



October 2022

Hari Om!

In Shrimad Bhagavad Gita's Chapter 10, Shri Krishna begins explaining Vibhuti Yoga, or the vision of unity in its expression as diversity. He shares that diversity depends on unity in the same way that a rainbow depends on white light. The source of all creation is Consciousness, which is none other than Shri Krishna Himself.

While we may intellectually understand this teaching, how can we expand it to our own lives and relationships?

One way to internalize this message is to tune into the aspects of us and others that are more alike than different. Society has taught us to notice differences, categorizing humans into boxes of race, gender and more. When we operate from this perspective, we are identifying with the body alone and such identification causes us to feel conflict instead of connection and agitation instead of acceptance. This necessitates unlearning.

To truly transcend differences and see unity in all, we must deepen our vision when interacting with others. At the mind level, we all experience emotions. Some may be more pronounced than others yet we fundamentally all seek to love and be loved. We experience similar thoughts and with this understanding we enable acceptance.

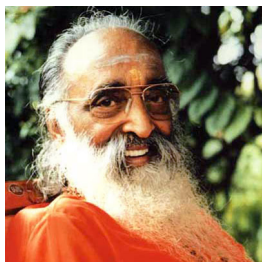
At the intellect level, we may seem to all have different ideas, yet when we dig deeper, we realize that we are more alike than different. Fundamentally we are all seeking lasting happiness. Honesty, reliability, and adaptability are values we all look for in our relations. Acknowledging and appreciating this similarity can help us to tune into unity.

Deepest is tuning into the universal Truth that we all share the same Being. Shri Krishna, Consciousness, is One and so the same in All. Attuning ourselves to this Reality gives rise to authentic and deep relating and Loving.

This Dipavali, let us practice the yoga of focusing on that which unites rather than divides. While lighting a diya on Dipavali, tune into that which is universal within us all...

Wishing a Joyous Dipavali to All!

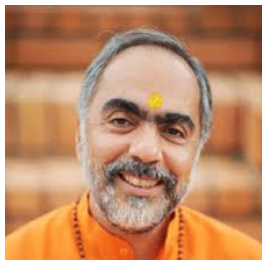
-Shri Vivekji



Pujya Gurudev,
Swami
Chinmayanandaji



Pujya Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Upcoming Events:

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>

Swami Sarveshanandaji
CHYK West National
Director



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 - DEC 16

**07.30A ET
CHANTING**
Shri Rudram
with Shankarji

**07.45A ET
CLASS**
Chapter 10
with Vivekji

virtually in ZOOM
full names and cameras on

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

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

Inspire - Love - Be

WEEKLY COMMUNITIES

FOR JCHYKS, CHYKS, AND CHSKS

youth culture

🔍 WEDNESDAYS AT 9PM ✕

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

seeking culture

🔍 MONDAYS AT 9PM ✕

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

parenting culture

🔍 MONDAYS AT 9PM ✕

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

WWW.CHINMAYANIAGARA.COM

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



Learn more about Dial for Direction!



108 Seekers Quiet Their Minds through Running

108 seekers from around the globe participated in the sixth annual Running from the Mind Challenge, organized by Chinmaya Mission Niagara. Like in years past, the challenge invited diverse seekers to run/walk without any media inputs. The purpose of this guidance and the challenge itself is to encourage seekers to become increasingly aware of their thoughts and quiet their minds through long distance running/walking.

Beginning in April on Hanuman Jayanti, the challenge spanned six months. Each month, seekers engaged in community by sharing their personal reflections and run/walk efforts through regular email exchanges and a centralized dashboard on the Chinmaya Mission Niagara website.

One community of 26 seekers from Virginia even designed Running from the Mind t-shirts and banners with the tagline of “Train to Run. Run to Quieten.” Their energy and enthusiasm not only inspired other seekers but demonstrated how local connections can foster accountability and build new traditions.

The challenge concluded on the final day of Navratri (October 5) when most seekers completed a half-marathon (21.1 km/13.1 mi) in their respective cities, proudly sharing before and after photographs of their completed runs/walks. However, for some seekers, this year posed an additional challenge through the damage created by Hurricane Ian, a Category 1 hurricane that devastated the states of Florida, South Carolina, North Carolina, and Virginia. Power outages, flooded roads and fallen trees created some obstacles for seekers during their final runs, but eventually those seekers persevered, joyously completing their runs/walks.

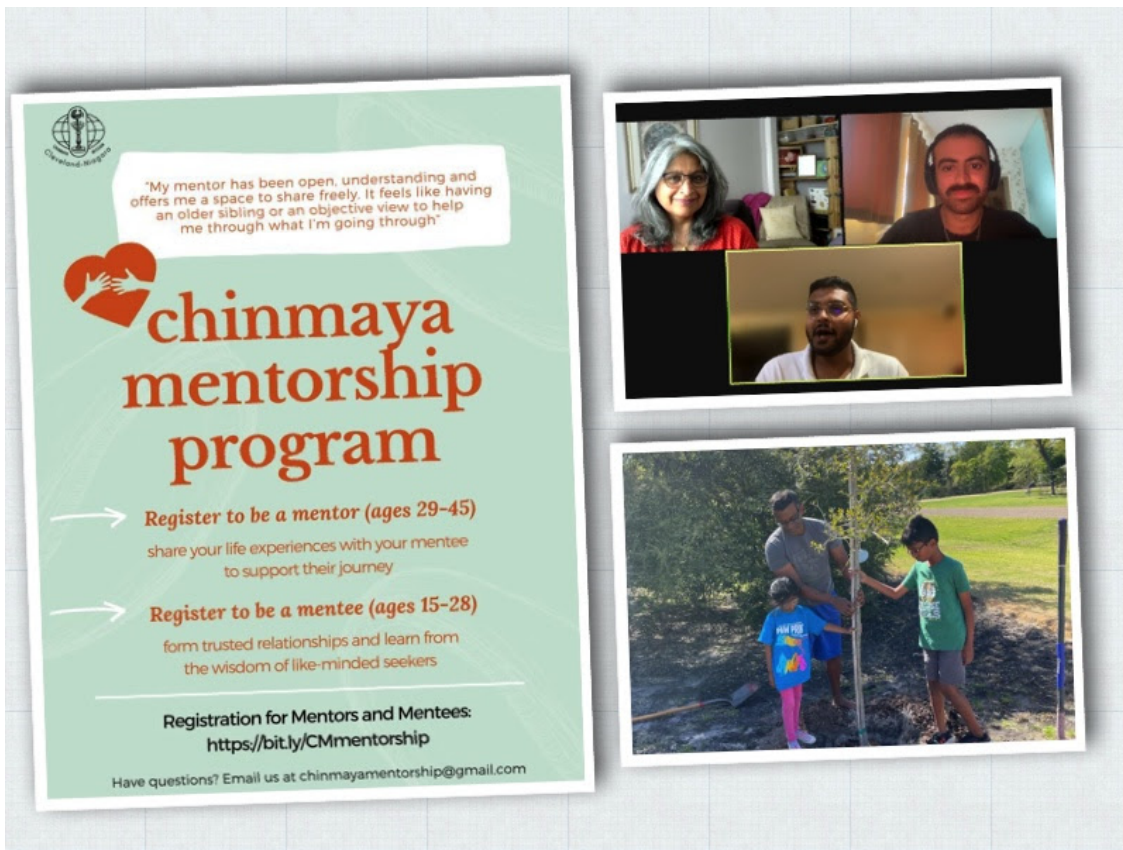
As seekers shared their final reflections, their oneness and connection to Mother Earth was a common theme, further motivating community members to contribute approximately USD \$60,000 to ongoing environmental campaigns organized by Chinmaya Mission Niagara.

Next year, seekers look forward to building upon this year's traditions, running together as an entire group in Ohio and further demonstrating the power of quieting the mind through community.

-Theos Stamoulis



The image displays two posters side-by-side on a green background. The left poster is titled "PRTHVI SEVA GUIDE" in large, bold, white and green letters. Below the title, it says "Our Community has developed this Guide for your Center-Community to practice protecting the Mother who protects all." and provides the website "www.chinmayaniagara.com/psguide". The right poster is titled "We Must - ACT" in white letters on a blue background, with "Notes on Environmental Improvement" below it. It features a colorful illustration of a mountain landscape with a river, trees, and a deer. At the bottom of the right poster, it says "Knowing is not doing. Doing is doing!" and "— Swami Chinmayananda".



Key Takeaway from Meaningful Mornings:

Shri Krishna's relationship with a true Seeker is only on account of compassion. For the one who forgets the purpose of their life, there is only darkness (confusion). This ignorance is because of the ego which blocks us from knowing the Spirit. Shri Krishna destroys this ignorance with the lamp of knowledge.

In a diya, the container is the body, the wick is the mind, and the oil is our vasanas. The fire that is lit is the knowledge which keeps moving up, exhausting the vasanas - until one finally becomes content.

Chapter 10, Verse 11
Srimad Bhagavad Gita



satsangatve nissangatva
associating with inclusivity leads to Independence

WEEKLY COMMUNITIES

for relating in a changing world

Sep 2022 - May 2023

*with vision
to Oneness*



MONDAY

Seeker's Culture
9.00p Workshop
Parenting Culture
9.00p Workshop

DAILY

Meaningful Mornings
7.30a Chanting
7.45a Class

WEDNESDAY

Vanaprastha Culture
12.00p Workshop
Youth Culture
9.00p Workshop



Guided by Vivekji and Steered by Shankarji - Sumanji - Vijayji



registration • www.chinmayaniagara.com
information • hello@chinmayaniagara.com

Hosted with ZOOM [in ET]
Inspire - Love - Be



satsangatve nissangatva
associating with inclusivity leads to Independence

WEEKLY COURSES

for navigating a changing world

Sep 2022 – May 2023



SUNDAY

Vedanta in Bhagavata

10.45a Chanting
 11.00a Class

TUESDAY

Upanishad Course

8.45p Reading
 9.00p Class

WEDNESDAY

Happy Hour

7.45p Imagining
 8.00p Children's (Grades 1-4) Class
 8.30p Kids (Grades 5-8) Class

THURSDAY

Practices to Perfection

8.45p Writing
 9.00p Class

SATURDAY

Ramayana

10.45a Singing
 11.00a Class (in Hindi)



Guided by Vivekji and Steered by Shankarji – Sumanji – Vijayji



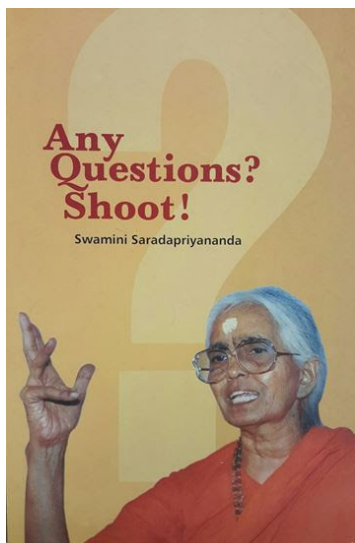
registration • www.chinmayaniagara.com
information • hello@chinmayaniagara.com

Hosted with ZOOM [in ET]
Inspire - Love - Be

Book of the Month

Any Questions? Shoot!

By Swamini Saradapriyananda



Over decades Swamini Saradapriyananda patiently and lovingly answered the doubts of all who approached her, via Tapovan Prasad magazine and letters. This collection of questions and her answers provides readers with ready and practical wisdom from Amma. It is a very useful reference for any spiritual seeker.

If you would like to purchase a copy of Any Questions? Shoot!, please visit the [Chinmaya Publications website](#) or visit a Chinmaya Mission bookstore near you.



Facebook



Email

Subscribe to the CHYK West Newsletter!