



March 2023

Hari Om!

“By letting go of the banana, the monkey becomes a monk.”

~ Swami Sarvapriyananda

In satsanga, I onced asked a group of seekers, “Who are your enemies?” A young girl in the first row raised her hand and started listing off, “Priya...Sarah...Rahul...”
Hahaha!

Though it may seem so, our enemies are not outside, but rather are inside. Only with an internal enemy (vice) is it possible to feel there are external enemies. Now to know our vices, we must dissect them.

The first vice lurking within our personalities is kama (desire). We hear this repeatedly in self-development forums, urging us to be careful about what we desire, but how can we get ahead of this rampant kama? How can we detect it to end it?

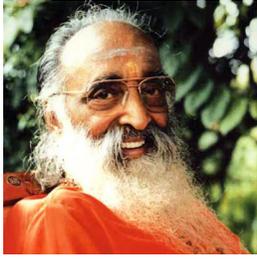
The symptom of kama is restlessness. Think of a toddler who wants a toy. They will not be able to eat, sleep, or be distracted for long, because all they want is that toy. Though joy is not intrinsic to that toy, the toddler feels that toy alone will give them joy. This is a simple example of projection and yet, is greatly relatable, revealing to us that the symptom of kama is restlessness.

Once we’ve observed this, we might be wondering...what is the source of kama? Why does this desire creep up in the first place? Our shastras share the source of desire is avidya (forgetfulness). At a relative level, we keep forgetting all that we have and go on wanting other articles, beings, and circumstances. When we don’t acquire what we project will give us joy or we do acquire it and still feel unfulfilled, we feel restless.

At a fundamental level, we have forgotten who we are and what the nature of joy is. We keep searching for completion externally, when in fact, we are what we seek. By being content and practicing gratitude, we can begin to feel this.

In the same way that a monkey becomes a monk by letting go of its banana, this month, let us tune into our inherent sannyasa by renouncing our materialistic desires. If it is a desire worth renouncing, it will surely take great honesty, reflection, and effort to let go of...

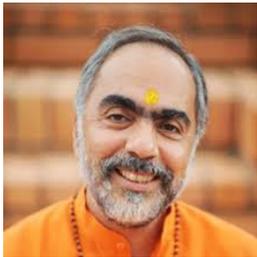
-Shri Vivekji



Puja Gurudev,
Swami
Chinmayanandaji



Puja Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Swami Sarveshanandaji
CHYK West National
Director

Upcoming Events:

Spiritual Parenting Retreat

May 26-28

Shri Vivekji

Portland, OR

www.cmportland.org

The Seeking Experience Retreat

June 9-11

Shri Vivekji and Shri Shankarji

Cleveland, OH

How to Be Happy

June 12-16

Shri Vivekji, Shri Shankarji, Shri Sumanji

Houston, TX

Dialogue with Dharma: Yaksha Prashna

July 7-9

Shri Vivekji

Chantilly, VA

Divinizing the Mind: Living the Gayatri Mantra

July 13-16

Puja Swami Swaroopananda

Krishnalaya, Piercy, CA

national-chyk-retreat@cmsj.org

Embracing Discomfort

July 24-28

Shri Vivekji and Shri Shankarji

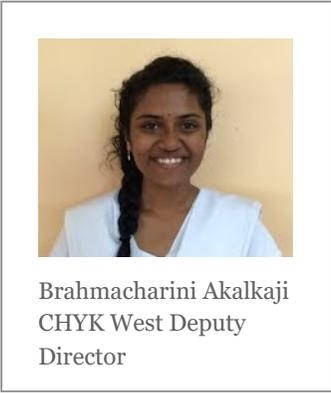
Chantilly, VA

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
Virtual
<https://lu.ma/parentingculture>



CHALLENGE

DEDICATING TO

DEVI

SACRIFICING ONE'S COMFORT

FEB 18 - OCT 24

MAHASHIVA RATRI - VIJAYA DASHAMI

EVERY DAY

Save 1 dollar to Contribute



- Carbon 180 - serving North America
- Payir - serving Asia
- African Wildlife Foundation - serving Africa
- Rainforest Foundation - serving South America

Save 1 minute to Chant



Om Lam Prthivyai Namah

Save 1 action to Change



Lifestyle to be more natural

➤ **500 SEEKERS - 250 DAYS - 3 PRACTICES - 1 MOTHER**

www.chinmayaniagara.com/d2d

Inspire-Love-Be



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





Save the Date

May 26-28

(Memorial Day Weekend)

Spiritual Parenting Retreat : The Vision of Growth

@ Chinmaya Mission Portland
Led by

Shri Vivek - Chinmaya Mission



- Retreat for parents
- Activities for kids
- Guided Contemplation
- Picnic in the Park
- Upanayana Samskara

● www.cmportland.org ■ contact@cmportland.org ☎ 503 299-4091 🌐 chinmayamissionportland 📷 cmportland 🐦 chinmayapdx 📄 chinmayaharidwar



the
**SEEKING
EXPERIENCE**
retreat

SAVE THE DATE

IN BELIEVELAND (AKA CLEVELAND)
WITH VIVEKJI AND SHANKARJI
for exploring adults (17-28)

June 9 - 11, 2023

chyk & chsk dc

Save the Date

Dialogue with Dharma

YAKSHA PRASHNA

JULY 7-9, 2023

a retreat with *Vivekji*

moving from
humility to
integrity

→

@chykulture

1
seek

Everyone is a **searcher**, looking for joy but not knowing where to find it. By reflecting on trying to be joyous, one evolves from a searcher to a **seeker**. A **seeker** is then someone who knows that the potential for joy is within ourselves.



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](#)




SAVE THE DATE!

CHINMAYA MISSION WEST PRESENTS

DIVINIZING THE MIND

LIVING THE GAYATRI MANTRA

JULY 13-16, 2023

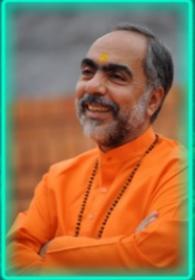
KRISHNALAYA, PIERCY, CA



For young adults ages 17-35

Set in the serene backdrop of
Redwood forests

Guided by
Pujya Swami Swaroopananda



Registration opens late February
Website: krishnalaya.org
Contact: national-chyk-retreat@cmsj.org

We are excited to share the dates for "Divinizing the Mind": Summer National CHYK Retreat with Swami Swaroopanandaji, **July 13th - 16th, in Krishnalaya, Piercy, CA**. We will be reflecting on the Gayatri Mantra. It will be a great chance to connect with CHYKs from all around the country and spend time with Swamiji! The retreat will also include nature walks, reflection, group discussions, sports, and more! The retreat is open to rising high school seniors, and CHYKs/CSKs, ages 17-35. **If you are planning to join, please RSVP here so we can get an initial count (not an official registration or commitment). Official registration will open in March.**



CHINMAYA MISSION® WASHINGTON REGIONAL CENTER

To give maximum happiness to maximum people for maximum time



CMWRC YOUTH CAMP 2023

For rising 9th graders to rising college freshmen

EMBRACING DISCOMFORT



July 24, 2023 - July 28, 2023

9:00 AM - 5:00 PM EST

Registration Opens March 30, 2023



CHINMAYA SOMNATH

4350 Blue Spring Dr, Chantilly, VA - 20151



Shri Vivek

Guided by our Vedanta Teachers



Shri Shankar



“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



Learn more about Dial for Direction!

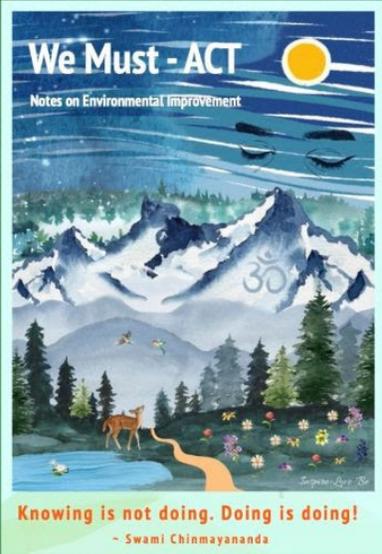


PRTHVI SEVA

GUIDE

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

www.chinmayaniagara.com/psguide



Key Takeaway from Meaningful Mornings:

The more we depend on Shri Krishna, the more we love Him. Shri Krishna is showing us His form - both beautiful and terrible - reflecting the reality of the multiverse. Space, time, and matter unite in this visual of Shri Krishna. Those who are noble will unite with Him just as a river expands as it merges with the ocean. Those who are ignoble will burn and shrink into Shri Krishna. When we no longer feel we are the doer, we will purge our selfishness to see His beauty.

Chapter 11, Verses 28-29
Srimad Bhagavad Gita

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



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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Book of the Month

Hymn to Ganga

By Swami Tapovanam
Commentary by Swami Chinmayananda



Mother Ganges is here conceived, in the heart-vision of the poet, as pure Infinite Consciousness, Brahman. Swami Tapovanam pictures for us in these 125 verses the fabulous beauty and total rhythm in the universe.

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



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