Yuva Kendra (CHYK) UK camp with Swami Swaroopananda, was a massive success! 92 dynamic youngsters between the ages of 18 and 30, all eager to partake in a weekend which promised to enlighten and entertain.

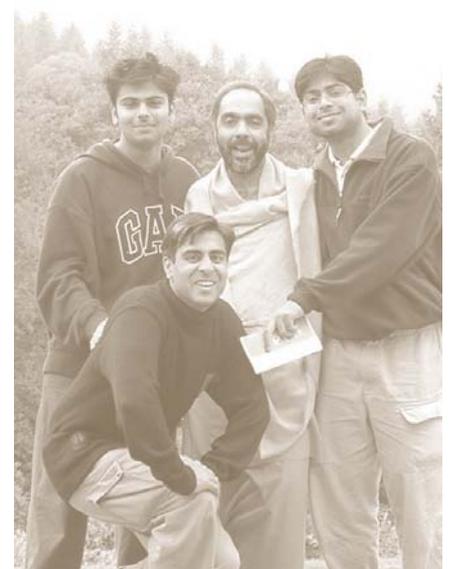
The weekend of 21st-23rd September 2001 was spent at Dunfield House in Hereford, a venue which, simply put, was phenomenal! There just couldn't have been a more apt setting for this year's camp - the chirping birds, grazing sheep, green fields and fresh air all seemed to be working together to endorse the theme of 'Freedom'. The surroundings were truly inspiring!

The camp comprised of existing CHYK members along with the many first-time campers, all of who participated in the activities with enthusiasm and keen interest. We had attendees from places as diverse as Las Palmas, Kano and Melbourne, not to mention many parts of the U.K. It was wonderful to be part of a group of so many youngsters, with varied backgrounds, personalities, talents, tastes and habits, all of who stayed together so harmoniously, without any ego clashes or petty squabbles! This may have been due to the calming presence of Swamiji and Brni. Vibhootiji, but it allowed us all to recognize that sense of peace, harmony and unity that is present in each one of us. As Swamiji said, it was like we were 'one family, on one frequency'.

The organisation of both the activities and the facilities was flawless. What instantly springs to mind is Swamiji urging us to 'Act'. The reference is not to the many role-plays performed on the Saturday evening (!), but to the selfless hard work of the CHYK sevaks and to the way everyone pulled together to share with, help and serve one another.

What impressed everyone who attended camp this year was the attention to detail. Whether in the rooms, the dining areas or the lecture hall, the arrangements were of a high standard, and the dedication of the organisers shone through. The camp's concept of a flight was adhered to by the sevaks at all times, and the result was an unforgettable journey, complete with passports, tickets, take-off, embarkation, a cabin crew, even security checks!!

The camp's content ensured that there was never a moment to sit idles - there was something for everyone. The first rays of morning sunlight brought with them the opportunity to try the gentle bends and stretches of Yoga. For the more nocturnal amongst us there was the campfire late on the Saturday night, where we all gathered round to sing Bhajans, play Antakshari, listen to Swamiji's enthralling stories and, the beautifully clear night that it was, even star-gaze! For the gastronomic ones there was an afternoon barbeque and for the energetic lot there were team sports and outdoor games. Of course, what many of us found most beneficial were Swamiji's scheduled lectures on Freedom; Freedom from Moods, Stress, Doubt, Anger, Worry, and so much more.





Swamiji's practical tips seem to apply to everyone and he has the extraordinary ability to connect with each member of his audience. He even touched upon matters of great interest to the youth, such as Love, Marriage and Education. We had the chance to discuss and collate our thoughts and ideas in the workshops and group discussions, and to contemplate over what we had learned, in the time set aside for silent walking meditation. A favourite activity amongst many was the outdoor meditation to the Gayatri Mantra. It is an indescribable feeling to close your eyes in prayer and open them to the setting sun; to the feeling of Freedom and oneness with the entire universe.

CHYK camps are all about such unforgettable experiences; they are about encountering wonderful people and recognizing that which is wonderful in us. As Swamiji quoted, "If you weren't special in creation, you wouldn't be in creation." This year's camp taught us that the greatest freedom we need is from ourselves; from our own doubts and worries.

Unfortunately, another of Swamiji's favourite lines over the weekend, "This Too Shall Pass", had to apply to camp as well! In this case, though, the moment has passed, the memories may too, but with His grace and love, may the lessons last forever and may we continue on our Flight to Freedom.

**Trishna Gulrajani**

Tapes of Swamiji's talk are available; please e-mail us at [chyk@chinmayauk.org](mailto:chyk@chinmayauk.org). Log on to [www.chinmayauk.org](http://www.chinmayauk.org) for more pictures.



Organisation for Camp 2002 has begun and the dates have been confirmed:

**6th- 8th September with Swami Swaroopananda.**

Last year, we had an overwhelming response and had a waiting list of 30 people, so please do get your applications in early. Details are being worked on but the title will be Storm 2 Perform, and if you thought last year's was good, you ain't seen nothing yet!

### **HYF 2002**

While attendance wasn't as high as we had hoped, the Hindu Youth Festival 2001 was a success in that it brought many of the Hindu Youth groups (22 in total) in the UK together. Organisation for the festival in 2002 is still in its preliminary stages but initial signs are extremely positive, with many of the last years weaknesses being explicitly addressed...watch this space for more info!

### **Vishwa Sammelan**

15,000 people everyday, over 9 days in the heart of Mumbai...and we thought it was difficult organising a CHYK Camp! For all of the UK CHYKs who attended, this will undoubtedly be an experience to savour and cherish. The sights and sounds were incredible and the effort put into the stalls, presentations and live shows was clearly evident from the polish that shone throughout the whole nine days.

### **Here are some staggering facts!**

- Colossal stadium with an area of 3000 square feet.
- Construction started on 1st December 2001

(23 days before event opened)

- 150 truckloads of material used
- Daily water consumption: 20,000 litres
- 500 cooks and their workers were in the kitchen around the clock for eight days
- Thousands of metres of cloth used in set-up
- More than 10,000 people attending everyday for 9 days
- Temporary housing created for 3000 people called 'Chinmaya Nagari': No-one has ever created anything like it in Mumbai before.
- 40 sweepers working round the clock
- 8 events happening simultaneously at any time.

### **Here are some comments from UK CHYKs that attended:**

"Where do I start? Being a CHYK has never meant as much as it did during the 9 uplifting days of the Sannelan. You would never expect that in a crowd of 10,000 people, you could feel like one big family. The Love and pride of sharing the same vision of oneness and being part of a mission that has transformed millions of lives was overwhelming. Each and every one of us there had been touched by Gurudev in some special way and to see the fruits of his hard work culminating in this immense gathering of devotees was incredibly touching and brought a new meaning to the first line of our mission pledge: 'We stand as one family bound to each other with love and respect.'"

"An experience of a lifetime" is an over-used statement I know, but the Chinmaya Vishwa Sannelan was one such energised gathering of enthusiastic spiritual seekers that I am lost for any other description! This enormous event was the culmination of the far-sighted vision of Pujya Swami Tejomayananda and an unimaginable amount of work and planning by hundreds of workers in India and abroad. My personal highlights were fourfold:

- i) The numerous Chinmaya project stalls with beautiful displays and intricate detail;
- ii) The International Bhagavad Geeta Quiz that showed the immense wealth of knowledge many of our fellow Mission members has;
- iii) The multitude of new and interesting books & cassette launches, including an Amar Chitra Katha comic on Swami Chinmayananda;
- iv) The presence of hundreds of Swamis & Brahmacharis who continue to be an inspiration around the entire globe.

The Sannelan marks a stepping-stone in the history of Chinmaya Mission, where new standards have been set and the Global Vision of Swami Chinmayananda and the Universal teachings have been shared with thousands..."



# Chinmayam Ayurveda

## HYURVEDA – PITTA DOSHA

Pitta dosha in the body is roughly equivalent to the Sun energy in nature. This dosha is made up of five elements of fire and water which give it the power to break down and process substances; so it is the biological factor responsible for all kinds of transformations in the body.

Just as fire cooks food, pitta dosha controls digestion and assimilation of food in the gut. In the eyes, a form of pitta deals with the conversion of light rays falling on the retina to electrical impulses, which in turn are carried by the optic nerve for processing in the brain.

In the brain there is a local pitta dosha responsible for the conversion, analyses and comprehension of received data and stimuli. A strong balanced pitta in the brain allows good processing of information and such people are usually highly intelligent.

As heat is the essential quality of pitta, it is also responsible for heat generation and body temperature. Pitta predominant persons tend to feel hotter than others in the same environment. They are also uncomfortable in bright sunlight and suffer headaches from over-exposure. Such individuals also tend to be hot-tempered and become sarcastic and sharp-tongued when pitta levels get higher than normal.

On the positive side they have strong digestive capacities, both with food and ideas and are keenly logical and decisive; such persons make good lawyers, politicians and doctors, and are natural leaders of institutions and communities.

The fiery nature of pitta is often reflected in the ruddy complexions of the pitta predominant persons; their skin is warm and moist and they sweat more profusely than others. Fire throbs in their blood vessels and pitta persons are more prone to bleeding (gums, blood-shot eyes, nose bleeds, bruises); and also to infections, inflammations, rashes and skin eruptions.

When an individual begins to experience one or several of the above symptoms it is a sure sign that pitta levels in his system have increased to a level beyond his body's tolerance. At this stage most conditions are reversible by reducing pitta levels in the system. This can be achieved by avoiding items that are spicy, oily and sour. Often simple lifestyle changes are also helpful, such as minimising exposure to heat and sunlight, and by replacing vigorous exercise routines by a cooling routine such as swimming or yoga.

Neglecting the situation at this stage can lead to more serious pitta conditions, which are not so easily reversible. Aggressive behaviour, violence, hatred, high blood-pressure, heart attacks, bleeding ulcers, serious inflammations are all high

pitta conditions which can easily be avoided by timely intervention using simple but effective guidelines given in the chart below:

### Signs of Pitta Imbalance

1. Rashes, skin eruptions
2. Bleeding gums, blood-shot eyes
3. Hyper-acidity, heartburn
4. Throbbing headaches
5. Frequent outbursts of temper
6. Over sarcasm, over critical
7. Controlling, dominating, aggressive behaviour

### Pitta Pacifying Measures

#### Avoid

1. Chillies, spices
2. Cheese, nuts, red meat
3. Yogurt
4. Sour fruits - orange, tomatoes, berries, bananas
5. Deep fried & oily foods
6. Hot sun, saunas, steam
7. Over exercising

#### Favour

1. Salads, rice, milk
2. Green Leaf vegetables
3. Coriander (seeds & leaves)
4. Mint, aloe vera, fennel, coconut
5. Rose water as eye drops
6. Swimming
7. Cold showers

## A Magical Place

When everyone describes Sidhbari, they always talk about a magical place that is dream-like in its beauty and unrepeated anywhere in the world for its serenity and sense of peace that fills all its visitors. But when I think back to my visit to Sidhbari in January this year, these are not the emotions I recall. I wasn't going to write this article. It wasn't until this edition of the Chinmayam was in its final stages of going to print, did I decide that I should. The reason for this is because my memories of Sidhbari do not fill me with a sense of calm and tranquillity; they fill me with sorrow and despair. Why? I'm not too sure, and that's kind of why I'm writing this.

I overheard a conversation yesterday between a guy in his twenties and a guy in his forties. The older guy was giving the younger guy advice (as older guys tend to do), although exactly what it was about, I forget. But he mentioned something in passing. He said,

“This information that we get (referring to the spiritual knowledge we read in books and hear at Yagnas) is only that, information.

It doesn't become knowledge until it is applied.”

He then went on to talk about something else, but this line stuck in my mind. I'm not sure if it was something that a Swami once told him, or if he stole it from a movie, or whether it was a poetic coincidence of thought that made him say this, but I picked up a pen and scribbled down the following:

“When information is applied, it becomes knowledge. When it is lived it becomes wisdom.”

Again, I don't know if I have plagiarised this from somewhere else and I'm sure someone more poetic than I has expressed this sentiment in a more lyrically elegant manner in the past, but for now I will claim ownership. Either way, I immediately got up and told the editor of the Chinmayam that I would write an article about Sidhbari.

Over the past two years I have become very deeply involved with the activities of the Chinmaya Mission. I have organised and helped

to organise many events, attended hundred's of meetings, written a couple of plays and articles, taught dozen's of classes and read many books. I was really looking forward to Sidhbari, it was a camp on the Kaivalyapanishad (suitably advanced for a student of my spiritual development), I would be with a group of very close friends and I would be in the place that my Guru called home: I couldn't wait.

And the camp was fantastic, the talks given by Swami Swaroopananda were mind-blowing (the best I have ever heard), the ashram itself was beautiful and everyone felt a magical sense of calm and serenity. Everyone except me.

I think my mum told me a story once about a tug-of-war between the demons and the gods. Forgive me if I get this wrong because I don't recall the details, but the story occurs before the earth was created and there was just an ocean. The rope was wrapped around a mountain and the constant tugging back and forth caused the mountain to swivel and 'churn the ocean'.



Initially, all this good stuff came out of the ocean, then a load of bad stuff, then a load of good stuff again.

I think this is what is happening to me. My mind has been churning, and in Sidhbari, it churned a lot. Over the past two years, all this good stuff has been coming out...but the story describes that as initial pride. Then the bad stuff comes out. In one of Gurudev's preliminary books on Vedanta, he writes about how when a student undertakes introspection, he despises himself and despairs at the baseness and vulgarity of his thoughts. I think this is what happened to me in Sidhbari. For the first time, I sat down and started meditating (or at least I tried to). For the first time, I tried introspection. And I hated it. I hated the place. I wanted to go home. And after 5 days, when the camp was over, we all did go home. But everything has been different since. No task has given me the same pleasure that it used to...not one. Sometimes I just want to sit by myself but when I do, I find that I don't even like my own company. It like everyday is the night after a drunken night out and you keep remembering all these things that you did the night before that you thought were such a good idea at the time but now they just make you cringe. So I go and spend time with other people and do all the things I used to, but it doesn't feel right, none of it makes me happy.

And if being on this path isn't making me happy, then why am I bothering with all this? Two years ago, I would happily have indulged every single one of my sense pleasures with reckless abandonment and really, really, enjoyed myself. Now I worry about the Karmic consequences.

And I'm 21. I can talk at length about how pure consciousness illumines the intellect and is reflected in the mind and how via super-imposition the self becomes falsely identified with the Mind-Intellect. But it's all information. It doesn't do anything or help anyone; it just swells the ego (which is kind of ironic if you think about it).

And that's when I realise that I really don't know much at all. In fact it doesn't really matter how much you know or how many books you've read or how intelligent people think you are, what matters is happiness, pure and simple.

And happiness keeps changing its identity. I thought being in Sidhbari would make me happy – it made me miserable. I thought that if I came home and reverted to a life of indulgence (which I didn't really do because I couldn't bring myself to), that it would make me happy, but it didn't.

I'm on a path; no, forget that analogy...I'm swimming. And I've come so far, that I can't see the shore anymore, so I might as well swim across the whole sea, right over to the other side. I'm really tired, but I realise now that to go back is going to be more painful than going forward.

And I think this is what Sidhbari has done. Yes, it has made me generally unhappier than before I went there. But it has made me realise that I can't swim back to the shore that I left, even if I want to.

So what do I do now?  
Well I guess this is where my first quote

becomes relevant. I guess I have to start converting this information into knowledge. I have to start practicing what I have learned and start converting this mass of information that makes me look and feel so clever into 'real' knowledge...wish me luck.

Alchemy is an ancient form of magic. It has two major purposes: to turn ordinary metals into Gold and to find an elixir that bestows immortality.

I always thought that Alchemy was the coolest type of magic. You get to convert ordinary pieces of metal into Gold, and get to be immortal at the same time. So maybe Sidhbari really is a magical place and not for its scenery and mountains.

Maybe Sidhbari is a place of Alchemy: a place where ordinary pieces of metal get turned into Gold and ordinary Men become immortal. As far as I am concerned, I'm not sure if I have the will or the ability, but Sidhbari made me realise, that the only way to find out, is to start trying.  
Hari Om.

*"A mortal is as far away from immortality - the sinner as far removed from a saint - the imperfect is as far removed from imperfection, as the dreamer is from the waker. Man awakened to Self's glory is God. God forgetful of His own glory is deluded man".*

*Milan Samani*





# Current Events

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

## STUDY CLASSES:

### ST JOHNS WOOD (ADULT) DEVI CLASS.

Monday 9:15am – 10:30am  
Text: Bhagavad Geeta  
and Video Class by Swami  
Chinmayananda  
Contact Kanchan 020 7722 1064

### ST JOHNS WOOD (ADULT) DEVI CLASS

Thursday 9:15am – 10:30am  
Text: Bhagavad Geeta  
And Video class by Swami Chinmayananda  
Contact Kanchan 020 7722 1064

### NORTHWOOD ADULT STUDY CLASS

Monday 9:00pm-10:30pm  
Topic: Essence of the Geeta  
Contact Rupin 07785 921000

### HARROW ADULT CLASS

Thursday 7:00pm-9:00pm  
Text: Self-Unfoldment by Swami  
Chinmayananda  
Contact Smita 07961 177106 (after 6pm)

### ST JOHNS WOOD ADULT STUDY CLASS

Saturday 11:00am-12:30pm  
Text: Bhagavad Geeta  
Contact Kanchan 020 7722 1064

### CHYK (YOUTH) BEGINNERS CLASS

Baker street (Francis Holland School, Ivor  
Place, London NW1 6XR)  
Wednesday 7:30pm-9:pm  
Text: Kindle Life by Swami  
Chinmayananda  
Contact Milan 07957 568879

### CHYK (YOUTH) INTERMEDIATE CLASS

Baker Street (Francis Holland School, Ivor  
Place, London NW1 6XR )  
Wednesday 7:30pm-9:00pm  
Text: Art of Manmanking by Swami  
Chinmayananda  
Contact Sandeep 07801 845 096

### BAL VIHAR(5-12 YRS) AND JUNIOR CHYK(12-17 YRS)

**Northwood Hills**  
Sunday 10:30pm-12:00pm  
Contact Madhvi 07980 597 810

### St Johns Wood

Saturday 11:00pm-12:30pm  
Contact Kanchan 020 7722 1064

### Edgware

Saturday 2:30pm-4:00pm  
Contact Madhavi 07980 597 810

### Topics Covered:

**Age 4-7:** Values, Stotras, Symbolism, Bala  
Bhagavatam, Bhajans

**Age 8-11 :** Bal Bhagavatam, Values  
(Garden of Life Series), Hanuman Chalisa  
explanation, Stotras/Bhajans/Geeta  
Chanting

**Age 12-17 :** Introduction to Hindu  
Culture, Topical Discussions based on  
selected verses from the  
Bhagavad Geeta

## Event of The Year

### Swami Tejomayananda MahaYagna on ...

### “Effortless Meditation – Realise the One in All”

Chapter 10 of the Bhagavad Geeta  
June 1st to 7th  
Kensington Town Hall 7:15pm-8:45pm

Morning talks (7am- 8:15 am) on  
"Purusha Sooktam" June 2nd to 7th  
St Christina's School, St Edmund's  
Terrace, St Johns Wood. London NW8

Pujya Guruji was the teacher of Swami  
Swaroopanandaji at Sandeepany  
Sadhanalaya in Mumbai in the early  
1980's and became Head of the  
Chinmaya Mission in 1993 after Pujya  
Gurudev Swami Chinmayananda's  
Mahasamadhi.

### Swami Swaroopananda

Sep 7-23, 2002  
Yagna and workshops/seminars.  
Balvihar/Junior CHYK Camp (age 5 - 17)  
Chyk Camp: Storm to Perform  
(6th –8th 2002)



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