

MARCH 2024

CHYK WEST

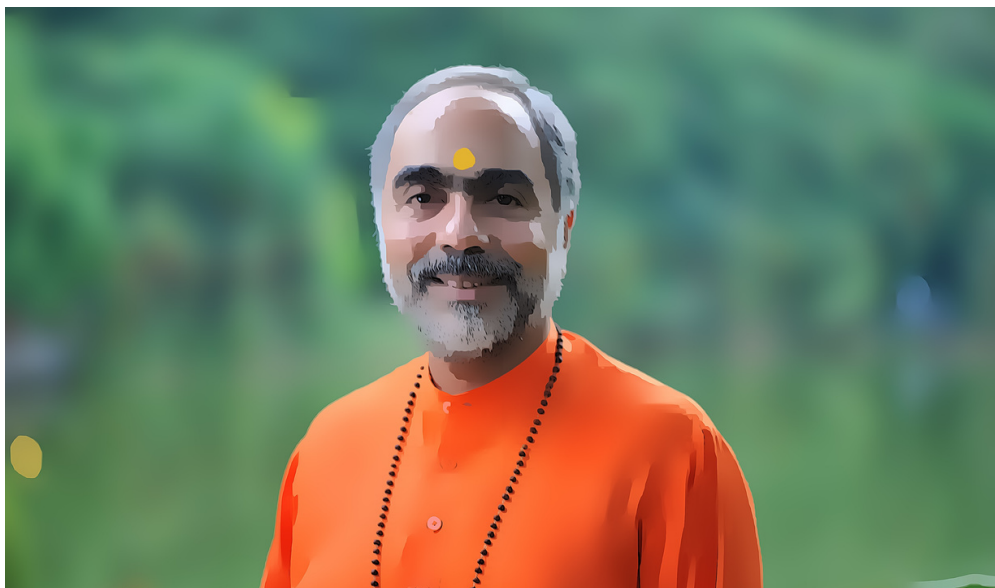
YOUTH POTENTIAL + DYNAMIC SPIRITUALITY

GLORY OF BHAGAVAN SHIVA





ON WORK-LIFE BALANCE



“Work-life balance” is a very vague term. Do you mean to say work is one thing and life means going and enjoying a party or going out to restaurants, or you may say family?

Work is also life. You are doing your work for living a life. Though for most people work means earning an income, that income is so you can live a life.

Work and earn as much as you need, even to fulfill your desires. But with the remaining time, express your talent. Live in the company of those that you love. Spend time with friends and relatives.

How much should you work? That depends on the income you need. If you work efficiently, you don't have to work many hours. Do your work recognizing that.

SWAMI SWAROOPANANDA
Global Head, Chinmaya Mission

CHYK WEST

**Pujya Swami
Swaroopananda**
Global Head,
Chinmaya Mission

**Brahmacharini
Shubhani Chaitanya**
Eastern Zone
Coordinator

**Brahmachari
Soham Chaitanya**
Western Zone
Coordinator

**Brahmachari
Hari Chaitanya**
Central Zone
Coordinator

Sattvic

GAME NIGHT



Day: Sunday, March 17

Time: 8pm ET/ 7pm CT/ 5pm PT

Register: See link below*

Let's take some time to unwind,
reconnect with CHYKs, and
play some games!



CHYKs + games = fun!

*<http://tinyurl.com/Sattvic-game-night>



ABSOLUTE PERFECTION

Excerpted from Pujya Gurudev's commentary on "Kaivalya Upanishad"

In the glorious story of Lord Śiva, it is described how in the preparation to obtain nectar (amṛta), the gods and the demons churned the milky ocean with the mountain Mandāra as the churning rod and the self volunteered Vāsuki (one of the foremost eight serpent kings) as the churning rope.

Pulled forwards and backwards by the mighty teams of the gods and the demons the churning went on. Very many wonders and glorious things emerged from the ocean, but the determined crowd continued the process of churning. Just before they reached the great achievement, Vāsuki (the Nāgarājā) exhausted and tired by the strain and stress, vomited his terrible poison. Frightened by this calamity, the helpless demons cried out to Lord Śiva for protection. He came and received the flowing lava of poison, in his palm. It was so terrible that it could neither be thrown up nor poured down because it would destroy everything wonderful. Naturally, therefore, the Lord drank it, as if in a spirit of self-sacrifice for the sake of His devotees. Umā, seeing the desperate act of her consort, pressed His throat not allowing the poison to go down. Thus it got held up in the neck, turning its colour to blue.

The story as it stands looks as fantastic as it is crude, but when the symbolism is understood one will appreciate the great wisdom of the ṛṣis in packing an entire philosophy in this unforgettable piece of literature.

Subjectively, in each of us when the churning is done in our purified sāttvika mind (the milky ocean), with the intellect (Mandāra) that supports the mind, and the rope of ego (serpent King Vāsuki) by the lower (asuras) and the higher (devas) in us, meditation starts. In the early stages of this meditation (churning) many tempting profits (siddhis) emerge out but if the churning is continued, a time will come when, just before the experiences of immortality (amṛta), the ego (Vāsuki) must vomit out its entire subconscious and unconscious vāsanās (poison). This great poison of ignorance cannot be totally eliminated until wisdom (jñānam) dawns. This ignorance can only be held in the neck – indicating a point away from and between the head and the heart. Ego and egocentric desires should not be allowed to poison either the head or heart of the meditator at this moment. Naturally, when the churning continues the supreme experience is unfolded and the goal is gained.

Thus, the cause of agitations and disturbances is one's identification with the matter vehicles. When the supreme Spirit gets identified with the body, mind and intellect, there is the expression of the ego. Ego is, and it must necessarily be, always in a state of restlessness and discontentment. When the matter vehicles are transcended, when the Puruṣa is no more expressing through the prakṛti, the supreme state is experienced which is, and should be, always, ever peaceful, praśāntam.

When all these symbolic details are reflected upon, the men of reflection (muni) must needfully reach the source of all the manifested world (bhūtayoni)¹⁰ – the eternal Self.

The Absolute in Its perfection has nothing to achieve in order to complete Its happiness. But when It expresses through matter, it looks as if the Spirit is struggling through matter for happiness. The great seers of the Upaniṣads declare that the Spirit is only a mere witness of everything (samasta sākṣī). A witness is he who comprehends an incident without himself having any personal interest in it; nor does he get himself involved in the incident. Thus the relationship between the absolute Spirit and finite matter has been described by Śrī Śaṅkarācārya with a beautiful analogy.¹¹ He compares this relationship within our bosom, with that of the sun and the world of activities. When the sun rises, our intellect wakes up and drawing its nurture and nourishment, vitality and strength from the sun, gets activated in the world. Each one of us pursues his own activities ordered by his own past inclinations. If the sun were not there, all activities would cease; but the sun himself is not directly responsible for the what and the how of each individual's activity. Similarly, the Spirit, the Self, is the witness of all and the vehicles of matter draw their capacities and capabilities from the warmth of life. Each one acts according to one's own inclinations and pursues one's own purposes.

Beyond all darkness, this inner experience is extremely clear and supremely subjective. There is no doubt in the individual regarding the nature and reality of this experience. Just as a dreamer no more doubts, when he once wakes up, about the nature and reality of the waking world, so too an egocentric individual, when he comes to the plane of God-consciousness, his experience is so all-consuming that there is no doubt left in him as to the reality of his present experience. Complete and total Realisation is possible. This is the assertion of all the seers of Vedānta.



Meet me at YEP

w/ Sw. Shantananda

Day: Sunday, April 14

Time: 8pm ET / 7pm CT / 5pm PT

Location: Zoom



Resident Swamin, Tri-State area

Having spent many years in close contact with Pujya Gurudev and centers around the world, Swamiji is one of Chinmaya Mission West's most senior Swamins.

We are fortunate to have an intimate chat with Swamiji covering:

- The first meeting with Gurudev
- Gurudev & his interaction with Youth
- Why YEP?
- A sneak peak of Swamiji's session at YEP

Learn more about
Youth **E**mpowerment **P**rogram
<https://chykwest.org/yep/>

Register: <http://tinyurl.com/CHYK-Satsang>

Past registrants need not register again



CHINMAYA MISSION
CHICAGO

CHINMAYA YUVA
KENDRA WEST



A Residential CHYK Retreat

WE CAN, WE WILL, WE MUST

Satsang, Reflection, and Fun
Guided by
Brahmachari Hari Chaitanya



Memorial Day Weekend
May 24-May 27 2024



Chinmaya Abhyudaya
11S250 IL-83, Willowbrook, IL 60527

REGISTER - www.tinyurl.com/ChykChi24

@cmchicagobadri

active chyk west study groups

Region	Hosting Center	Date & Time	Format	Facilitator	Contact Email	CHYK or CSK	Current Text
West	San Jose, CA	Thursdays 7:30-8:45 pm PT	Online	Br. Soham Chaitanya	chyk@cmsj.org	CHYKs & CSKs	Bhagavad Gita – Ch 18
West	San Diego, CA	Biweekly, Saturdays 5:00-6:30pm PT	Online	Srinivas Sukumar	mihirpandya123@yahoo.com	CHYKs & CSKs	Storm to Perform
West	Seattle, WA	Wednesdays 7:00-8:30pm PT	In-Person	Prachiti Dhamankar	dhamankar.prachiti@gmail.com	CHYKs	Self-Unfoldment
West	Vancouver, BC, Canada	Sundays 10:00-11:00am PT	In-Person	Sheetal Gupta	sheetalgupta99@gmail.com	CHYKs	Yaksha Prashna
Central	Chicago, IL	Wednesdays 7:30-8:30pm CT	Online	Dhiren Khatri	anuraag.aekka@gmail.com	CHYKs & CSKs	Bhagavad Gita – Ch 7
Central	Dallas, TX	Mondays 7:00-8:00pm CT	Online	Br. Hari Chaitanya	br.harichaitanya@gmail.com	CHYKs	Bhagavad Gita - Ch 2
Central	Austin, TX	Fridays 12:00-1:00pm CT	In-person	Priya Kumar	priyak1010@gmail.com	CHYKs	Kindle Life
East	Atlanta, GA	Saturdays 10:00-11:00am ET	Online	Brni. Jyoti Chaitanya	jyoti@chinmayamission.org	CHYKs	Tattvabodha
East	Boston, MA	Monthly, Sundays 6:00-7:00pm ET	In-person	Sapna Rao	bostonchyks@gmail.com	CHYKs & CSKs	Jivan Sutrani (Tips for Happy Living)
East	Branchburg, NJ	Tuesdays 7:30-8:45pm ET	Online	Brni. Akalka	akalkab@gmail.com	CHYKs & CSKs	Kindle Life
East	Buffalo, NY	Sundays 5:00-6:00pm ET	Online	Murali Osuraman	balvihaar@gmail.com	CHYKs	Self Unfoldment
East	New York, NY	Thursdays 7:00-8:15pm ET	Hybrid	Brni. Shubhani Chaitanya	chyk.nyc@gmail.com	CHYKs & CSKs	Meditation and Life
East	Pittsburgh, PA	Thursdays 9:00-10:00pm ET	Hybrid	Shankar Rajupet	shankarrajuet@yahoo.com	CHYKs & CSKs	Yaksha Prashna
East	Washington D.C.	Sundays 4pm – 6pm	In-person	Swami Dheerananda	chyk@chinmayadc.org	CHYKs & CSKs	Informal Satsang
East	Niagara, ON, Canada	Mondays 9:00-10:00pm ET	Online	Vivek Gupta	lifeseva@gmail.com	CHYKs	Vibhishana Gita
East	Toronto, ON, Canada	Tuesdays 7:30-9:00pm ET	Online	Dev and Gina Singh	devandgina@chinmayatoronto.org	CHYKs & CSKs	Vision of Bhagavad Gita
East	Trinidad	Saturday 7pm to 8pm AT	In-person	Motiram Boodoo	boodoo15700@gmail.com	CHYKs & CSKs	Art of Man Making Part 1