



December 2022

Hari Om!

In the study of Advaita Vedanta, our scriptures repeatedly provide clarification to us on the difference between karma and karma yoga.

Shri Krishna beautifully states in Shrimad Bhagavad Gita that what differentiates the two is the intention behind the action.

While this teaching sounds simple and largely attainable, we continue to find ourselves plagued by expectations and the insistence of particular outcomes.

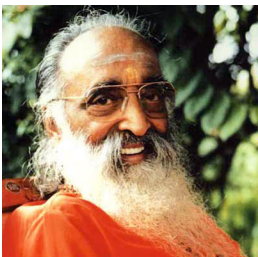
By remembering the lessons in the following framework, we may better be able to deepen our understanding of action and appreciation of intention:

- When we work hard and smart and receive the outcome we wanted, we are being taught to be grateful.
- When we work hard and smart and receive a different outcome than we wanted, we are being taught to be faithful.
- When we work hard and smart and do not receive an outcome, we are being taught to be peaceful.

As we reflect on where we are coming from in 2022 and where we are going in 2023, let us work to apply this framework to our lived experiences.

Joyous New YOU to All!

-Shri Vivekji



Upcoming Events:

Silence

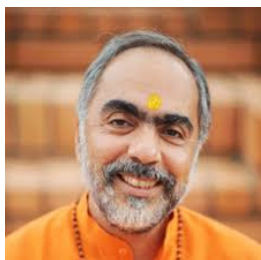
January 13 - 15, 2023

Shri Vivekji

Pujya Gurudev,
Swami
Chinmayanandaji



Pujya Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Swami Sarveshanandaji
CHYK West National
Director

Virtual

<https://lu.ma/silence>

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

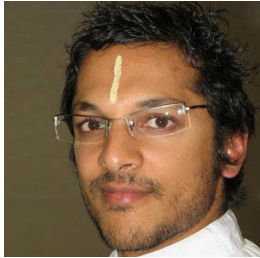
Shri Vivekji

Virtual

<https://lu.ma/parentingculture>




Brahmacharini Akalkaji
CHYK West Deputy
Director



Vivekji
CHYK West Deputy
Director



Dhirenji
CHYK West Deputy
Director



SILENCE

An extraordinary Course for extraordinary Contemplators!

50 SEEKERS will lose themselves in...
50 hours of SOLITUDE to find the SELF...


Guided by Shri Virek

REGISTRATION:
Commencement - Jan 13 at 06.00p ET
Completion - Jan 15 at 08.00p ET
Cost - \$0
Course - Virtual

To apply -
<https://lu.ma/silence>



Inspire-Love-Be



meaningful mornings

A DAILY OPPORTUNITY TO INVOKE
CALMNESS - QUIETNESS - STILLNESS


JAN 14 - FEB 4

**07.30A ET
RECITING**
Vishnu Sahasranama
with Shankarji

**07.45A ET
REFLECTING**
Bhagavad Gita
with Vivekji

virtually in ZOOM
full names and cameras on

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

Q 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

Q MONDAYS AT 9PM ×

parenting culture

Q MONDAYS AT 9PM ×

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

WWW.CHINMAYANIAGARA.COM

Inspire-Love-Be

Ask an Acharya

Pondering over a thought or need some advice?
Click the button below to submit your question, and an Acharya will give a
response in the CHYK West Newsletter!

Ask an Acharya



Learn more about Dial for Direction!



In the Bhagavad Gita, it is specifically described as "acharya upasana," or literally, "to sit near one who leads themselves." In a secular sense, you could think of it as mentorship.

"To sit near" means to be **dedicated**. After all, a person who leads themselves is **careful** with their actions, and they **care fully**. Such people can be our examples.

UPASANA

dedication

THREE WAYS TO NURTURE RESILIENCE

✓ Exercise

✓ Examples

✓ Ethics

Ask yourself: What am I dedicated to right now?



PRTHVI SEVA

GUIDE

Our Community has developed this Guide for your Center-Community to practice protecting the Mother who protects all.

www.chinmayaniagara.com/psguide



steps to forgiveness



Accept the past

For any event that happened, there is an infinite chain of events that led to it. There is no singular source that caused the event that upset you.



Depersonalize

You are receiving the result of your own karma and the person that gave you that sorrow to you is just the instrument through which karma was delivered.

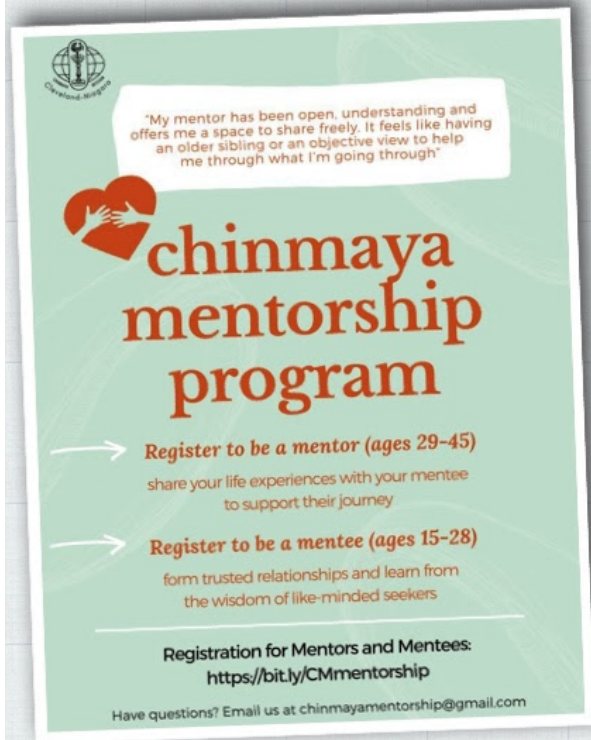


See through another perspective

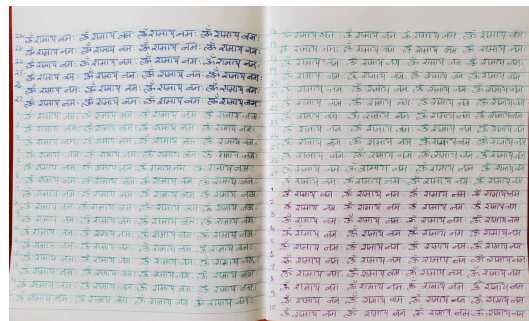
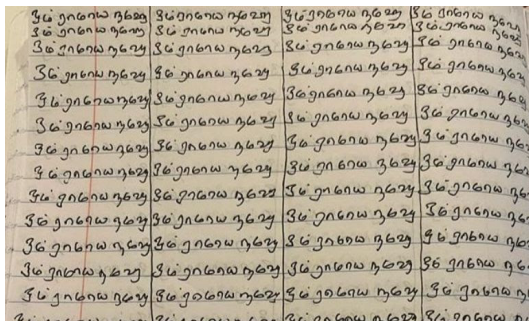
While your position might be valid, it is not necessarily the only valid one. Often we get angry at others for small things, only to realize that we ourselves have done the same mistake they have and others chose to forgive us.



kshanti | forgiveness



Chinmaya Mission Niagara's Contentment Challenge



From Rāma Jayanti (April 9th) to Vijaya Dashami (October 5th, 2022), 206 seekers of all ages, across the world, engaged in Chinmaya Mission Niagara's Contentment Challenge – a

commitment to engage in contemplation (*dhyāna*), conversation (*japa/dāma* – meaningful repetition), concentration (unitasking/*dharma*), and generosity (*dāna*) daily. Why? Shrimad Bhagavatam has shown that Bhagavan Krishna lives His daily life with the same structure, and after all, all want to be like Him, the embodiment of Contentment! This Challenge was Vivekji's vision and was implemented by his trusty team, which now had new additions – “*Rāma Dūtas*”. Seekers were divided into 9 teams, and each team was guided by one *Rāma Dūta*. The teams were a source of inspiration for many seekers, who encouraged each other to endure through the challenge of trying to orient their entire lifestyle towards self-development. In their WhatsApp team groups, seekers shared photos of their contemplation altars and their *japa* (photos attached), to remind each other that they were in this together. As the Challenge progressed, Vivekji guided the seekers to engage in *japa* by chanting out loud, later by writing, and finally by mentally chanting. The purpose of this progression was to encourage seekers to incorporate *japa* into all aspects of their lives. Many seekers reported that this constant remembrance of Bhagavan, helped them navigate the challenges of daily life with a smile. By Vijaya Dashami, the Contentment Challenge community had offered 5,128,801 repetitions of *Om Rāmāya Namah*, and \$77,296 to environmental charities including the Ocean Conservancy, the World Wildlife Fund's project protecting tigers and elephants in India, and the Clean Air Task Force.

-Vignesh Sadras

Key Takeaway from Meaningful Mornings:

Shri Krishna speaks to us, as He responds to Prince Arjuna's reflections. He will teach us, who are sincerely seeking Him, who are full-time seekers, who are seeking Him alone. We must let go of our deeply ingrained belief that seeing is believing and that Reality can only be perceived by our senses. Our senses are finite and cannot perceive the Infinite. We cannot see God, but we can feel God in the depths of our being. Look within - deeper than the doer!

Chapter 10, Verse 19
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



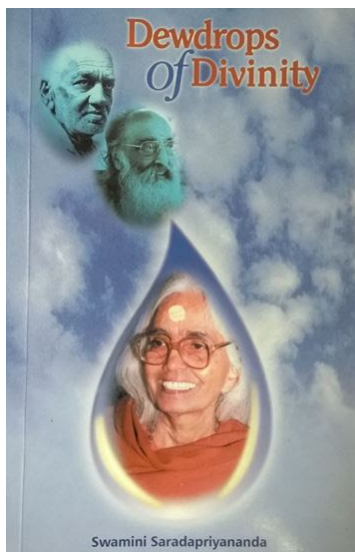
registration • www.chinmayaniagara.com
information • hello@chinmayaniagara.com

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Inspire - Love - Be

Book of the Month

Dewdrops of Divinity

By Swamini Saradapriyananda



This book is a compendium of the articles written by Swamini Saradapriyananda. Couched in simple, yet gentle and loving words, Amma provides insights and wisdom that add joy and color to the life of the reader.

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



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