



September 2022

Hari Om!

“To eat a piece of bread or a bowl of rice mindfully and see that every morsel is a gift of the whole universe is to live deeply.” ~ Thich Nhat Hanh

Do you believe in multitasking, the ability to concentrate on two tasks simultaneously? With ten heads and twenty hands, Ravana was an icon of multitasking. With each head and each hand, he was able to perform different tasks, but was he happy?

In the Ramayana, Shri Tulsidasji vividly reveals to us that Ravana was not happy and therefore, did not make others happy. One reason why is because he was extroverted, seeking joy through pleasure, possession, and position. His impulse was to acquire these through multitasking.

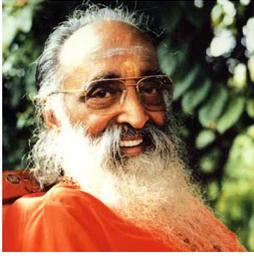
With only one head and two hands, Shri Rama was an exemplary icon of the opposite. He was a unitasker, which allowed him to be an expert at concentrating on one experience at a time. He spoke so carefully and clearly that he was understood the first time. He shot arrows with such precision that he did not need to shoot again. This shows that Shri Rama was able to tune into the depth of each experience with diligence and focus, allowing him to feel the joy of Presence and share the same.

We too can be like Shri Rama in our day to day lives by being care-full in our seemingly mundane experiences. When we eat, we should only eat. When we talk to someone, we should only focus on them. Unitasking is one tangible way that we can transform our experience of life from ordinary to extraordinary.

This month, let us practice unitasking by visualizing there is a rope connected from our heads to our hands. Reflect on your experiences with unitasking and be honest about the gain you have had in both efficiency and meaning.

-Shri Vivekji

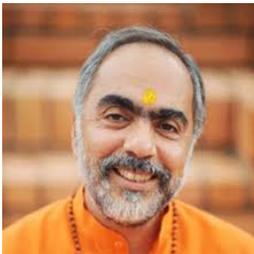
Upcoming Events:



Pujya Gurudev,
Swami
Chinmayanandaji



Pujya Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Swami Sarveshanandaji
CHYK West National
Director

Meaningful Mornings

Daily
Shri Vivekji
Virtual
[www.chinmayaniagara.com/
communities/mornings](http://www.chinmayaniagara.com/communities/mornings)

Youth Culture

Wednesdays 9-10 pm
Shri Shankarji
Virtual
<https://lu.ma/youthculture>

Seeking Culture

Mondays 9-10 pm
Shri Shankarji and Shri Vivekji
Virtual
<https://lu.ma/seekingculture>

Parenting Culture

Mondays 9-10 pm
Shri Vivekji
Virtual
<https://lu.ma/parentingculture>

Finding Your Faith: The Original Bhagavata

October 7-9, 2022
Shri Vivekji and Shrimati Vilasiniji
Silver Spring, MD
<https://bit.ly/2022DivyaShaktiRetreat>



Brahmacharini Akalkaji
CHYK West Deputy
Director



Vivekji
CHYK West Deputy
Director



Dhirenji
CHYK West Deputy
Director



meaningful mornings
A DAILY OPPORTUNITY TO INVOKE
CALMNESS - QUIETNESS - STILLNESS

SEP 11 - OCT 5

07.30A ET
READING
The Holy Geeta Commentary
by Swami Chinmayananda

07.45A ET
CLASS
Chapter 9
with Vivekji

virtually in **ZOOM**
full names and cameras on

sign up to read:
calendly.com/meaningfulmornings

"To every thinking man, the truth is
obvious that in life, he is at best
only an instrument in His hands"
- Swami Chinmayananda

RECORDINGS AVAILABLE FOR 24 HRS (FB & IG)
INFO: WWW.CHINMAYANIAGARA.COM/COMMUNITIES/MORNINGS

Inspire - Love - Be



mondays @
9pm ET

seeking culture

a weekly space for
inner exploration for
young adults (17-28).

Guided by Shankarji & Vivekji
register: lu.ma/seekingculture

WEEKLY COMMUNITIES



FOR JCHYKS, CHYKS, AND CHSKS

youth culture

🔍 WEDNESDAYS AT 9PM ✕



For high school students, on navigating challenges with confidence and clarity.



For college students and exploring adults, ages 17 - 28, on essential virtues for contemporary living.

seeking culture

🔍 MONDAYS AT 9PM ✕



For young professionals and evolving adults, ages 29 - 45, on inspired and authentic caregiving.

parenting culture

🔍 MONDAYS AT 9PM ✕

WWW.CHINMAYANIAGARA.COM

Inspire-Love-Be



CHINMAYA MISSION® WASHINGTON REGIONAL CENTER



hosts an in-person Spiritual Retreat



DIVYA SHAKTI

Finding Your Faith

The Original Bhagavata



with

Vivekji & Vilasiniji



Inviting women 21 and older to Engage, Energize, Evolve and Discover Your Devi

Discourses | Discussion | Dialogue

Oct 7th 2022, 4:00 pm - Oct 9th 2022, 1:30 pm



Chinmayam

46 Norwood Rd, Silver Spring, MD 20905

Register Today

<https://bit.ly/2022DivyaShaktiRetreat>

Early Registration till Sep 18: \$200 | Regular Registration : \$225

Kindly note that 50% of registration fee is tax-deductible



CM Boston CHYK/CSK Retreat 2022: "Coming to Unity"

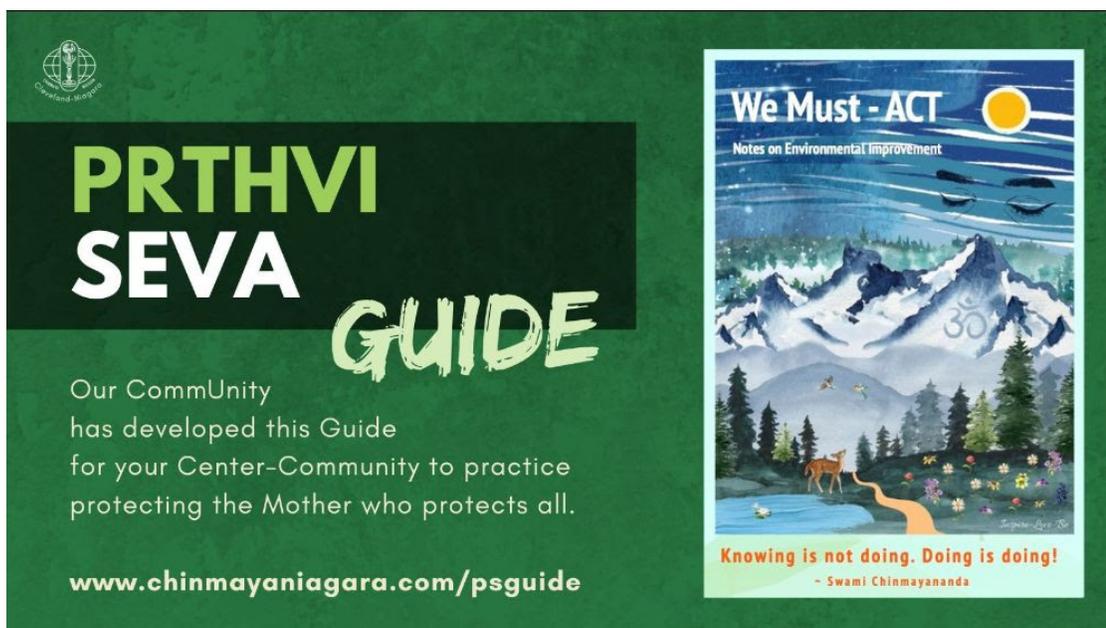
From August 12 – 14, Chinmaya Yuva Kendra (CHYK) and Chinmaya Setukaris (CSK) gathered for a retreat hosted by Chinmaya Mission Boston. Over 30 participants communed, traveling from the local region and out of town, to spend the weekend at Chinmaya Maruti located in Andover, MA. With loving guidance from Vivekji, Shankarji and Shashikalaji – greater Boston’s resident teacher, the retreat consisted of daily discourse and opportunities to integrate learnings through activities ranging from quiet reflection, gardening, skits, a cooking challenge and outdoor sports.

The retreat’s theme “Coming to Unity” lived up to its name in all ways! Participants spanned a wide range of ages – late teens to 40s – bringing a unique mix of perspectives and a familial feeling to the retreat. Our retreat Guides delivered inspiring discourses on developing a higher vision of love. Participants further

reflected on the teachings through discussion groups, which were uniquely set up based on an entry prompt of “what would you like to ‘drop’ and ‘keep’ to support your self-development?” Participants served at a local community garden, helping with weeding and harvesting produce that is donated to food pantries in the New England region. In an effort to support the environment, all meals were served on reusable dishware, often prepared by retreat participants, and the whole group practiced composting food scraps. Taking turns serving meals and tending to clean up reinforced the spirit of community and caring for one another.

Deep gratitude to Vivekji, Shankarji, Shashikalaji, Chinmaya Boston sevaks, and all retreat participants for enabling this meaningful experience for all.

-Sapna Rao





CM Boston Youth Summer Program for JCHYKs: “Stronger than Pressure”

From August 10th to August 12th, 2022, at Chinmaya Boston in Andover, MA, campers from across the United States engaged in several activities ranging from discourse to dodgeball from 9 am to 5 pm. The camp's theme was “Stronger than Pressure,” focusing on how to overcome the countless pressures faced in the world. Vivekji and Shankarji taught the campers nine steps to follow in order to reduce the effects of pressure. Vivekji also led a workshop called Vitamin R3 for the campers that consisted of 20 minutes each of reading, writing, and reflecting to help campers begin to learn and self-reflect. Besides teaching, Shankarji from Pittsburgh, PA was also able to engage the campers with fun activities such as dodgeball, charades, and taboo. Sevaks cooked and provided the campers with a wonderful healthy lunch. CHYKs led athletics every day to help campers explore outside of their comfort zone and work together as a team. Although each day in athletics got progressively more intense, the campers enjoyed it more and more. Later in the day, CSKs and CHYKs also led workshops and a Q&A for the campers to help them apply the teachings in their own life or ask questions that were on their mind. Throughout the program, campers were able to have open one-on-one chats with Vivekji and Shankarji about anything on their minds, which helped the youth in general. Overall, the feedback from the campers was very positive and the camp was very successful.

-Shreehari Srinivasan

The flyer for the Chinmaya Mentorship Program features a green background with a white text box at the top containing a testimonial: "My mentor has been open, understanding and offers me a space to share freely. It feels like having an older sibling or an objective view to help me through what I'm going through". Below this is the program title "chinmaya mentorship program" in a mix of red and brown fonts. Two registration options are listed: "Register to be a mentor (ages 29-45) share your life experiences with your mentee to support their journey" and "Register to be a mentee (ages 15-28) form trusted relationships and learn from the wisdom of like-minded seekers". At the bottom, it provides a registration link "https://bit.ly/CMmentorship" and an email "chinmayamentorship@gmail.com". To the right of the flyer are two photos: the top one shows three people in a video call, and the bottom one shows a man and a woman planting a tree with two children in a park.

Key Takeaway from Meaningful Mornings:

Our train of thought in a ritual should be dedication, sacrifice, catalyst, essence, and Spirit. As we engage in a ritual, we must reflect. The more we reflect, the more we tune into the essence, and the fulfillment of this is the Spirit.

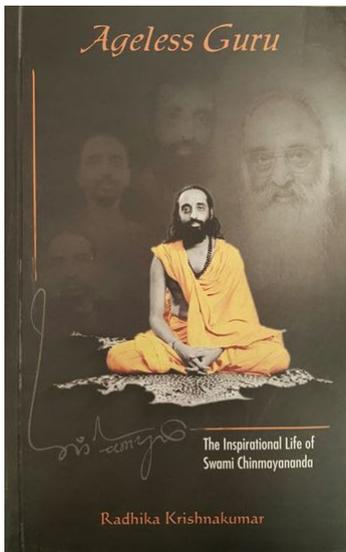
We are not the doer, we are Divinity. Let us live vigilantly, internalizing this devotion to feel the sacred in the secular.

Chapter 9, Verse 16
Srimad Bhagavad Gita

Book of the Month

Ageless Guru

By Radhika Krishnakumar



This book is an attempt to chronicle, in lucid language, the life of a great modern sage. Swami Chinmayananda was a sage of extraordinary spiritual strength, love, tireless service and metaphysical reach. When he began his mission, the world's oldest scriptures were taught only in exclusive pockets, shrouded in orthodoxy. Swamiji interpreted and opened this perennial philosophy for millions of people. His was a life which, in less than 50 years, left behind the legacy of a global organization, hundreds of institutions and millions of followers devoted to a single aim, the perpetuity of the nobility in Man.

If you would like to purchase a copy of Ageless Guru, please visit the [Chinmaya Publications website](#) or visit a [Chinmaya Mission bookstore](#) near you.



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