



February 2023

Hari Om!

In living, we are bound to face challenges. Whether we like it or not, all experiences are subject to pleasure and pain. Accepting this, we must develop the virtue of forbearance, or tapas, by constantly pushing our comfort zones to grow spiritually.

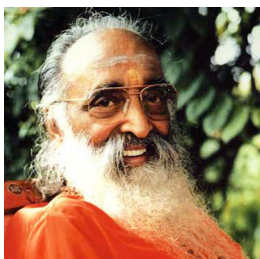
Thankfully, our scriptures are saturated with examples of disciples to learn this virtue from and follow. One such icon is Bhagavan Shiva, who is also commonly known as Nīlakantha, the blue-throated One.

In Shrimad Bhagavata, during the churning of the Milky Ocean by the suras and asuras, who were in search of the elixir of immortality, a deadly poison known as halāhala emerged. Realizing that this poison (symbolic of a human's desires) had the potential to destroy the multiverse, Bhagavan Shiva was called for help. Out of compassion for all beings, Bhagavan Shiva consumed the poison and held it in His throat. We can only imagine the burn He must have endured, physically and mentally! This act of drinking the poison is a powerful symbol of tapas, which represents Bhagavan Shiva's courage and discipline.

As we celebrate Mahashiva Ratri, let us take up the practice of tapas by burning our comfort zones. Every day, end your shower with cold water without complaining, criticizing, or crying. If this is too easy, challenge yourself not to complain, criticize, or cry, period.

Wishing a Joyous Mahashiva Ratri to All!

-Shri Vivekji



Upcoming Events:

Finding Calmness in Chaos

March 13-16

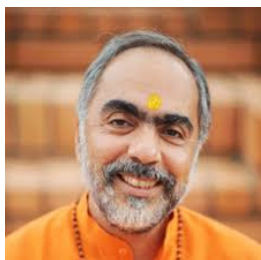
Shri Vivekji and Shri Shankarji

London, ON

Puja Gurudev,
Swami
Chinmayanandaji



Puja Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Swami Sarveshanandaji
CHYK West National
Director

How to Be Happy

June 12-16

Shri Vivekji, Shri Shankarji, Shri Sumanji
Houston, TX

CHYK DC Retreat: Dialogue with Dharma

July 7-9

Shri Vivekji
Chantilly, VA

Embracing Discomfort

July 24-28

Shri Vivekji, Shri Shankarji, Shri Sumanji
Chantilly, VA

The Art of Being Quiet

August 7-11

Shri Vivekji, Shri Shankarji, Shri Sumanji
Boston, MA

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>

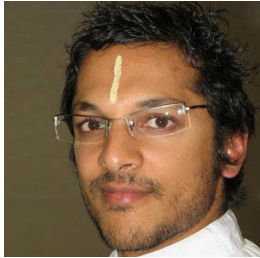
Parenting Culture

Mondays 9-10 pm

Shri Vivekji



Brahmacharini Akalkaji
CHYK West Deputy
Director



Vivekji
CHYK West Deputy
Director



Dhirenji
CHYK West Deputy
Director

Virtual

<https://lu.ma/parentingculture>

2023 YOUTH TOUR
For rising ninth graders
to rising college freshmen

LONDON, ON	FINDING CALMNESS IN CHAOS March 13-16
HOUSTON, TX	HOW TO BE HAPPY June 12-16
CHANTILLY, VA	EMBRACING DISCOMFORT July 24-28
BOSTON, MA	THE ART OF BEING QUIET August 7-11

Camps FILLED with Discourses-Discussions-Dialogues

Guided by Sumanji, Vivekji, Shankarji



High School Camp

FINDING CALMNESS IN CHAOS

Monday, March 13 to Thursday, March 16, 2023

9:00a - 3:00p

Chinmaya Hanuman

2156 Highbury Ave, London ON



For details and
registration
scan the QR code!

SCAN ME



LED BY SHRI VIVEK



& SHRI
SHANKAR

Contact Us

hello@chinmayalondon.org 

chinmayalondon.org 

"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."



Mentorship Sanga

Guidance and learning from like-minded seekers forming trusted relationships in the spirit of evolution.

Registration for Mentors and Mentees:
<https://bit.ly/CMmentorship>

**Register to be a mentee
(ages 15-28)**

form trusted relationships and learn from the wisdom of like-minded seekers

**Register to be a mentor
(ages 29-45)**

share your life experiences with your mentee to support their journey

HAVE QUESTIONS? EMAIL US AT CHINMAYAMENTORSHIP@GMAIL.COM!

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.



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

seeking culture

MONDAYS AT 9PM

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

Monthly Musings

A Conversation With

Brni. Kritikaji...

Part 2

Hari Om Kritikaji!

What are the various activities of CM Trinidad?

CMTT is always bustling with activity! Apart from regular yajnas, classes and camps at the Ashram and across the island, we also have our Chinmaya Vidyalaya campuses - the only CV outside of India. We also hold an annual 3 to 5 day Shiv Ganga Yatra where we walk with Ganga Jal from our own Ganga Dhaara in Northern Trinidad and culminate at Patiram Trace Shiv Mandir or another teertha. Swamiji has taught three Residential Vedanta Courses, and two Dharma Sevak Courses have been hosted at the Ashram. We have a few annual fundraisers, such as Chai Sanmelan on May 30th (with over 2000 cups of Swamiji's Masala Chai sold!), Vegetarian Food Fair on August 31st (with over 160 pure vegetarian international dishes made), December 30th Banquet Dinner, and most recently, the occasional Dosa Day where Swamiji has curated 11 types of dosa (including burrito dosa!). We also have the Garam Masala Indian Restaurant on the compound with two very talented North Indian chefs serving vegetarian Indian dishes to foodies in the country. In 2016 and 2022 we completed 108 consecutive nights of Yajna (Bhagavad Gita and Tulsi Ramayana respectively) in different Mandirs across Trinidad and Tobago. Beginning February 2023, Swamiji will be touring the entire Caribbean for 108 Nights to complete Tulsi Ramayana.

Where in Trinidad do you teach?

I teach classes in village Mandirs in north-west, central and south Trinidad, as well as at the Ashram and online.

Do you have a favorite form of nature that really brings out Bhagavan's presence?

I'm not sure I can choose just one. I love Surya Bhagavan...every single day He selflessly shines and quite literally allows us and other species to live. But then I see majestic bodies of water supplying nearby towns, or a gigantic 500-year-old tree giving oxygen, or even a mountain, and wonder at Bhagavan's mahima. How beautiful Bhagavan has made this world for its own purposes yet somehow benefits humans.

What was the inspiration for getting Tapovanam?

Tapovanam Ashram originally belonged to a Mission member who would often go to the cabin in the Amazonian rainforest for agriculture and leisure. Swamiji finally went one day 20 years ago, started fixing off road Jeeps, started building Jeeps, and has not stopped since! It is an auspicious place because it is situated amongst the forest, river and mountains (sattva, rajas and tamas). We have our own Prayag where hot and cold water meet in the river just at the base of the Ashram. We are currently building a Shiva Mandir at the Ashram, where we will culminate the February 2023 Yatra.

How many schools does CM Trinidad have now and do they include Vedanta in their curriculum?

This year we celebrated 16 years of Chinmaya Vidyalaya in Trinidad. We have six Chinmaya Vidyalaya campuses across the island with almost 600 pre, primary and high school students. Apart from the Government's secular curriculum, our

students have classes in Vedanta, Sanskrit, Value Education and Hindu Religion and Culture, and begin each day in a Devotion session. They also begin each class chanting Gayatri Mantra and end with closing prayer, and chant Bhagavad Gita Chapter 15 before lunch.

Do you have a favorite text?

My favourite text is always changing - right now it's Upadesa Sara!

What is the line between acceptance, forgiveness, and standing up for yourself without being arrogant?

I find a good example is when the Pandavas tried all methods to bring peace but ultimately had to go to war because there was no other option. But sometimes we are thrust into situations which are not that clear.

Acceptance should be developed as an innate quality of ours towards all things. Bhagavan made the world as it is and whether or not we have an opinion, it doesn't matter! We can't make fire cold. Accept - not tolerate - everyone as they are. It is how we choose to respond that matters.

Forgiveness comes from love, empathy and understanding. Because Bhagavan is the entire universe, and our love is limitless, we should practice that love by not holding a grudge or having hatred against anyone or anything. When your finger pokes your eye you don't think about whether or not your finger deserves forgiveness! You don't even blame your finger in the first place because you experience oneness with it.

The grey line between standing up for oneself vs being arrogant comes when we are not clear about our duty. If we are trying to appease our ego or prove a point to the other person for revenge and/or feel better about ourselves, then it is arrogance. If we are responding to the other because of a duty, then it is a necessity. Be clear in your duty at the time and respond accordingly, without any ulterior motive.

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



chyk & chsk dc





Save the Date
Dialogue with Dharma
YAKSHA PRASHNA
JULY 7-9, 2023
a retreat with *Vivekji*





[Learn more about Dial for Direction!](#)



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



amanitvam | humility

three ways
humility
helps us

Humility helps us...

Let go of the feeling of "I know."

What I think I know is one perspective among many perspectives.

Let go of the feeling of "I deserve."

If we forget *why* we're doing, we make it about ourselves.

Let go of the feeling of "I do."

It is not you or your effort that is "doing"; the results are up to something more universal than simply "us" doing it.

@chykculture

Key Takeaway from Meaningful Mornings:

Within Shri Krishna's body lies the entire multiverse, with all names and forms being absorbed into Him. There is no individual - we are not the *jiva*. We must move beyond the individuality to family, to community, and then to society. We are Prince Arjuna, who is moving beyond Creation, who is now desiring to see the Creator. Be a *gopi* and desire to see the Creator, the icon of desirelessness, because that is the only way our desire will be dismantled.

Chapter 11, Verse 7
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



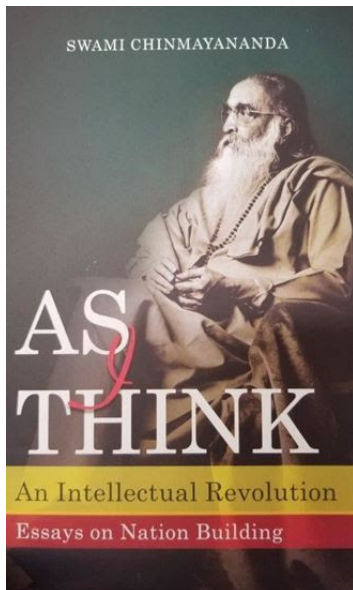
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Book of the Month

As I Think

By Swami Chinmayananda



This is a collection of various essays by Pujya Gurudev, Swami Chinmayanandaji, originally written for the magazines Usha and Tyagi. Written in his inimitably powerful style, inspiring and dynamic, the essays cover topics such as ethics, superstition, communalism, education, sadhana and wisdom. Each of these is packed with the deep spiritual wisdom of one of the greatest masters of our age.

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



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