



**June 2023**

Hari Om!

*"Everyone can be great, because everyone can serve."  
~ Martin Luther King Junior*

As summer sets in, we often find ourselves enjoying the pleasures of nature. But, one message Shri Rama demonstrates, is even while enjoying our surroundings we can have deep insights about living and Life.

In the Tulasi Ramayana, while Shri Rama is in exile, wandering through the jungle, He shares with Shri Lakshmana that "the experienced farmer weeds his fields like the wise human gets rid of delusion, arrogance and pride."

In this analogy, Shri Rama is trying to tell us that in the same way that we are so avidly trying to solve the various problems in our lives, so too should we apply the same vigor towards purifying the mind.

This month, as we celebrate International Day of Yoga, people around the world are preparing by rolling out their mats for the purpose of exercise. Instead, let us be wise and challenge ourselves to evolve from asana to attitude so that we can better overcome our deeper vices.

One of the most purifying shifts in attitude is from the "what can I get" mindset to the "what can I give" mindset. In Sanatana Dharma, this is known as seva bhava, or the attitude of service.

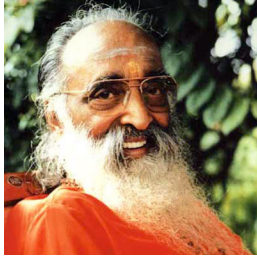
Practice!

-Shri Vivekji

## Upcoming Events:

**International Day of Yoga**

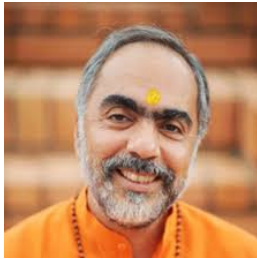
June 21



Puja Gurudev,  
Swami  
Chinmayanandaji



Puja Guruji, Swami  
Tejomayanandaji



Mukhya Swamiji,  
Swami  
Swaroopanandaji



Swami Sarveshanandaji  
CHYK West National  
Director

Virtual

### **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

Shri Vivekji, Swami Mitrananda, Shri Sukadev

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

### **Diversity in Dharma: An Intra-Faith Workshop**

August 15

Virtual

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

Starts January 15, 2024

Mukhya Acharya: Swami Swaroopananda

Resident Acharya: Swami Advayananda

Mumbai, India

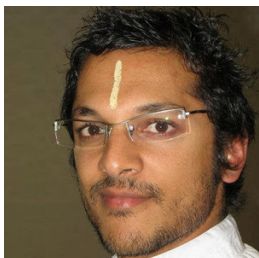
<https://sandeepany.chinmayamission.com/>

### **Meaningful Mornings**

Daily



Brahmacharini Akalkaji  
CHYK West Deputy  
Director



Vivekji  
CHYK West Deputy  
Director



Dhirenji  
CHYK West Deputy  
Director

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>



# 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*





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 'Inquire - Pure - 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. The stops are: London, ON (March 13-16) titled 'FINDING CALMNESS IN CHAOS'; Houston, TX (June 12-16) titled 'HOW TO BE HAPPY'; Chantilly, VA (July 24-28) titled 'EMBRACING DISCOMFORT'; and Boston, MA (August 7-11) titled 'THE ART OF BEING QUIET'. At the bottom, it says 'Camps FILLED with Discourses-Discussions-Dialogues' and 'Guided by Sumanji, Vivekji, Shankarji' above three photos of the guides.

**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

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

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

**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"

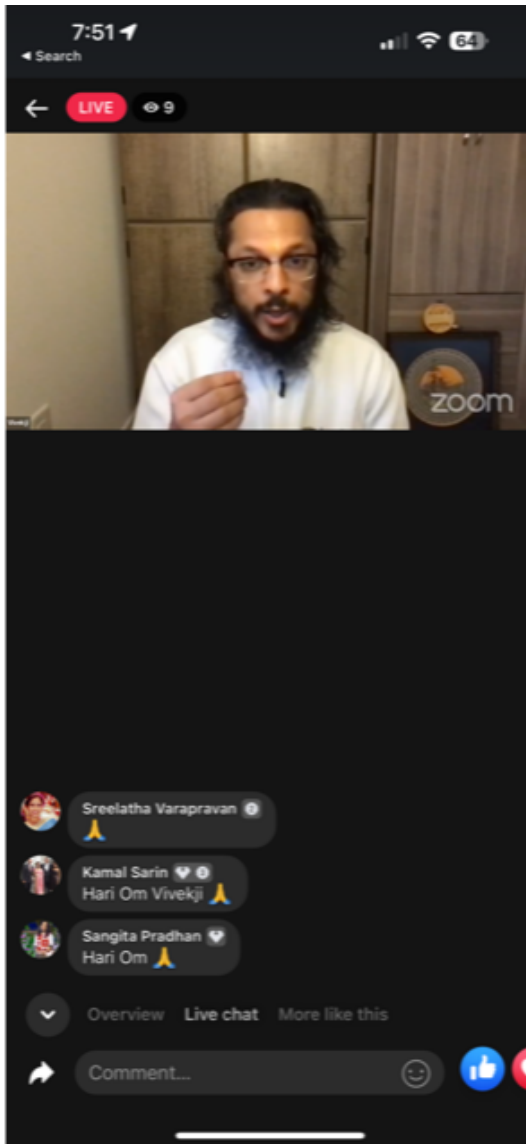


**CHINMAYA SOMNATH**

4350 Blue Spring Dr, Chantilly, VA - 20151

Meaningful Mornings





When the world plunged into chaos and fear in early 2020 from the outbreak of a pandemic, Shri Vivekji, the resident guide of Chinmaya Mission Niagara, initiated Meaningful Mornings on 19 March 2020, with the intention of providing clarity, conviction, and confidence for hundreds of seekers from across the world. We recently celebrated the 3rd anniversary of Meaningful Mornings.

Meaningful Mornings is a daily 15-minute online engagement series over Zoom, Facebook live, and Instagram, where hundreds of seekers from around the world, join in satsanga to listen to Vivekji disseminate the teachings of Bhagavan Krishna to Prince Arjuna from the eternal Shrimad Bhagavad Gita. On Saturdays, Meaningful Mornings transforms into a Freedom Walk, where seekers are encouraged to go on nature walks while listening to and reflecting on Vivekji's teachings and on Sundays, Freedom Talk, where Vivekji answers questions he receives during the

various other engagements he has with seekers. The recordings for the daily meaningful morning sessions are available for 24 hours on Chinmaya Mission Niagara's Facebook page.

At the time of writing this, Vivekji is discoursing Chapter 12 of the Bhagavad Gita, which talks about Bhakti Yoga. In the recently concluded Chapter 11, which describes the Vishvarupa/cosmic form of Bhagavan Krishna, on Verse 10, where Bhagavan reveals his full form to Prince Arjuna, before Vivekji started to translate the Sanskrit text, he asked all the seekers online to close their eyes and listen. When he was done describing the view, Vivekji asked everyone to open their eyes to an image of the Vishvarupa on the screen. Many seekers later shared, this was one of their most powerful and emotionally overwhelming experiences.

All Meaningful Morning sessions are recorded and shared on Chinmaya Niagara's YouTube page, later. The recordings of Chapters 1, 2 and 3 have been released to the public. Seekers are encouraged to visit the Chinmaya Mission Niagara's YouTube page to view these.

-Srikanth Vasudevan




**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://chyksanJose.webnode.com/national-chyk-retreat/>.



# SILENCE

*An extraordinary Course for extraordinary Contemplators!*

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

*Guided by Shri Vivek*

## REGISTRATION:

Commencement - Jul 21 at 06.00a ET

Completion - Jul 23 at 10.00p ET

Cost - \$0

Course - Virtual

To apply -

<https://lu.ma/silence>

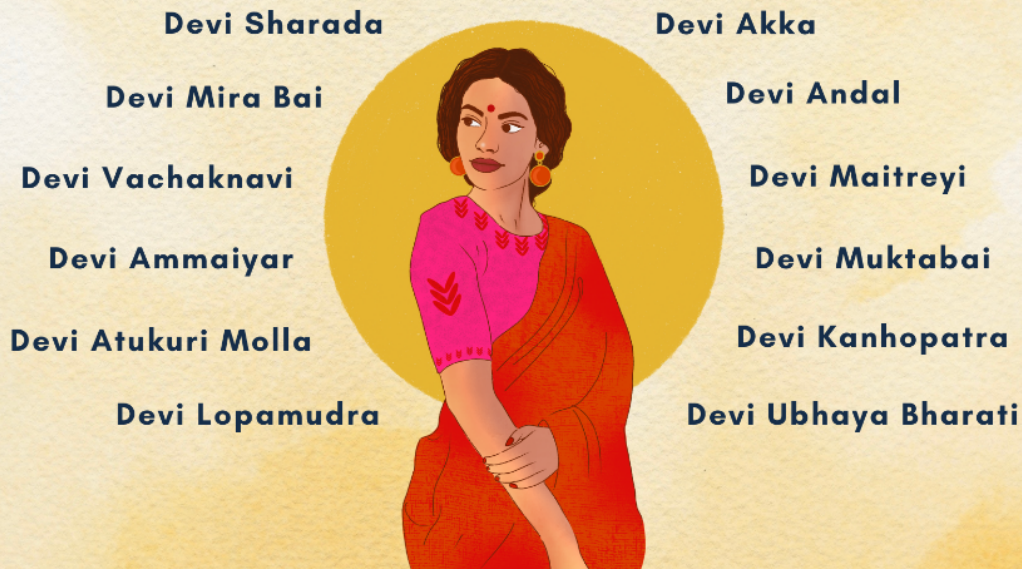
*Inspire-Love-Be*





# 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 Mission Niagara's Partnership with Local Police

In 2020 the Black Lives Matter racial demonstrations had an immense impact on the psyche of the American mind. Policing across the entire nation became a focus of these demonstrations and though some police forces denied racial bias, others were more self reflective and took action. In

Ontario, Canada, the Niagara Regional Police Service (NRPS) have taken some important steps to establish a culture of Equity, Diversity and Inclusivity (EDI), and have reached out to Vivekji and Chinmaya Mission Niagara (CMN) for guidance and training.

Vivekji sits on the NRPS EDI Advisory Committee to offer advise and guidance inline with the values and teachings of Sanatana Dharma. CMN has also engages police officials in diversity training at its Chinmaya Dhara ashram. These training sessions happen every four to six months and have increased in frequency as police officials see the benefit of such training. Led by Vivekji the training sessions provide police with a tour of the ashram, introduces them to Bhagavan Krishna and Bhagavati Radha, and familiarizes them with with the teachings of Vedantic philosophy. A Question and Answer session also provides the police trainees a chance to clear their doubts and preconceived notions about Santana Dharma.

Vedantic philosophy is universal, and Gurudev's vision of bringing Vedanta to the west is still unfolding. Being able to impact social change is an immense honour for a Chinmaya Mission Centre. Such opportunities are precious and it is only by Gurudev's grace that it is possible.

-Madhav Khurana

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## 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

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# PRTHVI UTSAVA

Vasudhaiva Kutumbakam

**JULY  
16  
2023**



**10A-12P EST  
4P-6P CEST  
7.30P-9.30P IST**

# ALL TOGETHER

One Earth - One Family - One Future

**WORLD CLASS**

**ACHARYAS**

**ACTIVISTS**

**ARTISTS**

 <b>SWAMI MITRANANDA</b> Chinmaya Mission India	 <b>SHRI SUKADEV</b> Yoga Vidya Germany	 <b>SHRI VIVEK</b> Chinmaya Mission America-Canada
 <b>ISABEL SHEA</b> Clean Air Task Force Director of Donor Activation	 <b>CHLOE KETTERLING</b> One Tree Planted Chief of Staff	 <b>SENTHILKUMAR GOPALAN</b> Payir Founder
 <b>SHAAN</b> Award-Winning Singer India	 <b>SHANKAR MAHADEVAN</b> Award-Winning Singer India	 <b>SHEFALI PANICKER</b> Influential Dancer Canada



**TO REGISTER**  
or visit

<http://lu.ma/prthviutsava>

*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**

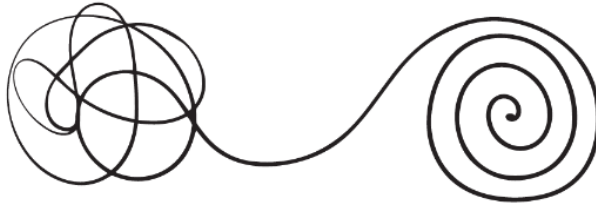
FOR  
OUT-OF-TOWN  
CAMPERS





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)

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**Diversity in Dharma**  
**An Intra-Faith Forum**

Expanding Awareness of Dharmic Religions  
Buddhism ~ Hinduism ~ Jainism ~ Sikhism

**AUGUST 15, 2023**  
**9PM-10:30PM ET**



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*







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*

A colorful poster for 'Birthday Satsanga'. The title 'Birthday Satsanga' is written in a large, black, cursive font. To the right is a two-tiered birthday cake with orange frosting, white sprinkles, and several lit candles. In the top right corner is a green circle containing the Chinmaya Mission Cleveland-Niagara logo, which features a globe and a lamp. The poster has a blue wavy background at the bottom where three people are illustrated: a woman with dark hair holding a green balloon, a person wearing a party hat, and a man holding an orange balloon. There are also colorful streamers and confetti. A large orange star is in the top left, and a blue and white checkered party hat is in the top left corner.

**Birthday Satsanga**

What better way to celebrate your birth than satsanga-ing with Vivekji & seekers?

Sign up to organize a special gathering on a special day

**Thursdays 8:00 - 8:30p ET**

[calendly.com/chinmayaniagara/bday-satsanga](https://calendly.com/chinmayaniagara/bday-satsanga)

*Inspire - Love - Be*

"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)!

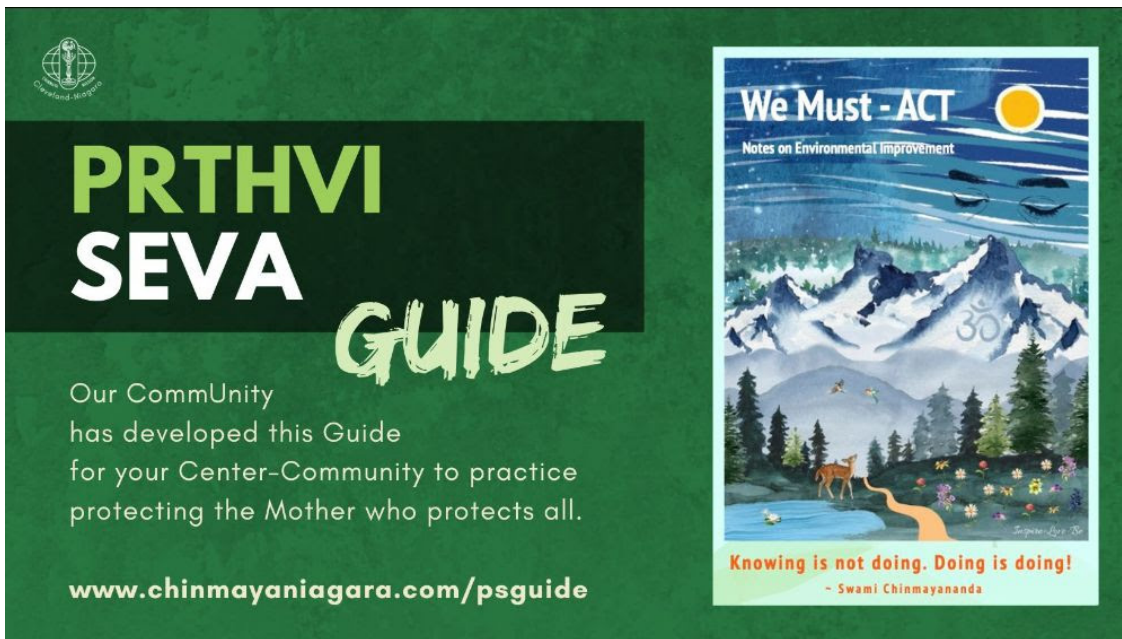
*Inspire-Love-Be*





Learn more about Dial for Direction!

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### Key Takeaway from Meaningful Mornings:

When we do only what we can do - chant to quieten the mind, inquire to still the intellect, observe to silence the ego - we will become a diamond of Shri Krishna.

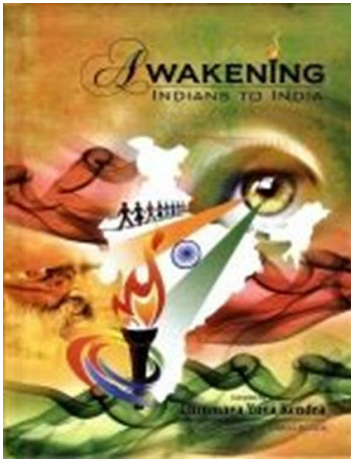
If we live by the knowledge that Brahman is the supporter and the spread, then we will feel we are not the doer - we are Happiness. We will not be tainted by feeling stuck, rather we will let go of our regrets. By following His voice, we will follow Him.

Chapter 13, Verse 31  
Srimad Bhagavad Gita

### Book of the Month

***Awakening Indians to India***

Compiled by Chinmaya Yuva Kendra



Awakening Indians to India showcases the depth and richness of the Indian Culture. From legendary saints to modern day management techniques based on the Bhagavad Gita, the facts, the concepts, the sportsmen, the women, the scientists, the literature, the dance, the art, the music, the way of life and all things Indian are thoughtfully presented through concise explanations, beautiful illustrations and images that bring us closer to India.

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



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