



**July 2023**

Hari Om!

*“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”*

~ Marcel Proust

Billions of dollars are allocated to recruiting, training and retaining teachers in the United States. This highlights the necessity of the teacher in shaping society's IQ (intelligence quotient) and EQ (emotional quotient), both of which are pivotal for preparing individuals to achieve prosperity and position. Such teachers may serve as one's guru, however the Sadguru is different.

Neither prosperity nor position are guarantees for Peace, or SQ (spiritual quotient). The Sadguru alone can provide the guidance, teachings, and encouragement needed for spiritual growth. This Sadguru is found when the desire for self-development and desire to experience Divinity comes from within.

Our Sadguru may take different forms, such as our spiritual Guide, a role model, or even an inner voice that provides insights on what is right and wrong. Through all expressions, we must be open to listening to benefit.

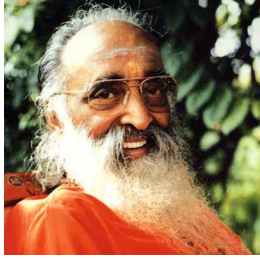
When such a personality enters our life, this is a sign that our potential is greater than what we can feel and with letting go of the ego, limiting beliefs and limiting relationships, we can experience independent joy.

As we reflect the auspicious occasion of Vyasa Purnima, let us keep remembering the profound impact of our gurus and Sadguru on our lives. The journey of self-Realization is lifelong and urges us to be ever grateful for who we are and what we have... write a letter to your Sadguru and give it to them...

Joyous Guru Purnima to All!  
-Shri Vivekji

## **Upcoming Events:**

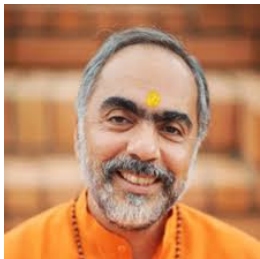
**Annual Seva Training**  
October 1



Puja Gurudev,  
Swami  
Chinmayanandaji



Puja Guruji, Swami  
Tejomayanandaji



Mukhya Swamiji,  
Swami  
Swaroopanandaji



Swami Sarveshanandaji  
CHYK West National  
Director

## Virtual

<https://lu.ma/sevatraining23>

## Marriage Enrichment

November 3-5

Shri Sumanji, Shri Vivekji, and Shri Shankarji  
Orange, CT

## 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

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>

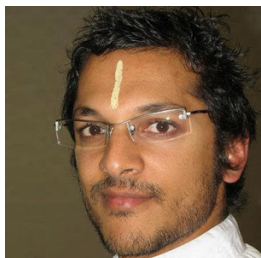
## Devi Sanga

Second Sunday Every Month 9-10 pm

Shri Vivekji and Shrimati Shashikalaji



Brahmacharini Akalkaji  
CHYK West Deputy  
Director



Vivekji  
CHYK West Deputy  
Director



Dhirenji  
CHYK West Deputy  
Director

Virtual

<https://lu.ma/devisanga>

for all past volunteers  
for all present volunteers  
for all potential volunteers

**LED BY**  
**Shri Vivek**  
Trained Vedanta Teacher  
**Vinay Mallikaarjun**  
Professional Educator

**Sun Oct 1**  
**01.00p-04.00p ET**

Register: <https://lu.ma/sevatraining23>

*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*





The poster features a dark blue background with a view of Earth from space. At the top left is a logo for Chinmaya Cleveland-Niagara. The word 'CHALLENGE' is in the top right. The main title 'PIONEERS FOR THE PLANET' is in large yellow letters. Below it, the text 'RESEARCH. DEVELOP. IMPLEMENT.' is flanked by double arrow icons, with the tagline 'Take action for the planet with service and hope!'. A yellow banner states 'Awards up to \$1,000 to pitch & implement a solution for an environmental issue'. The 'ELIGIBILITY' section includes a list of benefits and an illustration of four people. The 'Challenge Details' provide a URL. The bottom section lists three steps with deadlines. The phrase 'Inspire-Love-Be' is at the bottom right.

**CHALLENGE**

# PIONEERS FOR THE PLANET

**RESEARCH. DEVELOP. IMPLEMENT.**  
Take action for the planet with service and hope!

**Awards up to \$1,000 to pitch & implement a solution for an environmental issue**

ignite ideas.  
create change.  
collaborate with experts.  
skills for life.  
funded for impact.  
friends and fun.

**ELIGIBILITY**

Up to 6 members under age 30  
Support from one adult mentor of any age

**Challenge Details:** [tinyurl.com/PioneersForThePlanet](https://tinyurl.com/PioneersForThePlanet)

**STEP 1** **By July 1** – Submit preliminary soft pitch [tinyurl.com/PioneersStep1](https://tinyurl.com/PioneersStep1)

**STEP 2** **By Nov 15** – Submit your researched solution for award & Pitch Day

**STEP 3** **By Mar 2024** – Implement the solution & Demo Day

*Inspire-Love-Be*

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

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

**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

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

**TARA CULTURAL TRUST**

Spiritual Parenting Retreat in Portland





Shri Gurubhyoh Namaha!

Chinmaya Mission Portland (Chinmaya Haridwar) was privileged to host the 6th National Parenting retreat from May 26th-28th under Shri Vivekji. "Vision of Growth" was the focus for the retreat and Vivekji explored this topic through Guruji's Jivanasutran – Tips for Happy Living.

Once a parent, one is a parent forever – Vivekji expounded on how parenthood can be equated to perpetual opportunities to get better, a Yoga. 70 adults and 35 kids from across the US and Canada attended the camp and enjoyed age-appropriate programs and family fun activities. The campers enjoyed Yoga sessions, meditation, bhajans, soccer in the park, and movie nights in between parenting workshops. CHYK Sevaks and Sevikas assisted by high schoolers were running parallel workshop sessions for elementary and middle school campers. CM Portland's Shadras kitchen offered sumptuous meals throughout the camp.



The camp also facilitated the Upanayana Samskara for 16 vatus under Vivekji's guidance. Volunteers enabled enough practice sessions for the vatus to familiarize themselves with the Sandhyavandana vidhi thus empowering them to practice on their own once the camp ends.


Youth of CM Portland organized the annual CORD walk during the camp emphasizing Daana for a higher cause. The walk raised \$12,000 towards CORD for Women Empowerment projects. The camp concluded with some takeaways for parents of all ages and with plans to meet again for the next Parenting camp.

- Aparna Easwar



# DEVI SANGA OUR DIVINITY

## RISE WITH THE RISHIKAS



Devi Sharada	Devi Akka
Devi Mira Bai	Devi Andal
Devi Vachaknavi	Devi Maitreyi
Devi Ammaiyar	Devi Muktabai
Devi Atukuri Molla	Devi Kanhopatra
Devi Lopamudra	Devi Ubhaya Bharati

**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*

## CM Cleveland Fundraiser for Chinmaya Gayatri



**Tattva - The elements of Oneness**, an Indian classical dance program, was hosted by Chinmaya Mission Cleveland to raise funds for the Ashram. The Ashram is blessed with the name of Chinmaya Gayatri by the global head of Chinmaya Mission - Swami Swaroopananda Ji. It is a space infused with the divine presence of Mother Gayatri, a symbol of wisdom, knowledge, and spiritual enlightenment. Chinmaya Gayatri will be a community home to facilitating pride in Vedic culture and Indian heritage for generations to come. The aspiration is to nurture community Oneness, community service, and further individual divine purpose through the following of Sanatana Dharma.

The event was hosted on Sunday, May 21, 2023, in a local auditorium. The team of dedicated volunteers brought this vision to life with the guidance of the spiritual guide, Shri Vivekji. The event was attended by more than 200 people. The funds of \$250,000 were raised by Bhagavan's grace and Gurudev's blessings infusing the generous hearts of the Cleveland community. Local classical dance schools headed by Rupa Parikh (Kathak), Sandhyadipa Kar (Odissi), Kalyani Veturi (Kuchipudi), and Sujatha Srinivasan (Bharatnatyam) gave an incredibly beautiful performance with their students. A lot of youth volunteers were an integral part of this event. The event was also televised on TV Asia.

Swami Chinmayananda's words resonate, "What we have is a gift from Him. What we do with what we have is our gift to Him." Chinmaya Gayatri aspires to serve the Cleveland community by enabling them to live a life of purpose and vision through practical knowledge of Vedanta.

- Saloni Khatri



---

## 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

---

### Memorial Day CHYK Retreat







On Memorial Day weekend, May 26-29, 60 CHYKs gathered for the annual CHYK/CSK San Jose retreat in the serene ashram of Krishnalaya in Piercy, CA. Attendees came from all over the Bay Area, and some even flew in from other parts of the country!

The Krishnalaya Ashram is located far away from the hustle and bustle of the city life, amidst the towering redwoods of Humboldt county in northern California. The whole atmosphere was serene and also a digital detox because we thrived without wifi, messaging, and calling for the duration of the retreat!

The theme of this year's retreat was "Train to Transcend." Brahmachari Soham Ji presented ideas from Bhagavad Gita Chapter 6, split into four pillars of understanding meditation: 1) Lifestyle, 2) Preparation, 3) Technique, and 4) Overcoming Obstacles. Soham Ji also gave us activities to aid in reflection, such as keeping a spiritual diary and eating mindfully for 10 minutes during each meal.

Each day started early, with yoga at 6:15 am. Yoga was followed by a guided meditation session with Soham Ji, where we practiced the meditation techniques we learned during discourses. After meditation, we enjoyed the early morning natural beauty of Piercy while walking in maunam and reflecting on a daily quote by Pujya Gurudev.

After the discourses, we had group discussions with peers. It was so nice to go from online study groups to in-person groups in Krishnalaya!

Each day, there was a unique outdoor satsang with Soham Ji. On Saturday, we walked together to the Eel River from Krishnalaya. On Sunday, we traveled to Richardson Grove State Park for a hike

and Q&A.

Before meals, we chanted Chapter 15 of the Bhagavad Gita. It was mesmerizing to see more than 60 people chant in harmony in the dining hall. We were grouped into teams for meal serving, cleanup, etc. and each team also had the special opportunity to serve bhiksha to Soham Ji!

Each afternoon, we had the option to participate in various seva activities that would benefit Krishnalaya ashram. Activities included painting the Jeevan Darshan museum fence, arranging books in the bookstore, and making malas for Bhagavan Krishna.

After the evening discourse, we sang bhajans and performed Aarti. Everyone participated enthusiastically in the group bhajan session, by singing or playing one of the provided instruments such as maracas, tambourines, and drums.

One of the highlights of the retreat was the special activities such as ego erasers, workshops, campfire, and improv! On the final night, we had an Open Mic where our talented CHYKs performed different arts including poetry, Kathak, Bharatanatyam, Hindustani/Carnatic/Western singing, instrumental jugalbandi, etc. These activities helped us connect with our peers as well as discover hidden talents.

The retreat concluded with a puja at the Krishna grove. The puja was conducted by one of our very own CHYK attendees, and everyone participated by performing abhishekam and chanting naamasankeertanam during the puja.

We would like to thank: Soham Ji for the enlightening lectures, the kitchen Sevaks and Sevikas for preparing wholesome meals for us, the CHYK volunteers and the organizing committee for planning the retreat so thoroughly, and all the participants for their presence in making this retreat a grand success! As yagna prasaad, all attendees received a gift and a personalized handwritten bookmark from Soham Ji as a reminder to "Meditate daily and Live cheerfully." Hari Om!

- Samanvitha Basole  
On behalf of CHYK Retreat Team

---





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 DEV

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*



"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!

---

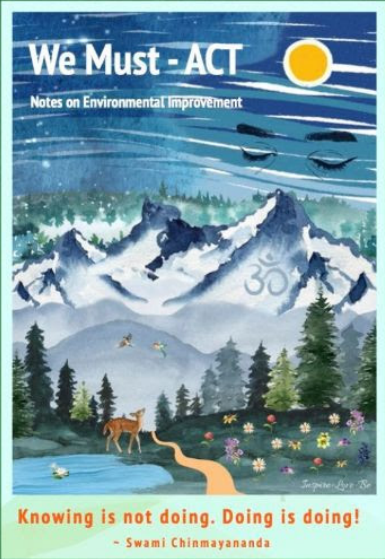


# PRTHVI SEVA

## 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:

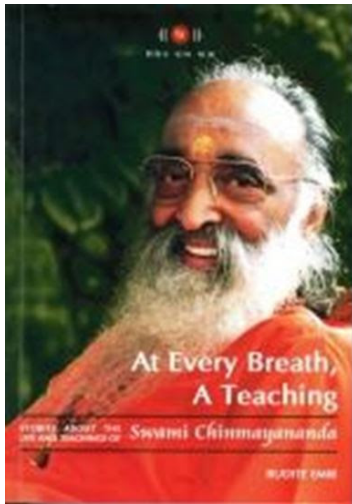
Shri Krishna explains that sattva is that which is pure, is of the nature of light (clarity), and is reflective. Sattva is to not be in extroversion (anamaya) and hence, helps one to work towards inner peace. Sattva is associated with knowledge (jnana); however, sattva is still a guna, is relative, and causes separation. Our Nature, Awareness, is beyond this limitation. Sattva only reflects the knowledge better than the other gunas. We need to feel this knowledge and go beyond.

Chapter 14, Verse 6  
**Srimad Bhagavad Gita**

### Book of the Month

***At Every Breath, A Teaching***

**By Rudite Emir**



This is a collection of stories about the life and teachings of Swami Chinmayananda. During his 42 years of teaching, Swamiji came to be known as one of the most respected teachers of the ancient spiritual science called Vedanta. Swamiji expounded that teaching from lecture platforms around the globe, unfolding, verse by verse, the meaning of the major Upanishads, the Bhagavad Gita, and other texts of Vedanta. However, his teaching did not stop when he stepped off the lecture platform. In fact, his entire life was a teaching. The words he spoke during simple daily transactions or in response to a question served as powerful lessons