



August 2023

Hari Om!

"Nature does not hurry, yet everything is accomplished."
~ Lao Tzu

Are you in the 'rat race'?

If yes, don't worry, you're in the right place. This is the perfect opportunity to pause and reflect on your current situation, goals, and well-being.

If no, keep steady, you're also in the right place. This is the perfect opportunity to stay care-full and reflect on how to continue bringing intentionality into your actions and decisions.

The 'rat race' is a metaphor often used to describe the competitive and often frantic pursuit of pleasure, possession, and position in our society. We often become 'busy' out of needing societal validation or convincing ourselves that there is lasting joy in the achievement of worldly goals. This term conveys the idea that if we are not care-full in our daily lives, we too can find ourselves competitively racing in a repetitive, relentless routine, like the bustling life of rats running in a maze for the same piece of cheese.

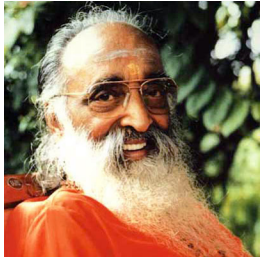
Living intentionally is difficult, yet worthwhile for it yields the fruits of meaning and fulfillment. In a society where it seems like the hustle never seems to pause, PAUSE and reflect on life as a symphony of moments, each with its own timing and purpose. Our evolution, much like our lives, is not linear and rather, is an intricately woven tapestry of experiences custom designed for us by our Creator.

This month, as we return to the bustling pace of cities and colleges, let us allow ourselves the grace to trust in our journeys. One tactile way to practice becoming more intentional is journaling. Regularly set aside time in the evening to reflect on your actions and to set meaningful intentions.

-Shri Vivekji

Upcoming Events:

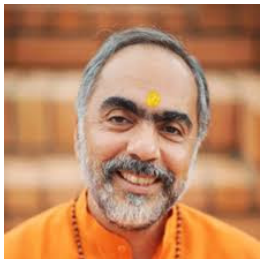
Annual Seva Training



Pujya Gurudev,
Swami
Chinmayanandaji



Pujya Guruji, Swami
Tejomayanandaji



Mukhya Swamiji,
Swami
Swaroopanandaji



Swami Sarveshanandaji
CHYK West National
Director

October 1

Virtual

<https://lu.ma/sevatraining23>

Marriage Enrichment Retreat

November 3-5

Shri Vivekji, Shri Shankarji, Shri Sumanji

Orange, CT

tinyurl.com/cmfnretreat2023

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



Brahmacharini Akalkaji
CHYK West Deputy
Director



Vivekji
CHYK West Deputy
Director



Dhirenji
CHYK West Deputy
Director

Second Sunday Every Month 9-10 pm
Shri Vivekji and Shrimati Shashikalaji
Virtual
lu.ma/devisanga

 **satsangatve nissangatva**
associating with inclusivity leads to Independence

WEEKLY COURSES & commUnities

Sep 2023 - May 2024

for living with purpose

Sunday		Vedanta in Bhagavata 10.45a - 11.00a Chanting 11.00a - 12.00p Class
Monday		Parenting Culture 9.00p - 10.00p Class
Tuesday		Seeking Culture 9.00p - 10.00p Class
Tuesday		Narada Bhakti Sutra 8.45p - 9.00p Reading 9.00p - 10.00p Class
Wednesday		Happy Hour 7.45p - 8.00p Imagining 8.00p - 8.30p Children's (Grades 1-4) Class 8.30p - 9.00p Kids (Grades 5-8) Class
Wednesday		Youth Culture 8.30p - 9.00p Study Hall 9.00p - 10.00p Class (Grades 9-12)
Thursday		Dialogue with Dharma 8.45p - 9.00p Writing 9.00p - 10.00p Class
Saturday		Ramayana 10.45a - 11.00a Singing 11.00a - 12.00p Class (in Hindi)

Courses commence on Sunday, September 17

Guided by Vivekji and Steered by Shankarji - Sumanji - Vijayji

registration • www.chinmayaniagara.com Hosted with ZOOM [in ET]
information • hello@chinmayaniagara.com Inspire - Love - Be



Annual Seva Training

INSIGHTS INTO WORKING WITH
2ND GENERATION SEEKERS

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





Chinmaya Mission Fairfield-New Haven
presents

Marriage Enrichment Retreat

"The Joy of Caring"

*led by Shri Vivek Gupta,
Shri Suman Rajupet & Shri Shankar Rajupet*



November 3-5, 2023

Friday 6:00pm - Sunday 12:00pm EST

Parallel sessions for children K-12

Chinmaya Saraswati Ashram

393 Derby Avenue, Orange, CT 06477

Registration fee:

\$200/- for families with children

\$175/- for individuals or families
without children

All meals will be provided

Register by October 8th

@ tinyurl.com/cmfnretreat2023

or Scan QR code below



Questions? cmfnseva@gmail.com

www.chinmayafairfield.org

Pioneers for the Planet Challenge



Pioneers for the Planet Challenge: build life and leadership skills and make an environmental impact.



Pioneers (under the age of 30 years) apply for up to a \$1000 scholarship award to implement an environmental solution. <https://tinyurl.com/PioneersForThePlanet>



Curious? Write to prthvi@chinmayaniagara.com



Submit a soft pitch video by Sept 10 <https://tinyurl.com/PioneersStep1>



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**STEP 1****By Sept 10** – Submit pitch at 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*

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
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

National CHYK Camp 2023

“Divinizing the Mind: Living the Gayatri Mantra”



83 CHYKs and Setukaris joined for the National CHYK Retreat from July 13-16, organized by Chinmaya Mission West at the Krishnalaya Ashram in Piercy, California, USA. Attendees ranged from ages 17-35 and joined from 14 different states across North America. The retreat was led and graced by Pujya Swami Swaroopananda (Global Head, Chinmaya Mission). Swami Ji was assisted by Swamini Akhilananda (CM Miami), Brahmachari Soham Chaitanya (CM San Jose), and

Brahmacharini Stuti Chaitanya (CM Columbus).

The theme of the camp was “Divinizing the Mind: Living the Gayatri Mantra,” reflecting on how the Gayatri Mantra can help tune the mind. Pujya SwamiJi’s discourses shined light on the power of mantras, cultural significance behind the upanayana samskara, the beauty of the Gayatri Mantra, and how it can be incorporated into daily sadhana.

On Thursday, attendees welcomed Pujya SwamiJi with Purnakumbham, and invoked Pujya Gurudev’s blessings for the start of the retreat. Each morning began with yogasana, Gayatri Japa led by Brahmacharins, and a reflective nature walk in maunam. Pujya SwamiJi shared wisdom on the Gayatri Mantra in his discourses, which were followed by group discussions and unique workshops. On Friday, everyone traveled to the nearby Richardson Grove Redwoods Park for a walk and outdoor Q&A satsang with Pujya SwamiJi. Friday evening concluded with an enthusiastic bhajan session, aarti, and a relaxing campfire.

On Saturday, attendees participated in a special workshop guided by the teachers to reflect on Pujya Gurudev’s life, legacy, and works. Attendees spent time in Gurudev’s Kutiya and Jeevan Darshan Museum of the Krishnalaya ashram. There was also a special panel where Swamini AkhilanandaJi, Br. SohamJi, and Brni. StutiJi shared their stories on what inspired them to take to the spiritual path with more dedication. Saturday evening concluded with an open mic night where attendees displayed a variety of talents, including Indian classical dance & music.

On Sunday morning, Br. SohamJi and Brni. StutiJi conducted a Gayatri Homam with all the camp attendees, where Gayatri Mantra was chanted collectively 108 times. Pujya SwamiJi left attendees with a final message in the last discourse: set a Higher ideal, daily seek inspiration to strive towards it, and continually engage in satsang.

With Bhagavan’s grace, the camp went well and connected CHYKs across the country to the powerful practice of chanting the Gayatri Mantra. The collective devotion and spiritual dedication in the ashram was beautiful to witness and left everyone with inspiration for their spiritual journeys.

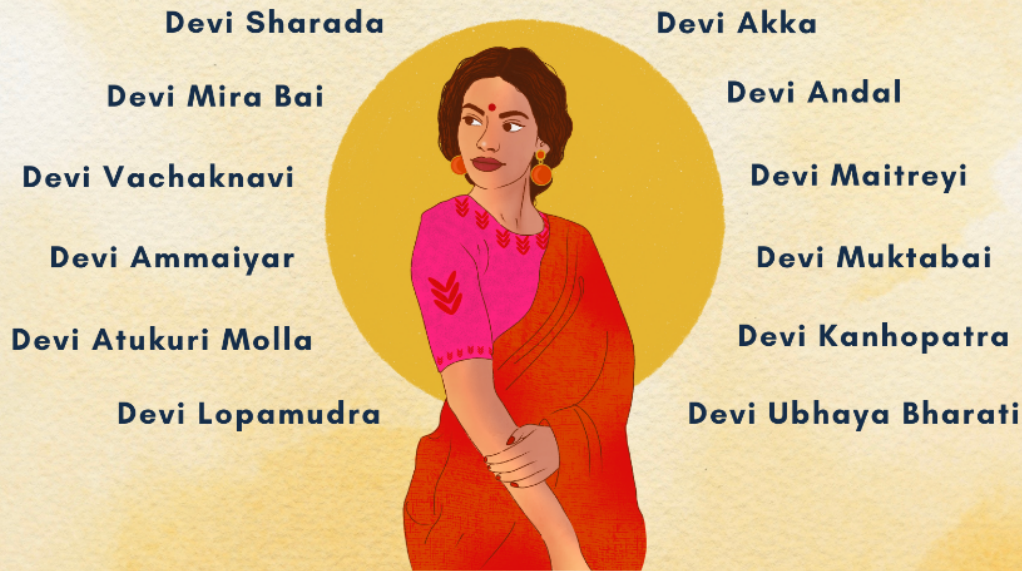
- Nidhi Bangari





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

Inspire-Love-Be

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/CSK DC Retreat





From July 7th to July 9th, CHYKs and CSKs from across North America joined CHYK DC in their annual retreat. Led by Vivekji from Niagara Falls, and under the blessings of Swami Dheeranandaji, retreaters explored the Yaksha Prashna together. The Yaksha Prashna, of the Vana Parva of Srimad Mahabharata, explores a dialogue between Raja Yudhisthira and a mysterious Yaksha where Raja Yudhisthira's judgment and ability to discriminate right and wrong are demonstrated. In exploring this conversation, retreaters had fruitful dialogue/discourses with Vivekji and discussions with other attendees, and also took time to reflect independently on the densely packed lessons within the text.

Alongside exploring Yaksha Prashna, attendees had the opportunity to commune with others, participate in activities such as athletics and glow-in-the-dark garba, and engage in interspersed independent reflection time where reading, writing, and reflecting were encouraged. On the evening of the 8th, retreaters took part in an activity called "Fireside Chats," a small group discussion activity. In preparation for this activity, all were encouraged to review several provided prompts that required reflection on topics many would consider touchy or personal. Because everyone had a chance to commune with the other participants, people were able to be open and honest and share reflections that were relatable and helpful for those in their groups to hear.

Those in attendance were ever grateful to the guru-shishya-parampara for the knowledge shared within Yaksha Prashna, which served as the catalyst for all of the positivity that was generated over the weekend that will surely be carried on moving forward.

- Udit Thawani



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*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!

Inspire-Love-Be



Key Takeaway from Meaningful Mornings:

Knowledge becomes real when we start to 'feel' what we know. The power of the light of the sun, moon, and fire comes from Shri Krishna. This knowledge will deepen to 'feeling' when we deepen our reflection from nama (name) and rupa (form) to satta (Existence).

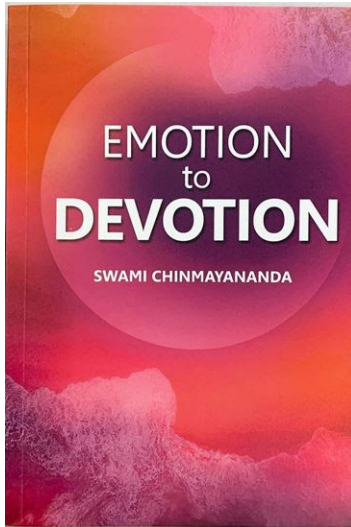
Slow down, reflect, feel, and surrender.

Chapter 15, Verse 12
Srimad Bhagavad Gita

Book of the Month

Emotion to Devotion

By Swami Chinmayananda



Emotion to Devotion, Perform and Reform, Knowledge to Freedom. Pujya Swami Chinmayananda's lucid analysis explains love and emotion evolving to highest devotion to the Supreme. "The path of devotion is not mere sentimental explosion or an excessive emotional display. It is the blossoming of the human personality through the surrender of all limitations and the acquiring of new vitality during the inspired moments of deep contemplation," says Pujya Gurudev. The notes on the above inspire the seeker to move towards the Supreme with clarity and determination.

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



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