

**May 2023**

Hari Om!

*“In your attempt to LIVE the Divine Life, your Guru, be he far or near, will each time save you from the after-effects of falls and encourage you to continue the sacred pilgrimage towards God-head. Such a living guide alone is a true Sat-Guru.” ~ Swami Chinmayananda*

As we age it seems we are repeatedly getting caught in an advice-trap...asking for advice from the wrong people and ignoring advice from the right people.

We tend to listen to the opinions we hear from peers, celebrities and influencers because it sounds catchy and promises a quick fix. While such tips can often help us move towards success in the secular world, they cannot help us to be independently joyous.

On the other hand, we tend to ignore the guidance given from our Guru through the scriptures because it seems ‘impractical’ and requires sustained effort. So, we spiritual shop, finding ourselves listening to a lot of opinions, but following none. In our short-sightedness, we hold ourselves back from our true potential.

The Sat-guru is one who once walked in our shoes. Having seen through the transient nature of articles, beings and circumstances, they have realized the Truth of the scriptures. Unlike the other beings in our lives, our spiritual Guide is one of the only presences who wants absolutely nothing from us except for us to be genuinely happy. Understanding this fact, true seva is to live up to their teachings.

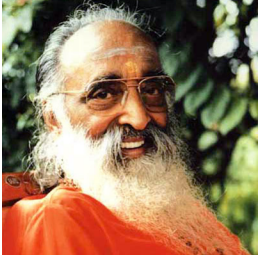
This month as we reflect on our Pujya Swami Chinmayananda’s Jayanti, let us pick one of His teachings to sincerely follow. In the words of Gurudev, “Do your best and leave the rest.”

Joyous Gurudev Jayanti to All!

-Shri Vivekji

## Upcoming Events:

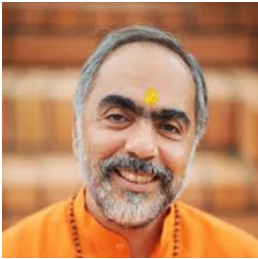
**Youth Empowerment Program (YEP)**



Puja Gurudev,  
Swami  
Chinmayanandaji



Puja Guruji, Swami  
Tejomayanandaji



Mukhya Swamiji,  
Swami  
Swaroopanandaji



Swami Sarveshanandaji  
CHYK West National  
Director

June 5 - July 25

Br. Hari Chaitanya

Barry, TX

[Apply at this link](#)

### **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](mailto:national-chyk-retreat@cmsj.org)

### **Prithvi Utsava**

July 16

Swami Mitrananda, Shri Sukadevji, Shri Vivekji

Virtual

### **Embracing Discomfort**

July 24-28

Shri Vivekji and Shri Shankarji

Chantilly, VA

### **The Art of Being Quiet**

August 7-11

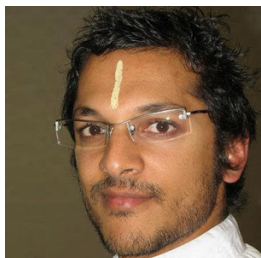
Shri Vivekji, Shri Shankarji, Shri Sumanji

Boston, MA

### **19th Vedanta Course 2024-2026**



Brahmacharini Akalkaji  
CHYK West Deputy  
Director



Vivekji  
CHYK West Deputy  
Director



Dhirenji  
CHYK West Deputy  
Director

Starts January 15, 2024

Mukhya Acharya: Swami Swaroopananda

Resident Acharya: Swami Advayananda

Mumbai, India

<https://sandeepany.chinmayamission.com/>

### 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>

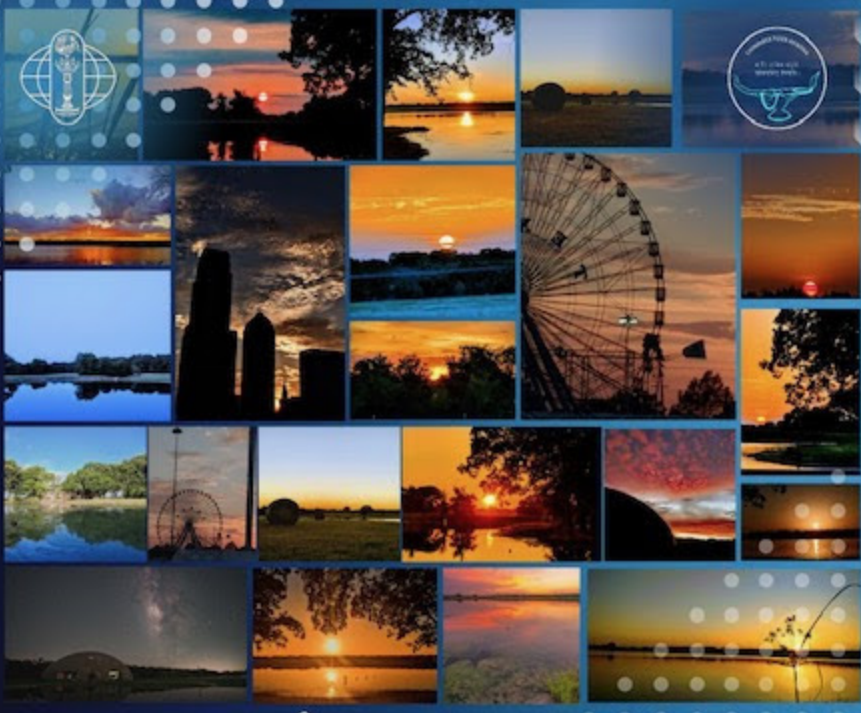
### Parenting Culture

Mondays 9-10 pm

Shri Vivekji


Virtual


<https://lu.ma/parentingculture>




## Youth Empowerment Program

L E A R N | S E R V E | G R O W


 **CHINMAYA MANGALAM**  
10470 FM744, Barry, TX 75102

 **DATE**  
JUNE 5 - JULY 25, 2023

 **QUESTIONS?**  
BR.HARICHAITANYA@GMAIL.COM

COST

**\$2,000**



*"Children are not vessels to be filled, but lamps to be lit."*

*- Pujya Gurudev Swami Chinmayananda*

Because of His Vision, Chinmaya Mission developed Bala Vihar programs in order to educate children on the fundamentals of *Sanatana Dharma*, and how to apply these principles to their daily lives. As children graduate from Bala Vihar, they are encouraged to continue their spiritual practice and education by joining Chinmaya Yuva Kendra (CHYK). CHYK is the youth wing of Chinmaya Mission, where young adults are taught to channel their dynamic spirit and energy towards selfless service, devotion to Bhagavan, and study of spiritual texts.

CHYK West is honored to present to you information regarding the 2023 Youth Empowerment Program (YEP). YEP is a Chinmaya Mission initiative through which young adults have the opportunity to live in an ashram setting for two months, where they will be exposed to the realm of Vedanta and its practical messages for a fulfilling life.



Through the grace and blessings of Pujya Gurudev, Pujya Guruji, and Pujya Swami Swaroopanandaji, the seventh batch of YEP America will be conducted at Chinmaya Mangalam in Barry, Texas. During the program, students will have the opportunity to explore various Vedantic scriptures in depth, such as introductory texts written by Bhagavan Adi Shankaracharyaji, the Bhagavad Gita, and the Upanishads, learning directly from teachers of Chinmaya Mission. YEP will also include activities and workshops in order to facilitate inner growth, teach essential life skills, build moral values, and inspire the participants to serve society with an attitude of humility and compassion. Students leave YEP with heightened self-confidence and mindfulness, a strong support system of friends and mentors, and a commitment to the pursuit of true happiness and knowledge.

Registration for YEP 2023 has officially opened — the program will be conducted from June 5 – July 25, 2023. We encourage you to pass on this information to young adults in your centers and community who would be good candidates for this program. YEP is not limited to individuals who have participated in Balavihar – all young adults aged 18–28 who are interested in studying Vedanta and benefit from this program are encouraged to apply. You may apply at [this link](#).



a Community of Seekers  
for health and Happiness  
Guided by Shri Vivek

# ▶▶▶ **RUNNING** **FROM THE** **MIND** ▶▶▶ **YEAR VII**

APR 6 –  
**OCT 24**

GOAL  
**21 KM**

<https://www.chinmayaniagara.com/running/>

*Inspire - Love - Be*





# 2023

## SELF-DEVELOPMENT TOUR

for young adults  
to evolving adults



Guided by Sumanji, Vivekji, Shankarji



PORTLAND, OR

**SPIRITUAL PARENTING**

**MAY 26-28**



CLEVELAND, OH

**THE SEEKING EXPERIENCE**

**JUN 9-11**



CHANTILLY, VA

**DIALOGUE WITH DHARMA**

**JUL 7-9**



BOSTON, MA

**THE ART OF INTENTION**

**AUG 11-13**



ORANGE, CT

**MARRIAGE ENRICHMENT**

**NOV 3-5**

Retreats FILLED with Discourses-Discussions-Dialogues

*Inspire-Love-Be*



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 Prthivya Namah

**Save 1 action to Change**

Lifestyle to be more natural

**500 SEEKERS - 250 DAYS - 3 PRACTICES - 1 MOTHER**[www.chinmayaniagara.com/d2d](http://www.chinmayaniagara.com/d2d)*Inspire-Love-Be*



The poster features a teal background with a yellow wavy shape at the bottom. In the top left, there is a logo with a globe and the text 'Inspire-Love-Be'. Below it, an illustration of a person sitting and writing is connected by a dashed line to the main title. The title '2023 YOUTH TOUR' is in large, bold letters. Below the title, it says 'For rising ninth graders to rising college freshmen'. The tour consists of four stops, each with a location pin icon, a title in orange, and dates in white. At the bottom, three men are shown smiling, with the text 'Guided by sumanji, vivekji, shankarji' written above them.

**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

Hari Om!

On this blessed day of Hanuman Jayanti, I am delighted to announce that the upcoming **19th Residential Vedanta Course in English at Sandeepany Sadhanalaya, Mumbai**, will be inaugurated on **15 January 2024**, on the auspicious occasion of Makara Sankranti. The Resident Acharya for the Course will be Swami Advayananda.



Please see the attached flyer. **The last date to apply is 31 July 2023.** Detailed information, including the application form, is available at <http://sandeepany.chinmayamission.com>.

For any further queries, you may contact Ms. Kiran Sarafdar

Phone: +91-22-2803 5100

Mobile: +91-9920223361

Email: [sandeepany@chinmayamission.com](mailto:sandeepany@chinmayamission.com)

To ensure that the seeds of Pujya Gurudev's vision grow and fructify, I request you all to spread the word by sharing this information widely, so that the opportunity may reach all those who are eligible and interested.

At His feet,

Swami Swaroopananda

**CHINMAYA MISSION**  
announces the 19th

**VEDANTA COURSE**  
2024-2026

**APPLY NOW!**  
Deadline | 31 July 2023

An intensive **two year residential course** to study the **Upanishads, Gita, Vedantic** texts in **English** complemented by regular **spiritual practices**

- Mukhya Acharya  
**Swami Swaroopananda**
- Resident Acharya  
**Swami Advayananda**

+91-22-2803 5100 | +91-99202 23361  
[sandeepany@chinmayamission.com](mailto:sandeepany@chinmayamission.com)  
[sandeepany.chinmayamission.com](http://sandeepany.chinmayamission.com)

**Sandeepany Sadhanalaya**  
Saki Vihar Road, Powai  
Mumbai - 400072

LEARN MORE!

**CHINMAYA MISSION**  
announces the 19th

**VEDANTA COURSE**  
2024-2026

**ELIGIBILITY**  
Unmarried men and women with a sincere interest to study Vedanta and walk the spiritual path

**AGE**  
20-32 yrs

**EDUCATIONAL QUALIFICATION**  
University Graduates

**START DATE**  
Makara Sankranti  
15 January 2024

**APPLY NOW!**  
Deadline | 31 July 2023

**SPONSORED**  
Accommodation, books, food, clothes, medical care

**Sandeepany Sadhanalaya**  
Saki Vihar Road, Powai  
Mumbai - 400072

**TARA CULTURAL TRUST**





CHINMAYA MISSION® WASHINGTON REGIONAL CENTER

To give maximum happiness to maximum people for maximum time



CHYK DC & CHSK DC



presents



**DIALOGUE WITH DHARMA**

**YAKSHA PRASHNA**

**July 7- July 9, 2023**

an in-person retreat with *Vivekji*



**Early Registration (April 10th-April 30th) : \$153**

**Regular Registration (May 1st-June 30th) : \$171**

"No portion of the registration fee is tax deductible"



**CHINMAYA SOMNATH**

4350 Blue Spring Dr, Chantilly, VA - 20151






**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 OPEN NOW!**

**Website: [cmsj.org](http://cmsj.org)**

**Email: [national-chyk-retreat@cmsj.org](mailto:national-chyk-retreat@cmsj.org)**




The Gayatri Mantra is one of the oldest and most powerful Vedic mantras. But what does it mean to live this mantra? Come join us this summer in the serene redwood forests to explore what this truly means!

Chinmaya Mission West is excited to invite young adults to the beautiful Krishnalaya Ashram in Piercy, CA to learn how we can live the Gayatri Mantra under the guidance of Swami Swaroopananda ji, Global Head, Chinmaya Mission.

The retreat will be from **July 13th – 16th, 2023**, and is open to ages 17–35 years (Grade 12 and above). Join us for an unique opportunity to reflect with discourses and workshops, connect with CHYKs across the country, and have satsang with Swami Swaroopananda ji and Br. Soham Chaitanya.

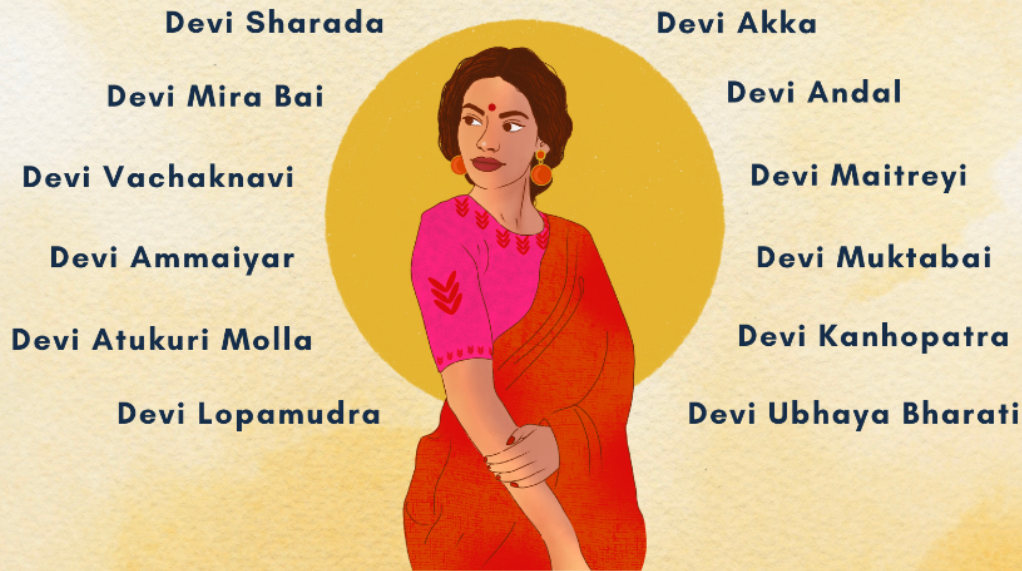
Registration is open now at <https://chyksanjoselwebnode.com/national-chyk-retreat/>.





# DEVI SANGA OUR DIVINITY

RISE WITH THE RISHIKAS



Guided by Shri Vivek & Shrimati Shashikala

Second Sunday Every Month 9-10p ET

July 2023 to June 2024

register: [lu.ma/devisanga](https://lu.ma/devisanga)

*Inspire-Love-Be*

Chinmaya Inspirational Yatra XV: Bharat Yatra





The 15th Chinmaya Inspirational Yatra from Niagara travelled to Bharat with 35 yatis for 15 days. For a few, it was the first visit to our motherland. The journey was immaculately organized by Vijayji and Vivekji. As the idea of this yatra was conceived in the Ramcharitramanas class, there was special focus on Ayodhya and Prayagraj. We also paid homage in Shri Krishna's Holy cities of Vrindhavan, Mathura and Gokul. The last of Shri Krishna's leela site was Govardhan parikrama done by e-Rickshaw. The yatis were then hosted by Chinmaya Mission Prayagraj Ashram. Pujya Swami Gangeshanandaji gave us the everlasting knowledge of purushartha as a true bhakta from Bhagvatam. Brni Shashwati Chaitanya also gave discourses on Bharat's devotion to Lord Rama in Ayodhakanda (Ramcharitramanas). Immersed in Bhakti marg, the Yatis then experienced miracles of Guru Kripa. The yatis were able to get onto the construction site of the Ramjanmabhoomi temple. It was a highly emotionally visit, where we were guided by a true bhakta (like Shri Hanuman) working tirelessly without monetary reward in the development of this holy site. Whilst in Prayagraj, the yatis visited several holy sites and enjoyed the waters of triveni sangam. The major highlight was performing abhishekam for Mahashivaratri in the Shiva temple of Prayagraj ashram. Usually, a selected few are given an opportunity to do so in the Shiva temple. However, as miracles go, 9 Shivalinga sets from mud were set up with a pundit and each of the yatis had opportunity to do the pooja within the temple. The yatra concluded with a visit to Kasi Vishwanath temple and Ganga arti. Those who were blessed to be in this trip offer their humble gratitude to the Guru-shishya-parampara.

-Shiva Nair

## 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

The poster is set against a dark space background with stars. In the center is a realistic image of the Earth. Above the Earth, the text "PRITHVI UTSAVA" is written in large, yellow, sans-serif capital letters, with "Vasudhaiva Kutumbakam" in smaller white text below it. To the left of the Earth, the text "SAVE THE DATE" is written in white. To the right, "JULY 16 2023" is written in white. Below the Earth, the text "ALL TOGETHER" is written in large, yellow, sans-serif capital letters, with "One Earth - One Family - One Future" in smaller white text above it. In the top left corner, there are two logos: one for "CHINMAYA Cleveland-Niagara" and another for "UNITED CONSCIOUSNESS". In the top right corner, there are two logos: "G20 भारत 2023 INDIA" and "CIVIL 50-INDIA 2023". At the bottom, there are three portraits of men with their names and locations written above them: "Swami Mitrananda - India", "Shri Sukadev - Germany", and "Shri Vivek - Canada". To the right of the portraits, the text "HIGHLIGHTS: SPECIAL SPEAKERS COMMUNITY COLLABORATION INTERACTIVE DYNAMICS" is written in white. Below this, the phrase "Inspire-Love-Be" is written in a cursive font. In the bottom right corner, there is a small, faint logo.

CHINMAYA Cleveland-Niagara

UNITED CONSCIOUSNESS

G20 भारत 2023 INDIA

CIVIL 50-INDIA 2023

PRITHVI UTSAVA

Vasudhaiva Kutumbakam

SAVE THE DATE

JULY 16 2023

One Earth - One Family - One Future

ALL TOGETHER

Swami Mitrananda - India

Shri Sukadev - Germany

Shri Vivek - Canada

10.00a-12.00p EST  
04.00p-06.00p CEST  
07.30p-09.30p IST

**HIGHLIGHTS:**  
SPECIAL SPEAKERS  
COMMUNITY COLLABORATION  
INTERACTIVE DYNAMICS

*Inspire-Love-Be*

**CHINMAYA MISSION® WASHINGTON REGIONAL CENTER**  
*To give maximum happiness to maximum people for maximum time*

# YOUTH CAMP

For Rising Ninth graders to Rising College Freshmen

## ***EMBRACING DISCOMFORT***

↑  
WHERE  
THE MAGIC  
HAPPENS  
↑

COMFORT  
ZONE ↗

**July 24, 2023 - July 28, 2023**



**CHINMAYA SOMNATH**  
**4350 Blue Spring Dr, Chantilly, VA - 20151**

Shri Vivek      Guided by our Vedanta Teachers      Shri Shankar

  
SCAN ME

**Registration Opens March 30, 2023**  
<https://tinyurl.com/cmwrceyouthcamp>

  
SCAN ME

FOR  
OUT-OF-TOWN  
CAMPERS

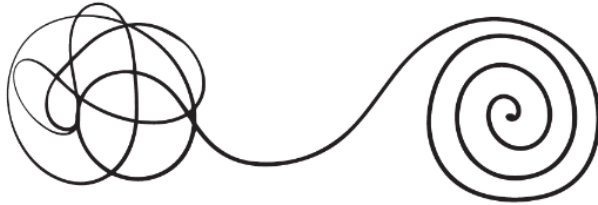
**Accommodation and Meals are provided**

FOR  
OUT-OF-TOWN  
CAMPERS



CHINMAYA MISSION BOSTON

**THE ART**



**aug 7-11  
boston, ma**

**OF BEING  
QUIET...**

a youth program to  
cultivate the inner tools  
+ techniques for deeper  
wellbeing. for rising ninth  
graders to rising college  
freshman.



**guided by sumanji,  
vivekji, and shankarji**

**register: [cmbyouthprogram.wixsite.com/boston](https://cmbyouthprogram.wixsite.com/boston)**



The graphic features a light teal background with a subtle pattern of yellow and white dots. On the left, a wooden wind chime with several vertical tubes hangs from a circular wooden top. The text 'JOY JAM' is written in a large, bold, purple font at the top left. In the top right corner, there is a circular logo for Chinmaya Mission Cleveland-Niagara, featuring a globe and the text 'CHINMAYA MISSION Cleveland-Niagara Inspire - Love - Be'. A light blue rectangular box in the center contains the following text: 'We work and play. We study and serve. All to feel Joy. Add a fresh way to do this, together! Join us for a sattvik downtime filled with music and quietness.' Below this box, the text 'JOIN JOY JAM EVERY FRIDAY - 9:30-10:00P ET' is written in bold purple font, followed by 'virtually in ZOOM' and 'full names and cameras on'. At the bottom, a colorful, wavy, abstract graphic in shades of blue, purple, and yellow spans the width of the image. Below this graphic, the text 'INFO: WWW.CHINMAYANIAGARA.COM/COMMUNITIES/JOY-JAM/' is written in bold purple font.

# JOY JAM



CHINMAYA MISSION  
Cleveland-Niagara  
*Inspire - Love - Be*

We work and play. We study and serve.  
All to feel Joy.  
Add a fresh way to do this, together!  
Join us for a sattvik downtime filled  
with music and quietness.

**JOIN JOY JAM**  
**EVERY FRIDAY - 9:30-10:00P ET**

virtually in ZOOM  
full names and cameras on

**INFO: [WWW.CHINMAYANIAGARA.COM/COMMUNITIES/JOY-JAM/](http://WWW.CHINMAYANIAGARA.COM/COMMUNITIES/JOY-JAM/)**





"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

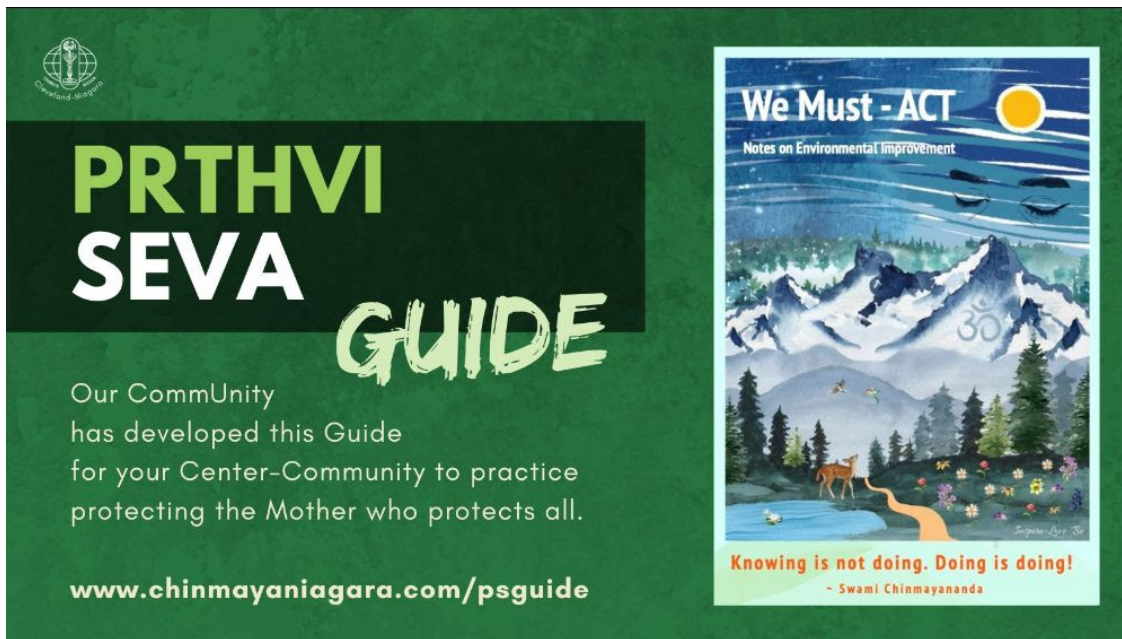
HAVE QUESTIONS? EMAIL US AT [CHINMAYAMENTORSHIP@GMAIL.COM](mailto:CHINMAYAMENTORSHIP@GMAIL.COM)!

*Inspire-Love-Be*



Learn more about Dial for Direction!

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### Key Takeaway from Meaningful Mornings:

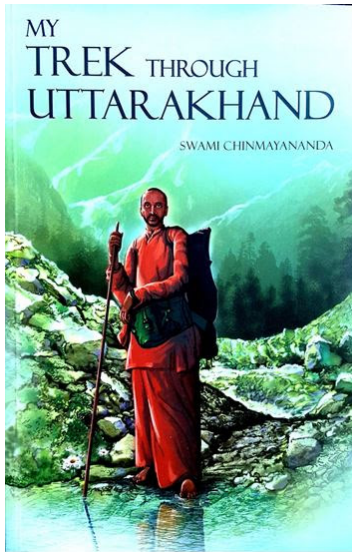
It is difficult to be steady in remembering Shri Krishna. However, through constant practice, we will reach Him. Shri Krishna is not born in our hearts - He is birthless; we only have to be available to that which is Omnipresent. The more we surrender and reflect on living in and for Shri Krishna, the more we will be uplifted and rise. Let us look up to Him as our role model, the one who has purpose and discipline, so we too can become the master of the day.

Chapter 12, Verse 9  
Srimad Bhagavad Gita

### Book of the Month

#### *My Trek through Uttarakhand*

By Swami Chinmayananda



The urge to live happily, with strength and courage, is natural to all human beings. It is the mind that helps us achieve this joyous state. The power of thought can be used to influence our health, jobs, families, and society. The inspirational essays contained in this book are by authors from various spiritual traditions and backgrounds. They show just how precious a gift the mind is, and enjoin us to use it wisely.

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