



November 2022

Hari Om!

“The battle within ourselves is fierce, but with the help of the great Lord within, nothing is impossible.” ~ Swami Chinmayananda

Should I... [do sadhana, exercise, enroll in that master's program, get married, etc.]?

Or... should I not?

Whichever way we may choose to fill in the blank, lightly or deeply, it can be observed that this doubt-filled internal dialogue is ever operating and universal to us all. Our minds propose doubts, which perpetually occupy our attention in myriad ways, always directing us away from our potential.

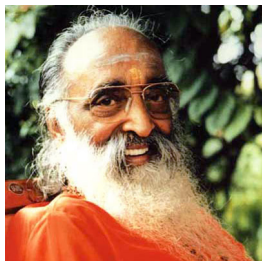
Our Rishi-s (those who can see what we cannot) have carefully defined this for our understanding as samshaya (a mind filled with doubt).

Living indecisively is not only inefficient but also frustrating. So, how can we practice and live with the opposite virtue of nishchaya (an intellect filled with decisiveness)?

Let us ask our intellect, which is none other than Bhagavan Krishna Himself. In Chapter 2 of Shrimad Bhagavad Gita, Shri Krishna shares with a doubtful Prince Arjuna (us) that on the battlefield of life, where we must fight, we will be met with both positive and negative outcomes. This knowledge must not hinder our action, but rather, empower us to be decisive irrespective of the outcome.

Following His guidance this month, let us practice being decisive! We must not worry about the results of our actions and accept the uncertainty. This is not an easy practice yet is worthwhile. If you find yourself stuck in indecision, flip a coin! With the right vision, all will work out in your favor.

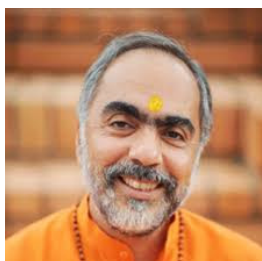
-Shri Vivekji



Pujya Gurudev,
Swami
Chinmayanandaji



Pujya Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Swami Sarveshanandaji
CHYK West National
Director

Upcoming Events:

The Happiness Series VI

December 5 - 8, 8:30 - 10:00 pm

Shri Vivekji

Virtual

lu.ma/TheHappinessSeries6

Meaningful Mornings

Daily

Shri Vivekji

Virtual

[www.chinmayaniagara.com/
communities/mornings](https://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

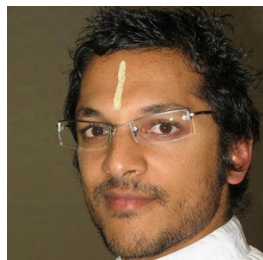
Shri Vivekji

Virtual

<https://lu.ma/parentingculture>



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

*"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

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



THE HAPPINESS SERIES VI



A unique, interactive,
virtual Workshop on
THE PERSONALITY POWERS
(Ashta Siddhi)

Day 1 - Anima (Humility)
& Mahima (Confidence)

Day 2 - Garima (Dedication)
& Laghima (Acceptance)

Day 3 - Prapti (Effort)
& Prakamya (Adaptability)

Day 4 - Isitvam (Leadership)
& Vasitvam (Love)

Registration:

Lu.ma/TheHappinessSeries

DEC 5-8

8.30p - 10.00p ET

OPEN TO ALL!

All donations will be offered to
Elevate HERstory III



Guided by Shri Vivek

Inspire - Love - Be

Register here!



Learn more about Dial for Direction!

forgiveness

SIX PERSPECTIVES ON KSHANTI, FROM FUNDAMENTAL TO FUNCTIONAL

1

spirit

From the highest perspective,
everything is One -- so there is no
forgiveness to practice.

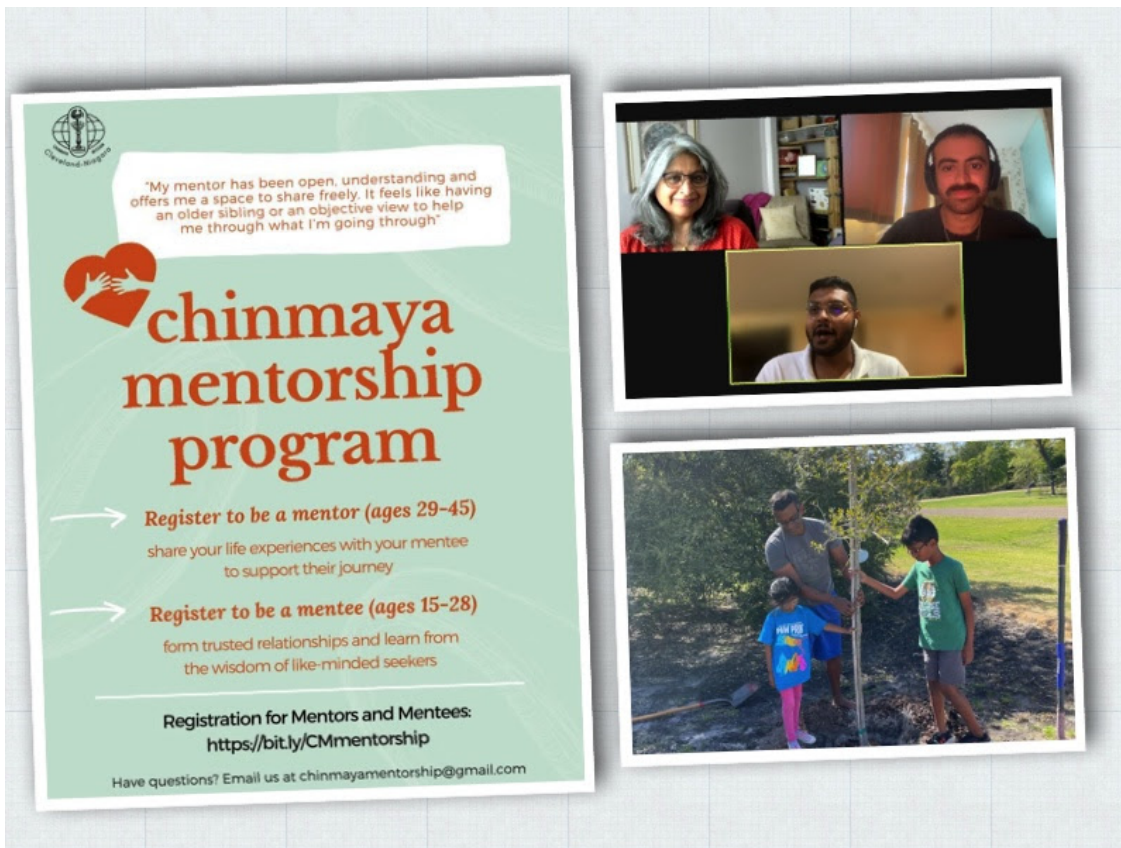
2

ego

From the perspective of the
ego, remember all have specific
blueprints (vasanas) that are
custom-designed for our
development.

@chyculture





Key Takeaway from Meaningful Mornings:

Among the great Seers, Shri Krishna is Rishi Bhrigu, whose footprint is worn by Lord Narayana. Among the words, Shri Krishna is the sound syllable AUM, which leads one to be silent. Among the practices, Shri Krishna is Japa, a catalyst to remembering the Divine. Among the unmoving, Shri Krishna is the Himalayas, which symbolize protection. When we dedicate everything towards the Divine, we have the strength to endure any negativity that comes towards us.

Chapter 10, Verse 25
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



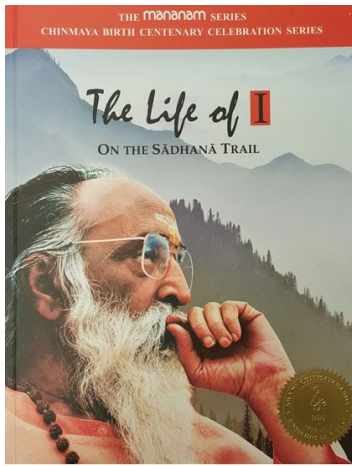
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Inspire - Love - Be

Book of the Month

The Life of I - On The Sadhana Trail

By Swami Ishwarananda and Nimmi Raghunathan



This book uses the method of dialogue to break down complex thoughts with the words of the Master and make it approachable to all. It is a guide for the new traveler, who might have begun this journey by chance and grace, and also for the seasoned seeker already dedicated to his or her Sadhana.

If you would like to purchase a copy of The Life of I - on the Sadhana Trail, please visit the [Chinmaya Publications website](#) or visit a **Chinmaya Mission bookstore near you.**



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