

# E – Vichara / Electronic Reflections

Year 1

*Controlling technology to free us...*

1 - Hari Om Everyone,

i hope this email finds everyone well...

**As you think, so you become.**

The purpose of the Total Thoughts from its very inception was to encourage reflection within and without our discussions. **As we reflect more and more on the divine, we come to inculcate divine qualities - calmness, concentration, cheerfulness, etc.** And this is happening...ask yourself if you have grown by reading a Total Thoughts email.

These thoughts are called total because they come from everyone who participates in that particular discussion, not just me. Moreover, with the explosion of internet users these **thoughts could be shared via email, blogs, Facebook, etc. with those who could not be physically present in our discussions.** And this is happening...this past April one of our Total Thoughts emails was sent out all over the world by all of you and at the end of the week at least 1,223 seekers received these Total Thoughts.

Even though the discussions we participate in are on hiatus for the summer, our reflection should never ever cease. So, **regardless of whether there are Total Thoughts emails or not, every week i shall offer all of you some thoughts to reflect on.** And when our discussions resume, i shall incorporate Total Thoughts into this E-Vichara (electronic reflections)...

E-Vichara ( June 22, 2009 ):

- Anyone can preach about brotherhood and Oneness - only the courageous can practice brotherhood and Oneness
- Seva is the bridge to reconcile preaching and practicing - service is actually living what one is teaching
- Focusing on one's career, family, etc. is tangible and easy which is why the masses do this - focusing on helping others with their career, family, etc. is subtle and difficult which is why only few choose this selfless path
- Vedanta can offer peace of mind irrespective of age - still, instilling Vedanta in the young and youth is more important for they are the ones who can make a greater difference in our universe
- All of us have the responsibility of improving the world which means all of us have the responsibility of improving ourselves first - are we fulfilling this responsibility
- We fail to overcome our negative habits because we do not acknowledge they are negative and even glorify them ( i.e. telling others "I am always late" ) - it is laughable to think we can overcome a negative habit with such an attitude
- Who knows what will happen in the next moment ( i.e. did the passengers on the flight from Brazil to France know they were going to disappear? ) - this means we have to discover the Real source of joy here and now otherwise the purpose of living is defeated

‘ It gives me ineffable joy to make experiments proving that love is the supreme and the only law of life. ’ --- Mahatma Gandhi

Inspire-Love-Be

2 - Hari Om from Chicago!

i hope this email finds everyone well...

Another 10,080 minutes of our lives have passed. What were we thinking about during this time? How did we act during this time? To raise our thinking from the mundane to the meaningful is the motive of the E-Vichara...

E-Vichara ( June 29, 2009 ):

- Fascinating how when someone is alive we remember their flaws and when they die we remember their contribution ( i.e. Michael Jackson's recent passing ) - we should be aware of someone's flaws but we need not remember them
- If our true nature is Absolute Joy and presently we are not experiencing this then we need to do what it takes to rediscover our true nature - what other pursuit could possibly be more attractive, more fulfilling, more reasonable
- Regardless of who we meet, almost everyone talks about being busy - have we ever questioned whether busy-ness equates to happy-ness
- God is short for Guru - meeting one's Guru is the same as having Iswara Darshan ( the vision of God )
- Biological evolution and Spiritual evolution are not parallel - a Guru can come to a disciple at any age in any age
- Growing older does not mean growing wiser - growing wiser is being aware that one is growing older and thinking and acting accordingly ( i.e. making Spirituality more of a priority )
- The term realization implies knowing something that was already there - our true nature is not created, our true nature is ever Alive

‘ True religion must make our heads explode with new ideas and brilliant ideals, make our minds gurgle out in fresh and healthy streams of love, and force our hands to sweat and grow weary in good acts. ’ --- Swami Chinmayananda

Inspire-Love-Be

3 - Hari Om Everyone,

i hope this email finds everyone well...

We all want to be more spiritual. However, we are **intimidated by the preconceived notions surrounding spirituality**. In the interests of reconciling these intimidating notions here is our E-Vichara...

E-Vichara ( July 6, 2009 ):

- Viveka is the ability to discriminate between the Real and unreal - this spiritual quality should translate into pursuing that which is important and letting go of that which is not important

- Vairagya is the spiritual quality of detachment - detachment is a mental process and need not be a physical
- The Sat Sampatti or the 6 Inner Wealth are all qualities which encourage us to look within - our greatest wealth is peace of mind not materials
- A Mumukshu is one who desires more and more joy in their lives - by raising the quality and quantity of relative joy we experience, eventually we will rediscover Absolute Joy
- The message of Advaita Vedanta ( non dual philosophy ) is to become independent ( swatantra ) - the independence encouraged is not out of egoism, rather on the understanding that to depend on the ever changing universe is immature and dangerous
- Inculcating the Sadhana Catushtaya (4 Spiritual Qualifications) enables one to appreciate the inner and outer world to a higher degree - why wouldn't one develop these qualities then
- If one loves what they do, that is no longer called ' work ' for that action becomes a natural expression like breathing - spirituality educates us and empowers us to never ' work ' again

‘ Our parents care for us for a lifetime. A Guru cares for us for lifetimes. ’

Inspire-Love-Be

4 - Hari Om from Chicago!

i hope this email finds everyone well...

If you are receiving this email this means you have a **longing to know the beauty of the Spirit**. To fuel the latter longing is our E-Vichara...

E-Vichara ( July 13, 2009 ):

- We are becoming more and more aware of what we put inside our bodies ( i.e. food, water, soaps, etc. ) - we need to do the same and be even more sensitive with what we put in our minds ( i.e. television, websites, friends, etc. )
- Corporations are in the process of seducing us with new ad campaigns ( i.e. Coke - ' Open Happiness ', Pepsi - ' Joy It Forward ', Cineplex - ' Escape With Us ' ) - since when did corporations start manufacturing happiness
- Do we create corporations ( what they do ) or do corporations create us ( how we think ) - is capitalism conducive to a peaceful society
- As long as one does not think about themselves, one is a seeker - as soon as one thinks about oneself one devolves
- Nature is the ideal teacher for learning to live by needs rather than wants - in general, plants, animals, etc. actually practice ' live and let live ' unlike we humans who live by taking life
- Karma leads to both bhakti and jnana - by serving we come to identify ( love ) more and more with others and eventually gain the knowledge that all are only One

‘ The Guru is alone the representative of God; who is partly in the material world and partly in the divine world and thus acts as a bridge to enable His disciples to traverse the impassable depths of worldly existence. He gives His one hand in the hands of His disciples and the other in

the hands of God, just to unite them with each other. It is His compassionate nature: His sole desire is to make every part meet with its Whole. ' --- Unknown

Inspire-Love-Be

5 - Hari Om Everyone,

i hope this email finds everyone well...

This past week i was in Chicago sharing spiritual knowledge with high-schoolers from all over America. The theme of our discussions was ' **Life is a Gift; Living an Art** '. So based on this is our E-Vichara...

E-Vichara ( July 20, 2009 ):

- Only when we have appreciated that the most precious and fundamental gift is Life itself can we begin to live joyfully, effectively, artfully - sans the gift of Life there is nothing let alone other gifts
- When a gift is given with Love, then both the receiver and giver grow - when a gift is given without Love, one party gains at the expense of another
- A gift can only be given by another thus Life is a gift from God - we readily thank someone for merely holding a door for us, yet we refuse or forget to thank God for Life
- Most of us live like we are never going to die and die like we never lived - reflection is a special faculty which will aid us in remedying such an impotent way of living
- All of us are equal in that we have all been gifted with Life - however all of us are far from equal when it comes to utilizing this gift
- A beginner on the spiritual path has what he / she wants but not what he / she needs - as one strives on this path they come to gain what they need and stop caring about what they want
- We should make use of our gifts in a way that the giver feels like he / she has given too little - this is effortlessly achieved if we start living by taking the minimum and giving the maximum

' Today is your day! Your mountain is waiting. So get on your way. ' --- Dr. Seuss

Inspire-Love-Be

6 - Hari Om Everyone,

i hope this email finds everyone well...

This morning i took a taxi from Staten Island to Newark Airport at 5.00am. The taxi driver and i got to chatting and here is what he said, ' The world is full of negativity. So what I do to protect myself from all this is I keep a book on my dashboard where I write down all the **positive aspects of the world. And then I read them whenever I have some time.** ' **Practical, philosophical, productive.** Along these lines is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( July 27, 2009 ):

- The universe does not revolve around us - appreciating this truth we become more accepting with situations and more humble with others and ourselves
- Most of the problems we encounter are self created - by taking the time to think rightly we will discover a new ease in living
- We all have incredible potential for discipline, concentration, etc. - however our potential does not come out because of our bondage to likes and dislikes ( i.e. waking up early for work vs. for a vacation, focusing while reading vs. while watching a movie, etc. )
- To ask how one can apply spirituality in one's ' real ' life is a fallacy - there is no family life, no work life, no spiritual life, there is only life
- To claim Vedanta ( spirituality ) to be impractical is simply a self created justification to not practice - those who make such excuses naturally are not deserving to live the peace promised by Vedanta
- Just as we transcend our lower nature ( tamas and rajas ) with our higher nature ( sattva ) so too we have to transcend our limited vision ( better and worse ) with a broader vision ( different ) - eventually we will have the blessed vision of Oneness

‘ To be angry is to revenge the fault of others on ourselves. ’ --- Swami Chinmayananda

Inspire-Love-Be

7 - Hari Om from Washington DC!

i hope this email finds everyone well...

Apologies for the late email. Time was limited as we completed the Mahasamadhi Camp yesterday. And what a Camp it was! From the first moment to the last, everyone was smiling! What more does one need than a smile? **To all those who attended this great Spiritual Retreat, please continue to smile. To all those who helped make others smile, thank you.** Here is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( August 3, 2009 ):

- At the end of the day all that matters on our Spiritual journey is humility - how humble are we in our day to day affairs
- What is humbleness - the less we think about ourselves the less food we provide for our ego
- Listening to Spiritual talks purifies the mind - organizing Spiritual talks purifies the mind even more for one is actively engaged in living the message
- A true test of one's Spiritual stature can be seen in the smiles of those around - if everyone is smiling around you, know you are walking the path in the right way
- The whole point of seva ( service ) is to dissolve the ego - the more opportunities one is given to serve does not mean one has a bigger ego, rather that God wants he / she to discover his / her Infinite Nature sooner
- Success is to be gauged based on one's purpose of life - and one's purpose of life is decided by knowing one's self and one's Self

- Our Scriptures and Masters are the medium to know who we are - when we know who we are there is no fear, only freedom

‘ Life is a journey – keep moving towards the higher goal. Success and happiness is your birthright. Fill your heart with love and gratitude. The rest just happens! ’ --- Swami Tejomayananda

Inspire-Love-Be

8 - Hari Om from Washington DC!

i hope this email finds you all well...

Beautifully every adult was once a child. And sadly every child will become an adult. The **beauty and sadness is not in the development of the body, rather in the development of the ego.** This is the source of our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( August 10, 2009 ):

- Spiritual education is a direct means to peace and secular education is an indirect means - which are we giving more importance
- Most of our stress is due to a lack of right thinking - typically we have 2 choices in every situation: to be able to act or to not be able to act
- If we can act, worrying is inefficient - if we cannot act worrying is ineffective
- Once we realize that pain and pleasure are self created living becomes fun - pain becomes a form of austerity and all else is pleasure
- If we choose to be subject to likes and dislikes then we are succumbing to the disease of selective perception - only when we choose not to be slaves to likes and dislikes will we experience the world as it actually is
- When our ego is soft we have no fear in preaching or practicing ' We can. We must. We will. ' - as the ego becomes harder so too does preaching let alone practicing this noble philosophy

‘ I do seek strength, not to be greater than my brother, but to fight my greatest enemy, MYSELF. Especially when I groan, with the baser in me. ’ --- Swami Chinmayananda

Inspire-Love-Be

9 - Hari Om Everyone,

i hope this email finds everyone well...

This week has been one filled with potent glory - the birth of Shri Krishna, Bharat ( India ) and Shri Aurobindo. What **unites these Divine entities is sacrifice and service to all of humanity.** This is the source of our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( August 17, 2009 ):

- The refined difference between seva ( service ) and seva bhava ( attitude of service ) is that the former is reactive and the latter proactive - anyone can serve when asked to, but to serve without being asked is divine
- Everyone's true potential is Infinite - thus to achieve prosperity whether it be material, metaphysical or both we only need to look within
- Beautifully, the more one tunes into the needs of others the more one tunes into one's own Self - sadly though all we hear is the jarring sound of our own wants
- The means to Enlightenment is service - the ends of Enlightenment is service
- As long as we live, work will come to us whether asked or unasked - to expect there to be no more work is to not pay attention to one's own life
- There is a subtle yet distinct difference between being confident and being egotistical - the former is silent inside and outside while the latter is verbalized inside and outside
- Confidence is experienced, egotism is self created - confidence is pro-spiritual and egotism is anti-spiritual

‘ The right way of living is an art; or it may be called a science. It is based on the right understanding that values are more important than valuables. We have to make use of all things in life in such a way that they are not misused, abused, or unused but are used to bless ourselves and others. That is the right way of living. The work of Chinmaya Mission by our Gurudev, Swami Chinmayananda, gives us this knowledge – this art of living - of how to transform our lives right here and now. The true art of living is to know how to live beautifully, so that the gift of life becomes a blessing for us and the world around us. That is called Knowledge. ’ --- Swami Tejomayananda

Inspire-Love-Be

10 - Hari Om Everyone,

i hope this email finds everyone well...

Yesterday i had the great fortune of addressing a large gathering of devotees at the Hindu Cultural Center in London. The occasion was Ganesha Chaturthi which also happened to be the day our Vedanta Course began 4 years ago. The theme of the discourse was *The Science of Desire Management*. i thought this to be an apt topic as i had **learned so much about management in the same city years ago while studying at the Ivey School of Business. Thankfully though i was able to learn the most important management while at Sandeepany - Management of Peace.** Accordingly is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( August 24, 2009 ):

- Every single experience in life is presented to us to learn - if we adhered to this vision, every single experience would be an adventure, an opportunity, a blessing regardless of success or failure
- If peace was inherent in stuff ( objects, beings and / or situations ) than all would pursue such stuff - yet no stuff is being pursued universally so how can stuff be of the nature of peace

- What is ironic about the typical dream ( get a job, get a car, get married, get a house, get kids, and repeat only to a larger degree ), is that whether we achieve our dream or not, we find ourselves discontent - we need to be more intelligent with our dreams for them to have the effect a dream should have, joy
- Materialism and spirituality are not mutually exclusive - the key to balancing these apparently divergent paths is to maintain the attitude of having materials and not letting materials have us
- When we first engage in seva we find the whole scene to be awkward, inefficient and tiring - soon enough though this desire to serve annihilates baser desires and this noble choice becomes natural, logical and purposeful
- Looking out for ' me and mine ' is utterly easy - those who look out for ' you and yours ' must be saluted for taking the path less travelled

‘ Can't buy what I want because it's...peace. ’ --- Pearl Jam

Inspire-Love-Be

11 - Hari Om Everyone,

i hope this email finds everyone well...

As meetings and planning are in full swing across North America for the upcoming spiritual and secular semesters, we **need to understand the nature of work, God, and their relationship.** As so here is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( August 31, 2009 ):

- What a student hears he / she may or may not do - what a student sees he / she will do
- A relationship should be based on independence for only then can each party appreciate the other - to allow dependency is to allow despair
- If living were not challenging we would not grow - living is always challenging for all persons because God wants us to evolve
- Our notion about work is quite miserable - we often believe a particular task is far more demanding than it actually is
- Instead of wasting energy and time brooding over what needs to be done, we should just work - work is what prevents us from dying
- If God is Infinite the essence of all is God - if God created the universe the only material prior to the universe was God so the universe is God manifested
- Misinterpretation of religion is far more dangerous for an individual and society than not pursuing religion - we have to learn from those who know not those who pretend to know

‘ Build for yourself a Temple of Peace which no man can take away. Find your joy in yourself exactly where you are now. ’ --- Swami Chinmayananda

Inspire-Love-Be

12 - Hari Om from Columbus!

i hope this email finds everyone well...

Success! A word most pervasive yet most elusive for the majority of us. The confusion over this matter can be **remedied through the simple and ever available process of right thinking**. And so this is the source of our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( September 7, 2009 ):

- Work is worship - if we can cultivate this attitude we will never ever have to work or worship again for both will be integrated and constant
- Real success should lead to peace - many of us claim to be successful yet there is no corresponding peace so is our success real
- Creating joy for others is the true path to joy for oneself - fascinatingly and devastatingly our society is gears us to believe the opposite
- Worthy success is how much positive difference one has offered to the world around - unworthy success is how much we have taken from the world
- The only person who can gauge how successful one is, is oneself - in the same way the only person who can know if one is peaceful is oneself
- Living successfully is a life long study requiring constant learning - the only absolute success is when living leads us to re-discover our Self...God...Life

‘ Know more than others. Work more than others. Expect less than others. ’--- William Shakespeare (3 sentences on success)

Inspire-Love-Be

13 - Hari Om Everyone,

i hope this email finds everyone well...

**Living is a constant exercise in communication. We are all forever communicating with others, with ourselves, and in a variety of ways.** This past weekend we had a Teachers Training Workshop in Niagara Falls where we studied the art of communication. Spirituality being the subtlest of all sciences, learning and sharing this knowledge is the source of our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( September 14, 2009 ):

- We should teach rather than tell - and more important than what is taught is who is teaching and / or how they are teaching
- The key to teaching is being able to listen - the key to learning is also being able to listen
- If one has conviction about their subject, preparation and presentation becomes effortless - to be able to teach spirituality we have to be spiritual
- If we are able to help a student transform from a lower state to a higher this is a great achievement - presently what are our concepts of achievement

- Being free from attachment and egoism are the qualities of a true teacher - to be able to develop these qualities we have to be patient ( surrendering the fruits of one's actions ) and enthusiastic ( being self inspired rather than status inspired )
- What you are speaks so loud that what you say is unheard - whom we Love is a clear indication of who we are

‘ Everyone thinks of changing the world, but no one thinks of changing himself. ’--- Leo Tolstoy

Inspire-Love-Be

14 - Hari Om Everyone,

i hope this email finds everyone well...

As i shared in last week's email, **all forthcoming emails will be an assimilation of the Total Thoughts being shared in the various discussions i have the immense blessings to be part of.** And so here is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections (September 21, 2009)

- Sans the Subject all else is finite and of the nature of change - any entity that changes cannot and will not bring lasting joy
- My True Nature can never be a burden to me - considering we are forever trying to let go of sorrow and hold onto joy, Joy must be our True Nature
- Knowing that we are all made of the same elements, it should be easy to Love all - sadly our selective vision prevents us from appreciating this Oneness
- Many of the problems we face inside and outside is due to taking our micro-vision to be macro - however to live peacefully we have to have a macro-vision implemented in the micro-field
- The difference between knowledge and wisdom is the former talks and the latter does - are we talkers or implementers on this spiritual journey

‘ I emphasize that I am full of ambition and hope and of full charm of life. But I can renounce all at the time of need and that is the real sacrifice. ’ --- Bhagat Singh

Inspire-Love-Be

15 - Hari Om Everyone,

i hope this email finds everyone well...

The purpose of these emails filled with spiritual thoughts is to infuse our day to day affairs with hope. Ideally **these emails should be received on Monday mornings when we are all at our workplaces or schools and we need a refreshing perspective most.** Alas, Sundays are the busiest day for me so i am often unable to send out the E-Vichara / Electronic Reflections for Monday morning. i share this **background so that our appreciation for spiritual thoughts**

**grows and in turn will the inspiration to live these spiritual thoughts.** With this is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( September 28, 2009 )

- Almost all our physical illnesses are caused by the mind - wrong thinking, lack of thinking and incomplete thinking is the direct cause for anger, worry and depression
- Naturally the only antidote for the poison of wrong thinking is right thinking - shocking isn't it that we have reached such a state where we have to inculcate right thinking
- We all have the capacity to think rightly however all of us do not have the ability to do this - taking the time to observe and reflect on the consequences of our present thinking as well as the benefits of changing the way we think is a must to grow within
- The best way to raise the quality of our thinking patterns is to expose ourselves to those who have done the same - laughably we do the exact opposite and hope / expect to become physically and mentally stronger
- By growing older we are not guaranteed that our vision too will grow - often when we are young we live with a limited vision and as we age we become more and more stubborn that there is no grander vision than our own
- Positive and proactive change does not happen on its own - we can and have to invest in ourselves right now

‘ Melancholy is the language of delusion; joy is the music of Truth. ’ --- Swami Chinmayananda

Inspire-Love-Be

16 - Hari Om Everyone,

i hope this email finds everyone well...

This past Friday ( October 2 ) was an important day for all of humanity. The **Jayanti ( birthdate ) of Mahatma Gandhi. A leader, a teacher, a saint of no comparison. The whole world remembered this great personality** on Friday including Google who adorned their webpage with the serene image of Mahatma Gandhi. Continuing to reflect on his life, his quotes comprise our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( October 5, 2009 )

- We should get our peace not from the external environment, but from within us - East and West can only really meet when the West has thrown overboard modern civilization
- That nation is great which rests its head upon death as its pillow. Those who defy death are free from all fear - The first attribute of the divine heritage is fearlessness
- Knowing the fundamentals, as I interpret it, means putting them into practice - Ignorance will not disappear merely with education. It can go only with a change in our ways of thinking
- All rights to be deserved and preserved come from duty well done - A life of sacrifice is the pinnacle of art and is full of true joy
- Selfless service is the secret of life. To rise above passions is the highest ideal - There is not a single moment in man's life when he cannot serve

- I go to discover means whereby I can give you the faith that is in me - My life is my message

‘ He who writes poetry is not a poet. He whose poetry has become his life, and who has made his life his poetry - it is he who is a poet. ’ --- Subramanya Bharathi

Inspire-Love-Be

17 - Hari Om from Pittsburgh!

i hope this email finds everyone well...

In December of 2008, i had written to everyone about my **experience of teaching in St. Johns, Newfoundland.** i was teaching Manah Shodanam ( Purification of the Mind ) and after completing the text **everyone who was listening was moved with joy and expressive of gratitude.** At that moment i had a revelation - there is **no science more beneficial than Spirituality and there is no service greater than spreading Spirituality.**

These past few days i have had the **great fortune of expounding Upadesha Sara ( Essence of Self Knowledge ) in Pittsburgh.** As i was teaching and sharing with the audience that it is **not alright to be sad for our True Nature is that of Joy, i watched as everyone's expression went from neutral to that of wonderment or happiness.** This experience once again **reaffirmed for me, that dedicating my life to rediscovering Who I Am and guiding others to do the same is worth it.** Naturally this would be the ideal foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( October 12, 2009 )

- To think we are the only party involved in what comes to us in life is simply being self absorbed - in this egotism we act selfishly and both we and the world suffer
- The purpose of japa ( repetition of a divine name / phrase ) is to inculcate the associated qualities - as we think so we become is one of the most fundamental principles of Spirituality and if we remember this we would be ever alert of where our mind is
- As long as one controls one's breath one's mind is quiet and as soon as one stops observing one's breath, the mind resumes it's fickle nature - only through control of the mind is real quietude of the mind possible
- Our mind has an objective ( perceiving ) aspect to it and a subjective ( projecting ) aspect to it - the objective aspect allows us to interact with the world and the subject causes us to misinterpret the world
- Our mind is comprised of thoughts and our thoughts always involve an ' I ' facet and a ' this ' facet ( i.e. ' I ' know the ' cat ' ) - with deeper reflection we come to understand the ' this ' facet is dependent on the ' I ' facet and the ' I ' facet is dependent on I so the only independent / real aspect of thinking is I
- Self Enquiry is not the study of objects, beings or situations, nor the study of the thoughts of objects, beings or situations - this Self Enquiry is not of the expressions of Life, rather of Who Am I, the enquiry into Life itself

‘ Turn one's back to the duality created by maya and see Brahman directly. Which way I face makes all the difference. What I face becomes real to me and while what I have my back turned to still makes an impact, the impact is remote. The direct impact comes from what I face. I want to face the Lord. Choose Him, not His. ’ --- Unknown

Inspire-Love-Be

18 - Hari Om Everyone,

i hope this email finds everyone well...

Dealing with objects is easier than dealing with situations. Dealing with situations is easier than dealing with beings. And **dealing with human-beings is the most difficult of all!** More and more reflection on this fact of life has inspired our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( October 19, 2009 )

- We never expect stones, plants or animals to behave differently than they do - why then do we expect humans to behave the way we want them to
- Just because an entity is organic by nature ( i.e. a limb, a parent, a child, etc. ) does not mean the entity will not change - by making excuses for attachment we are only admitting to practicing occasional wisdom naturally leading to only occasional Joy
- By investing the time to look back at all the relationships we have been part of, we observe that all relationships come and go - the ' relationship ' which is not subject to change is that with our Self, teaching us that independence is natural
- Miscommunication is so easy and is so pervasive between humans, especially with the endless means of communication available to us - the cure for miscommunication is to be open, to be simple, to be honest
- Each and every human is different from each and every human so mistakes of commission and omission are bound to occur - if we do not forgive these mistakes, from our end we have made a choice to slowly and steadily kill the relationship with the offender
- What is most fascinating about forgiveness is that if this is not offered, what is really retained is unrest for ourselves - the one who cannot forgive is the one who is choked by the ego making him / her an enemy to himself / herself and others

‘ The rich have a superfluous store of things which they do not need and which are, therefore, neglected and wasted; while millions starve and are frozen to death for want of them. If each retained possession only of what he needed, none would be in want and all would live in contentment. ’ --- Mahatma Gandhi

Inspire-Love-Be

19 - Hari Om Everyone,

i hope this email finds everyone well...

Yesterday i had the great fortune to listen to **Swami Iswarananda ( Resident Acharya of Chinmaya Los Angeles ) speak on *In Pursuit of Happiness* at the University of Toronto.** Swamiji was fun, insightful, inspiring and the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( October 26, 2009 )

- If joy was in objects than anyone who gave up possession of an object would be saddened - we all know such thinking is flawed so why do we succumb to such thinking
- The greatest obstacle preventing us from walking the spiritual path is ourselves - our priorities are all confused making us believe that valuables ( the outer world ) is more important than values ( the inner world )
- Detachment affords us the opportunity to not be rocked by the changing world - the practice of observing our mind is a catalyst to contemplation
- What distinguishes humans from all other creatures is the endowment of an intellect and the opportunity of Enlightenment - knowing this, the purpose of being a human is to utilize the intellect for Enlightenment
- Only one who is not pursuing happiness is happy - the only one who is happy is the one who has looked within and realized who one truly Is
- Each and every day we entertain and answer countless questions - however, do we ever think about and seek the truth of the most fundamental question, who am I

A few weeks ago the Nobel Prize for Chemistry was awarded to Ramakrishnan Venkatraman of India. Upon **receiving the reward he offered the media a solid response to their superficial questions and motives:**

*The India Abroad News Service quoted him as saying to the BBC Hindi Service, that the Nobel Prize "is a great honour", adding quickly, "I think it is a mistake to define good work by awards. This is a typical mistake that the public or even the press make." None of you called me about my work even two days ago...right?", he asked. "I think people have to do what interests ( them ) and then pursue it.... That's the way to do important work. Whether prizes come your way or not, it's really not so important".*

*Does this ring somewhere? "Work, but, without expecting rewards", Sri Krishna told his disciple Arjuna in his discourse in Bhagavad Gita, that is to keep the work above reward, as the essence of Karma Yoga. That Venky kept his work above the award shows that this spirit of Karma Yoga was inherent in his deeper consciousness. Otherwise, within minutes of scaling the Everest of glory any scientist longs for, Venky could not have shown such spontaneous detachment from the glory that the award could otherwise mean to him. His instant response is the expression of the elevating profoundness of his inner consciousness.*

‘ Live for others - there is peace; live selfishly - there is worry and restlessness. ’ --- Swami Chinmayananda

Inspire-Love-Be

20 - Hari Om Everyone,

i hope this email finds everyone well...

Recently i went to see the movie version of the classic adventure tale *Where The Wild Things Are*. **This movie, like the book, encompassed a minimal plot and minimal props. However, the nature of humans ( and monsters ) is brought out so vividly!** So i thought what better foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( November 2, 2009 )

- The people closest to us tend to be the ones we treat the poorest - we need to stop taking such people for granted and appreciate them for always forgiving us and being around us rather than just assuming we are entitled to this
- As one changes from a student to a householder our consideration too has to change from a single opinion ( our own ) to many opinions ( a significant other, kids, etc. )
- Accepting people the way they are is a catalyst to peace of mind - relating to people in the appropriate way is a catalyst to peace of mind
- Learning to listen, to communicate and to compromise with a significant other is better for one's health than exercise, income and prestige - each partner should have the attitude of serving each other and more importantly each partner should sacrifice their needs and encourage the other to serve those who are in greater need
- We all have relative duties ( i.e. of a wife, of a engineer, of a citizen, etc. ) and an Absolute duty ( i.e. of a seeker ) - our evolving worldly duties are a means to achieving the Universal duty
- Each and every one of our relationships has been created in time ( i.e. a child to a parent, a spouse to the other, etc. ) - our relationship with God is timeless and should be given precedent over all other relationships

**And contentment...a must for secular relationships, for spiritual relationships.** Below is short story entitled *The 99 Club* which brings out our attitude towards contentment quite simply, quite sadly:

*Once upon a time, there lived a King who, despite his luxurious lifestyle, was neither happy nor content.*

*One day the King came upon a servant who was singing happily while he worked. This fascinated the King; why was he, the supreme Ruler of the land, unhappy and gloomy, while a lowly servant had so much joy. The King asked the servant, "Why are you so happy?" The servant replied, "Your Majesty, I am nothing but a servant, but my family and I don't need too much - just a roof over our heads and warm food to fill our tummies." The King was not satisfied with that reply.*

*Later in the day, he sought the advice of his most trusted advisor. After hearing the King's woes and the servant's story, the advisor said, "Your Majesty, I believe that the servant has not been made part of The 99 Club." "The 99 Club? And what exactly is that?" the King inquired. The advisor replied, "Your Majesty, to truly know what The 99 Club is place 99 gold coins in a bag and leave it at this servant's doorstep."*

*When the servant saw the bag, he took it into his house. When he opened the bag, he let out a great shout of joy...so many gold coins! He began to count them. After several counts, he was at last convinced that there were 99 coins. He wondered, "What could've happened to that last gold coin? Surely, no one would leave 99 coins!" He looked everywhere he could, but that final coin*

*was elusive. Finally, exhausted, he decided that he was going to have to work harder than ever to earn that gold coin and complete his collection.*

*From that day, the servant's life was changed. He was overworked, horribly grumpy, and castigated his family for not helping him make that 100th gold coin. He stopped singing while he worked.*

*Witnessing this drastic transformation, the King was puzzled. When he sought his advisor's help, the advisor said, "Your Majesty, the servant has now officially joined The 99 Club." He continued, "The 99 Club is a name given to those people who have enough to be happy but are never contented, because they're always yearning and striving for that extra "1" telling to themselves: "Let me get that one final thing and then I will be happy for life."*

*We can be happy, even with very little in our lives, but the minute we're given something bigger and better, we want even more! We lose our sleep, our happiness, we hurt the people around us; all these as a price for our growing needs and desires. That's what joining the 99 Club is all about.*

‘ If you want to prove, improve! ’ --- Swami Chinmayananda

Inspire-Love-Be

21 - Hari Om Everyone,

i hope this email finds everyone well...

This past weekend, **Chinmaya Niagara organized a enjoyable, insightful and HUGE Bala Vihar Sleep Over!** We played soccer, ate pizza, watched *Horton Hears a Who!*, engaged in laughing yoga and most importantly learned about the *Game of Life*. **Life can be a game or life can be a struggle, all depending on our vision.** As such, the Game of Life which was our theme this past weekend is also the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( November 9, 2009 )

- In a game there is a purpose, field, rules and players - in living these translate to Enlightenment, the world, Dharma and you and i respectively
- A game is played for fun and friendship, that which is universally wanted - when we play a game for ourselves ( selfishly ) we derive limited benefits ( i.e. fame ) but when we play a game for a team ( selflessly ) we derive unlimited benefits ( i.e. respect )
- Rules are needed to make the game smooth just as Dharma is needed to make living smooth - when we adhere to the rules there is fearlessness and when we do not we create suffering for ourselves ( Srimad Bhagavad Gita - Chapter 3 - Verse 35 )
- Fundamental rules for living are reverence for life, knowledge, happiness and friendship in oneself and others - if one finds practicing any of the latter difficult, by choosing Love, living becomes effortless
- The test for Love is the concern for happiness and the readiness to aid in this - many speak of Love but how many live Love
- Only when we ' see ' life as a whole can we live a whole life - are we playing this game of life as a sportsman

‘ Manava seva alone is the greatest Madhava seva. ’ --- Swami Chinmayananda

Inspire-Love-Be

22 - Hari Om Everyone,

i hope this email finds everyone well...

**Everyday, everyone is exposed to the concept of Love.** Sometimes in print, sometimes verbally, sometimes the Real bond. What is Love though? Has anyone ever asked you this? Have you ever asked someone this? Have you ever asked yourself this? **Before your read on, deeply think about *What is Love?* We can propagate Love all day yet if we do not know what Love is, is it really Love?** Developing the awareness of Love is the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( November 16, 2009 )

- The Nature of Life is Infinite Joy - knowing this, the single, solitary, timeless purpose of living is to rediscover the Infinite Joy which is presently eluding us all
- The test of Love is universal concern for happiness and the readiness to aid in achieving this - are we sharing happiness or leeching happiness
- A secret of happiness is to make others happy - by making others happy we come to understand that all we need to live is the opportunity to Love
- Apathy is the inability to identify with another or hatred - sympathy is the inability to act for another or fear
- Empathy is the ability to live for another or Love - sans empathy we are preachers only, not practitioners of Love
- When one receives Real Love which is Unconditional by nature, one is transformed forever - such a summum bonum ' gift ' is offered by the Guru to a disciple and the result is an inexhaustible inspiration to share the same

‘ The richest person is not the one who has the most, rather the one who needs the least. ’ ---  
Unknown

Inspire-Love-Be

23 - Hari Om from Calgary!

i hope this email finds you all well...

Recently i was invited to address a group of students at McMaster University in Hamilton. The **theme of the talk was *Modern Renunciation* and this led into *Divinizing One's Life*.** **Understanding that such thoughts are not specific to Young Adults,** these themes form the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( November 23, 2009 )

- Our superficial understanding of renunciation tends to trigger feelings of fear and resentment - would the same feelings arise if the renunciation was directed towards sorrow
- True detachment is of all that which does not bring us closer to our Infinite Nature - by practicing such detachment what we are really doing is investing more in happiness
- The focus is not so much on the detachment as on the attachment, to the Divine - if we cannot let go of our baser pursuits how can we ever expect to seek the purer
- A spiritual person does not live a divine life, rather lives a life divinely - this opportunity is ever available to us, we just need to have the awareness and courage to know what is 'right in front of us'
- We quite often project that practicing spirituality is beyond our reach - just as we do with secular challenges, to alleviate this fallacy we have to make the unreachable reachable with right thinking ( i.e. waking up an hour earlier tomorrow may not be realistic, but waking up a minute earlier everyday for 2 months is, etc. )
- Just as we recharge the body with food and the mind with sleep, so too we have to understand the intellect needs to be recharged with reflection ( i.e. every morning and evening read a Scripture for 15 minutes, etc. ) - by reflecting we will change the way we think which will change the way we act which will change our agitations to peace

‘ The heroism of the seeker is in rejecting the whisperings of immediate happiness and living nobly, fulfilling one's larger duties. ’ --- Swami Chinmayananda

Inspire-Love-Be

24 - Hari Om Everyone,

i hope this email finds everyone well...

With ' Black Friday ' in the past and Christmas in the future, **most people will have gifts they want and gifts others want on their minds. In an attempt to neutralize the idea that gifts have to be material in nature,** is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections (November 30, 2009)

- If joy was in objects than the more objects we have / receive the more joyous we would be - we all know this is flawed logic ( i.e. the richest are not the most joyous and the poorest are not the most sorrowful, eating 1 bowl of ice cream may bring joy but eating 50 bowls of ice cream will bring sorrow, etc. )
- If joy was in objects then everyone would be pursuing the same objects - we all know this is inaccurate ( i.e. some want toys and not books, some want books and not toys, etc. )
- If joy was in objects then the giver of an object would always be sorrowful and the receiver of an object would always be joyous - we all know that experience has proved otherwise ( i.e. when a charitable person gives to a charity both are joyous, when one does not get what they want the giver and receiver are both saddened, etc. )
- If joy was in objects then everyone would despise going to sleep, a time when we are unaware of what we possess and do not possess - we all know this is a lie for everyone loves to sleep ( i.e. whenever we are sorrowful we just want to sleep, one of the greatest joys humans know sans objects, etc. )

- If joy was in objects then overcoming sorrow would be simple and straightforward - we all know this is not possible ( i.e. we are sometimes more sorrowed upon receiving an object, there is a prevalence of objects in the world and a prevalence of sorrow too, etc. )
- If joy was in objects then there would be no joy in reading these thoughts - we all know we are more joyous when reading these thoughts because we are enlightened that our True Nature is Joy and objects cannot add or take away from this

‘ It is impossible to exhaust desires through enjoyment. So the only way to overcome them is through right thinking. ’ --- Swami Tapovanam

Inspire-Love-Be

25 - Hari Om Everyone,

i hope this email finds everyone well...

With the **United Nations Climate Change Conference in Copenhagen happening, everyone is wondering** if the hundreds of politicians, leaders, scientists, business people and activists **gathered will be able to walk the walk and not just talk the talk?** Interesting to note that **recent studies have concluded that gases produced by the factory farming of animals is greater than gases produced by the transportation sector. We are open to recycling and carpooling and shouting out ' SAVE THE ENVIRONMENT! '.** Yet, **so few are open to turning away from meat and ACTUALLY saving the environment.** This noble lifestyle is the foundation for our E-Vichara / Electronic Reflections...

Special E-Vichara / Electronic Reflections on Vegetarianism ( December 7, 2009 )

- Studies consistently reveal that the amount of feed, water, etc. needed to be invested in animals is exponentially higher than what needs to be invested in plants to produce the same yield - we are forever striving for efficiencies in all fields ( i.e. business, medicine, athletics, etc. ) so why do we overlook lifestyle
- Consuming animals is easy and prevalent because the end consumer ( i.e. us ) is far removed / ignorant of the process ( i.e. slaughtering ) of creating meat - if everyone had to kill what they wanted to eat would we still be carnivores
- Our compassion tends to be discriminatory in nature ( i.e. we will eat cows, pigs, fish, etc. but not dogs, cats, parrots, etc. ) - just as some cultures have domesticated dogs and so do not eat dogs, to be truly fair, such cultures should domesticate all animals or no animals
- The philosophy behind vegetarianism is to create the least harm to the universe - just as committing suicide is a crime, because human loss is most significant, so too we have to evolve and realize that animal loss is more harmful than plant loss which is more harmful than stone loss
- We all have the ability to justify any thought or action of ours ( i.e. it is not alright to eat animals but it is alright to wear / sit on animals, etc. ) - we need to reconcile such inconsistent choices and realize that putting carcasses in our body or on our body is the same
- There is great pressure from the media ( i.e. meat makes you strong ), corporations ( i.e. hamburgers are cheap ) and society ( i.e. Thanksgiving equals turkey consumption ) to eat meat - yet if more people turned to vegetarianism than more vegetarian options and

support would naturally come about meaning we would be diffusing the pressure to eat meat

- Taste is a phenomenon of the mind and not of the tongue ( i.e. when one is starving, a dry piece of bread would be delicious versus if one is full, a moist chicken wing would be despicable ) - knowing this we are empowered to change the way we think and so change the way we eat
- The general trend in thinking is that there are not substitutes for animal products ( i.e. milk, fish oil, belts, etc. ) - one could agree to this if one continued to live in the 1990's but as we approach 2010 there are ample substitutes for all we need which does not require killing ( i.e. soy milk, synthetic vitamins, cloth belts, etc. )
- Initially shifting from eating animals to not eating animals is challenging - but all change demands effort and if we can commit ourselves to being open minded to the facts and disciplined towards a routine, being a vegetarian is possible and easy

‘ Let us deserve to get what we desire, and then we will get it. ’ --- Swami Tejomayananda

Inspire-Love-Be

26 - Hari Om from Chicago!

i hope this email finds everyone well...

This past Tuesday ( **December 8<sup>th</sup>** ) **marked the 29th Anniversary of the death of John Lennon.** John Lennon was the lead singer of *The Beatles*, **a band which has brought and continues to bring a message of hope to the world directly and indirectly through their music. Aspiring to show the unity between Spirituality and Music,** lyrics from The Beatles / John Lennon forms our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( December 14, 2009 )

- Limitless undying love which shines around me like a million suns, and calls me on and on across the universe. Jai Gurudeva, Om. ( Across the Universe ) - All you need is love, love. Love is all you need ( All You Need is Love )
- I'll give you all I got to give if you say you'll love me too. I may not have a lot to give but what I got I'll give to you. I don't care too much for money, for money can't buy me love. ( Can't Buy Me Love ) - Whatever happened to the lives that we once knew? Can we really live without each other? ( Free As a Bird )
- Hare Krishna Hare Hare Krishna. All we are saying is give peace a chance. ( Give Peace a Chance ) - You may say I'm a dreamer. But I'm not the only one. I hope someday you'll join us and the world will live as one. ( Imagine )
- And when the broken hearted people living in the world agree, there will be an answer, let it be. ( Let it Be ) - Doesn't have a point of view. Knowing not where he's going to. Isn't he a bit like you and me? ( Nowhere Man )
- It's the dirty story of a dirty man. And his clinging wife doesn't understand. His son is working for the Daily Mail. It's a steady job but he wants to be a paperback writer. ( Paperback Writer ) - Lay down your arms soldier of love and surrender to me. Lay down your arms soldier of love and love me peacefully. ( Soldier of Love )
- Day after day, alone on a hill, the man with the foolish grin is keeping perfectly still. But nobody wants to know him, they can see he's just a fool. And he never gives an answer. (

The Fool on a Hill ) - How could she say to me, love will find a way? Gather around all you clowns, let me hear you say. Hey you've got to hide your love away. ( You've Got to Hide Your Love Away )

‘ Life life in such a way that you enjoy and other people derive inspiration from you in living their lives. Then there is joy and joy alone. Such is a great game and a great player. ’ --- Swami Tejomayananda

Inspire-Love-Be

27 - Hari Om from New Jersey!

i hope this email finds everyone well...

This past week i was in Northwest Indiana speaking on various spiritual matters. Fascinatingly, the **discourse which was attended and appreciated the most was on ' Stress Management '** . The demand and response for thoughts on how to remedy stress was and is so great that a leading cardiologist in the area invited me to speak on this subject in March at the annual banquet for their community hospital. **Recognizing that spiritual knowledge is the cure to the disease of stress, this ' medicine ' is shared** through our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( December 21, 2009 )

- Almost all of us are intensely interested in stress management yet so few us take the time to understand what stress is - stress is simply negative thoughts, just as fear, frustration, etc. are
- In any challenging situation, we generally only have two options available to us: we can act or we cannot act - in the former option stress is inefficient and in the latter option stress is ineffective
- Stress is not inherent to a situation as some succumb to these thoughts and others choose not to entertain these thoughts - like anger, hatred, etc. stress tends to be directed towards an outside entity but causes us to suffer
- Contrary to what society propagates, being stressed is not alright - we have to desist from accepting and glorifying the stress in our lives
- When our demands exceed our resources tension is created ( i.e. pulling an elastic too far, spending more than our income, etc. ) - by striving to match our demands with our resources ( i.e. committing to less than 24 hours of activity per day, accepting people for who they are, etc. ) we strive to heal the friction caused by the mismatch of these
- Spirituality is needed most when we are stressed but we tend to dismiss spirituality most when we are stressed - stress management is mind management and mind management is maya management and maya management is Joy

‘ Dream the dreams of other men, you'll be no one's rival. Dream the dreams of others then, you will be no one's rival, you will be no one's rival. ’--- Pearl Jam

Inspire-Love-Be

28 - Hari Om from Washington DC!

i hope this email finds you all well...

As a spiritual teacher, the **subject which most people ask me to speak on is ' Practical Spirituality '**. In an attempt to satisfy such requests once and for all ( ha to this being possible and hahaha to me being capable of this ), **how to be more spiritual here and now is the basis** for this decade's final E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( December 28, 2009 )

- There is a general preconceived notion that spirituality is for the dejected and aged - yes, many do turn to the spiritual path out of desperation ( reactive ) but even more turn to this path out of inspiration ( proactive )
- The enemy of the Spirit is our ego and this prevents us from acknowledging the joy we experience when in tune with the Spirit - by acknowledging the utility of spirituality we would be confident in this pursuit rather than cowardly
- Today, with the ripple effect of globalization, we are exposed to more spiritual teachers, scriptures and disciplines than ever before - this unprecedented choice can serve as a curse or blessing depending on how we filter in / out these choices
- If we are able to choose and run with just one teacher, one scripture and one discipline, while remaining open minded to others, we will be set on the spiritual path - by making spirituality more approachable we will understand how this Science of Life can and should be practiced by all
- Each and every week we have 168 hours and still we boldly exclaim there is no time for spirituality - if we took the time to study our schedules, 99% of us would discover inefficiencies which could be replaced with spiritual activities
- For some, appreciating the benefit, intimacy and timeliness of spirituality may be too much - a catalyst to developing this mindset is to immerse ourselves in satsanga ( association with the positive) and seva ( service to others ) whereby we inculcate knowledge ( theory ) and live it ( application )

‘ You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty. ’--- Mahatma Gandhi

Inspire-Love-Be

29 - Hari Om Everyone,

i hope this email finds everyone well...

At the **end of June of 2009, i sent out the first E-Vichara**. The reason for this ' new email ' was the Mananam Mondays, Wisdom Wednesdays, Thinking Thursdays, Seeking Sundays and Satsanga Sundays emails ceased with all the discussions from Buffalo to Toronto on hiatus for the summer. The **purpose for this ' new email ' was the same as the above emails, to encourage spiritual reflection leading to right thinking leading to peace of mind**.

Now that the E-Vichara is not a ' new email ' and now that we are in a fresh decade, i want to

share more insights into the structure of this writing. As such, **understanding how to make the best use of these spiritual thoughts is the foundation** for 2010's first E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( January 4, 2010 )

- For most of us, Sunday night / Monday morning is the low point of our week for we are thinking about work, school and / or a return to responsibilities in general - knowing this to be when we need the most inspiration and retuning of our perspective, we find these spiritual reflections in our inbox
- When we receive this email, we should not casually read it once - we should create the time to consciously read each point and the quote everyday until the next E-Vichara is sent
- Each and every week we have to face the challenges of 7 days whether we like it or not - correspondingly, at the minimum each E-Vichara contains 6 main points and a quote
- When our minds are agitated ( i.e. Mondays ) we cannot appreciate subtler thoughts which is why each subsequent point shared is more subtle than the prior - and when our minds are more free ( i.e. Saturdays ) we can appreciate more subtle thoughts which is why the final point shared is always the most potent for reflection
- After having reflected thoroughly on the contents of the E-Vichara our state of mind should adhere to that of the concluding quote - in such an inspired state we should be inclined to share our joy by spreading the same message we have benefited from
- Thoughts make the mind, the mind makes an individual, the individual makes a society and so a decrepit society has its source in decrepit thoughts - this is why we have to flood societies, individuals, minds and thoughts with spiritual ideas in each and every way we can ( i.e. discourses, discussions, satsangas, magazines, emails, websites, Facebook, Twitter, etc., etc., etc. )

‘ It is necessary that we begin our day with a purpose. If we don’t, the world will take over. ’ ---  
Swami Iswarananda

Inspire-Love-Be

30 - Hari Om Everyone,

i hope this email finds everyone well...

With a new calendar year just underway, **we have to decide here and now to grow beyond our ego.** And the universal means to making this happening is giving. **Giving our wealth, giving our time, giving ourselves...GIVING!** This is the inspiration behind the E-Vicharas / Electronic Reflections. And this is the foundation for this E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( January 11, 2010 )

- Almost everyone who is reading this email does not have to worry about where their next meal, shirt or roof will come from - yet we live as if we do have to worry over these ' givens ' in our lives

- In every city where this email is being read, there are hundreds, thousands and even millions of human beings who simply do not have the opportunity and / or capability to meet their basic needs - is this their fault
- Rarely do we regret under-eating - if we could run with this truth we would be healthier and the repercussions of this disciplined lifestyle would indirectly feed those who are under-nourished
- Quite often when we give away something, lose someone or are restricted from an experience do we come to appreciate what we have - these are blessings not curses for we learn to live more dynamically
- Each and every one of us is capable of giving in different ways - each and every one of us is in need in different ways
- For the sake of our welfare and universal welfare we should reflect on all we do not need and all we can give and then act on this - the greatest gift is the gift of knowledge

Keeping with the idea of growing beyond ourselves, the following is a **poem epitomizing this message, by the epic Ravindranath Tagore from his epic Gitanjali:**

*I had gone a-begging from door to door in the village path, when thy golden chariot appeared in the distance like a gorgeous dream and I wondered who was this King of all kings!*

*My hopes were high and me thought my evil days were at an end, and I stood waiting for alms to be given unasked and for wealth scattered on all sides in the dust.*

*The chariot stopped where I stood. Thy glance fell on me and thou camest down with a smile. I felt that the luck of my life had come at last. Then of a sudden thou didst hold out thy right hand and say: "What hast thou to give to me?"*

*Ah, what a kingly jest was it to open thy palm to a beggar to beg! I was confused and stood undecided, and then from my bag I slowly took out the least little grain of corn and gave it to thee.*

*But how great was my surprise when at the day's end I emptied my bag on the floor to find a least little grain of gold among the poor heap! I bitterly wept and wished that I had had the heart to give thee my all.*

‘ Don't say that you want to give, but go ahead and give! You'll never catch up with a mere hope. ’ --- Johann Wolfgang von Goethe

Inspire-Love-Be

31 - Hari Om from Chicago!

i hope this email finds everyone well...

The past few days i have been in **Chicago teaching 80 Young Adults from across the continent about how Life is a Gift and Living is an Art.** i have spoken on *Stress Management, Synergy in Relationships, Time Management, Transcending the Rat Race*, and i opened the retreat with a fundamental discourse on *Valuing Peace*. Thoughts on *Valuing Peace* is the source for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( January 18, 2010 )

- Most of us know that all we do is for peace, yet our thoughts and actions are towards agitation - when one knows what to do but does otherwise we call such a person a weakling, a hypocrite, an intellectual
- If we knew the true value of peace every thought and action of ours would change forever - if we knew the true value of peace would we ever give in to sadness
- To begin developing this attitude we should expose ourselves to those who are peaceful and understand what makes them peaceful - what we will discover is those engaged in serving others are content
- To begin developing this attitude we should study those who are peace-less and understand what makes them peace-less - what we will discover is those engaged in indulgence and indiscipline are desirous
- We have to learn to accurately define our experiences to find what makes us happy, what makes us unhappy and slowly invest less in the unhappy and more in the happy - we can practice this by not succumbing to pleasure ( short term ) at the expense of peace ( long term )
- After developing the readiness ( theory ) to be peaceful we have to be willing to be peaceful ( application ) - sans peace what we have or do not have becomes irrelevant and with peace what we have or do not have becomes irrelevant

‘ Life is a vanity fair, and the only thing worth doing is adoration of the Divine. ’ --- Swami Tapasyananda

Inspire-Love-Be

32 - Hari Om Everyone,

i hope this email finds everyone well...

A few weeks ago i was invited to watch an Indian movie called *3 Idiots*. **All those who had seen the movie were talking to me, calling me, emailing me about how i needed to see this movie.** So i agreed and went into the movie thinking this would be a typical humorous-romance as most Indian movies are. However, after seeing *3 Idiots* **i further realized how preconceived notions inhibit us from fully living. This movie was simply moving.** So much so, the message of *3 Idiots* forms the theme of our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( January 25, 2010 )

- How many of us actually love learning and knowledge and wisdom for the sake of learning and knowledge and wisdom - seems like most of us only study for grades and / or wealth
- Parents often pressure their children into what they should study, who they should marry, where they should reside and children often succumb to this pressure - at the end of the day though the child is the one who has to study, marry and reside while the parents are just onlookers
- Contrary to what ' society ' propagates, vanity makes one ugly and humility makes one beautiful - why do we have to be better and worse than each other
- When the purpose of living is to be completely joyous then the true gauge of success is how joyous one is - when was the last time, if ever, we measured how successfully we have lived based on how joyous we are

- When one is joyous what one has, who one influences, where one is becomes secondary - when one is sad what one has, who one influences, where one is becomes secondary
- A test of how much we love what we do is how often we want a break and / or vacation and / or rest - if we love what we do work is really play and all we want to do is play more and more and more

‘ When the ego, the adjunct of the Spirit, is shattered by philosophic reflection, then the Spirit realizes It's nature as one with the Infinite. ’ --- Srimad Bhagavatam Part 12, Chapter 4, Verse 33

Inspire-Love-Be

33 - Hari Om Everyone,

i hope this email finds everyone well...

The past few evenings i have been in Niagara Falls **conducting seminars on ' Detachment for Householders ' based on Swami Tejomayananda's ( Guruji ) *Tips for Happy Living - Jivansutrani***. Throughout the text Guruji has shared thoughts on the importance of continuous learning...improvement...joy! **Aspiring to give maximum happiness to the maximum number for the maximum time, the same thoughts are the foundation** for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( February 1, 2010)

- The only ones to whom improvement is not applicable are the completely ignorant and the completely content - the ignorant do not know what improvement is and the content have traversed all improvements
- ' A wise man learns from other people's mistakes, a fool from his own and a bigger fool never! ' - how do we learn or not learn
- If we are able to be peaceful every moment ( relative liberation ) naturally we will be peaceful forever ( Absolute Liberation ) - our short term goals must lead us to our long term goals and vice versa
- Boredom is simply a choice to engage in a stagnant state of mind - by engaging in a open state of mind we find every object, being and situation most interesting
- When we develop the attitude of a student we become devotees of living - with such a vision every aspect of living is treated with reverence for every aspect is our Guru
- Sans knowledge one cannot be wise and sans wisdom one will forever drown in a sea of mundane existence - what do we say, what do we offer, to the Guru who annihilates every last trace of darkness ( sorrow ) and awakens us to our own Infinite light ( Joy )

‘ In the dream one can experience one's own death. Physical death in the waking state is on a par with it. The Spirit, is not one with the body but only its witness, is not affected by death. The Spirit is unoriginated and deathless. ’ --- Srimad Bhagavatam Part 12, Chapter 5, Verse 4

Inspire-Love-Be

34 - Hari Om Everyone,

i hope this email finds everyone well...

The year i left for the Vedanta Course, *Batman Begins* was released. Before joining Sandeepany i watched the movie twice and very much enjoyed the movie each time. Recently i was in Washington DC where i had the chance to watch the movie twice, again. However, this time around **i watched the movie with ' Vedantic eyes ' . Pre-Vedanta Course *Batman Begins* was enjoyable and post-Vedanta Course *Batman Begins* was enlightening.** Striving to understand the thoughts and actions of Batman is our E-Vichara / Electronic Reflections...

Special E-Vichara / Electronic Reflections on *Batman Begins* ( February 8, 2010 )

- The only person who knows what we want is ourselves - knowing this we should turn within for guidance on our quest, answers to our questions
- When our life is guided by an ideal we live an ideal life ( Batman ) - sans an ideal we can be good but never great ( Bruce Wayne )
- Death waits for none - are we aware of the infinite value of each passing moment
- With every fall, every frustration, every failure, an opportunity to overcome these is presented ( a young Bruce Wayne falls into the well ) - aptitude does not enable us to do this, attitude does
- Just as a fire consumes a forest and all life within so too anger consumes a person and all life within - for anger, revenge is fuel and forgiveness is water
- Justice and revenge are as similar as selflessness and selfishness - compassion is what differentiates a hero from a villain ( Batman vs Ra's al Ghul )
- If the fortunate do not help the unfortunate they are just as unfortunate - relative success is win-lose ( material ) whereas real success is win-win ( spiritual )
- What we do defines us ( Bruce Wayne's father ) - what would the world be like if the good did nothing
- To be a ninja one needs to mind one's surroundings, be patient, have confidence - to be a seeker one needs to mind one's surroundings, be patient, have confidence
- A visionary sacrifices the lesser for the greater - a fool compromises on the greater for the lesser
- A true server of society does so for the sake of service ( changing oneself ) not for the sake of society ( changing others ) - such a person is intrinsically inspired
- ' I never said say thank you. ' ( Commissioner Gordon ) - ' And you'll never have to. ' ( Batman )

‘ If you learn, teach, if you get, give.’ --- Maya Angelou

Inspire-Love-Be

35 - Hari Om from Columbus!

i hope this email finds you all well...

The next few days i will be in **Columbus offering discourses on the simple and sublime *Drg Drsya Viveka* ( Discrimination between the Seer and seen )**. This spiritual text is par none. If we could **all study, reflect upon, and live the message of just *Drg Drsya Viveka***,

**Enlightenment would not be far.** Aspiring to be Enlightened and to enlighten, the import of this scripture is being shared in our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( February 15, 2010 )

- When we go about our daily affairs we are well aware that what we perceive is not us ( i.e. we see our watch, which means we are not our watch, and we act accordingly ) - we also perceive our body, mind, intellect and ego so why do we believe these equipments are us
- Our senses perceive many objects but remain the same, our mind recognizes many conditions of the senses but remains the same, our Spirit is aware of many thoughts of the mind but remains the same - our Spirit is Ever-Present, Ever-Aware, Ever-Joyous and this never ever changes so why worry
- What is the difference between a sleeping body and a dead body - the fundamental difference is the Life Principle is no longer expressing through the dead body
- The Life Principle is the only source of Consciousness and all else is dependent on Life to be enlivened - sans the Life Principle ( the Subject ) there would be no existence, no awareness and no joy in all else ( objects )
- Every object, being and situation has three aspects which is Essence, name and form ( i.e. moulded gold is existing, called a ring and is in the shape of a circle ) - on account of ignorance of the Truth we consistently take for granted the existence and are forever caught up and attach ourselves to the changing names and forms
- The one and only way to cure us of the disease of ignorance of our Self is Knowledge of our Self - upon rediscovering our Self, wherever one goes one smiles an Infinite Smile

We have all been told that we should be charitable. However, sometimes we are **confused as to how we should be charitable. The following are some insights into the Art of Giving...**

***Question 1 - When should one give?***

*Yudhisthira asks a beggar seeking alms to come the next day. On seeing this, Bhima rejoices that his brother has conquered death for he is sure that he will be around tomorrow to give!*

*Yudhisthira understood the message. One does not know whether one will be around tomorrow to give.*

***NOW.***

***Question 2 - How much to give?***

*One recalls the famous incident from history where Rana Pratap was reeling after defeat from the Moghals. He had lost his army, he had lost his wealth, and most importantly he had lost his hope. At that time in his darkest hour, his former minister Bhamasha came seeking him and placed his entire fortune at the disposal of Rana Pratap. With this, Rana Pratap raised an army and lived to fight another day.*

***AS MUCH AS YOU CAN.***

***Question 3 - What to give?***

*It is not only money that can be given. It could be a flower or even a smile. It is not how much one gives but how one gives that matters. When you give a smile to a stranger that may be the only gift received by him / her in days and weeks!*

***ANYTHING, AS LONG AS GIVEN WITH LOVE.***

***Question 4 - Whom to give?***

*Many times we avoid giving by finding fault with the person who is asking. However, being*

*judgmental and rejecting a person on the presumption that he / she may not be the most deserving is not justified.*

**EVERYONE, SANS JUDGEMENT.**

**Question 5 - How to give?**

*We have to ensure the receiver does not feel humiliated, nor that we feel proud. Let not your left hand know what your right hand gives. Charity without publicity and fanfare is the highest form of charity. After all, what we give never really belonged to us.*

*We come to this world with nothing and will leave this world with nothing. The thing gifted was only with us for a temporary period.*

*Why then take pride in giving away something which never really belonged to us?*

**HUMBLY.**

**Question 6 - How should one feel after giving?**

*In the story of Ekalavya, when Dronacharya asked him for his right thumb as Guru Dakshina he unhesitatingly cut off his thumb and gave it to Dronacharya. Afterwards Ekalavya was asked whether he ever regretted the act of giving away his thumb. His reply was "Yes! I regretted this only once in my life. It was when the Pandavas were coming to kill Dronacharya who was broken hearted on the false news of the death of his son Ashwathama and so had stopped fighting. It was then that I regretted the loss of my thumb. If my thumb was there, no one could have dared hurt my Guru."*

**WITH NO REGRET.**

*Remember, rivers do not drink their own water, nor do trees eat their own fruit, nor do rain clouds consume the grains reared by them. In the same way, the wealth of the noble is for the benefit of others.*

‘ When you run out of breath and desires remain, that is death. When you run out of desires and breath remains, that is Enlightenment. ’ --- Unknown

Inspire-Love-Be

36 - Hari Om Everyone,

i hope this email finds everyone well...

Next month i will be teaching in Portland, Oregon. So this week i was finalizing the details of my schedule while there. Highlights of my program will include **a lecture series on the *Essence of Yogas* at Intel, talks on *Stress Management through Mind Management* at a couple of Hospitals, and a workshop on the *Nature of Happiness* at a Highschool.** As i was thinking about the workshop, the program coordinator had suggested i **share my experiences on the week i spent in complete solitude ( in a room in the middle of Gujrat, India without seeing or speaking to anyone ).** Appreciating this idea, i share this experience with all of you through our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( February 22, 2010 )

- A common observation of the way we live is to turn the radio on when we drive, turn the television on when we eat, turn the phone on when we walk and an endless array of other activities to distract us from being with ourselves - why are we afraid of ourselves
- Loneliness is to dislike one's company whereas alone-ness is to like one's company - for others to like our company we have to first like our own company and if we do not why are we so bold to impose our company on others
- Attitude is the fundamental difference between solitary confinement and solitude - attitude is the fundamental difference between living peacefully and living sorrowfully
- We tend to think that mauna ( silence ) is merely not speaking - control of the sense organs is a means to true mauna which takes place at the mental level
- Everyday we should spend 1 hour in silence, every week we should spend 1/2 a day in silence, every month we should spend 1 weekend in silence, every year we should spend 1 week in silence - in silence we unleash our vices to be overcome and our virtues to be embraced
- When we set aside time to invest in ourselves through introspection, we discover a ' cornucopia of Joy ' - having ' tasted ' the Joy of the Self one can and does remain in mauna even in the noisiest of marketplaces

Continuing with the message of being self content, below is **a short article shared by a personality who has the world yet is not depending on the world for happiness. Enjoy!**

The Blunt Truth about Making Millions --- by Adam Khoo ( Singapore's youngest millionaire )

*Some of you may already know that I travel around the region pretty frequently, having to visit and conduct seminars at my offices in Malaysia, Indonesia, Thailand and China. I am in the airport almost every other week so I get to bump into many people who have attended my seminars or have read my books.*

*Recently, someone came up to me on a plane to Kuala Lumpur and looked rather shocked. He asked, 'How come a millionaire like you is travelling economy?' My reply was, 'That's why I am a millionaire.' He still looked pretty confused. This again confirms that greatest lie ever told about wealth ( which I wrote about in my latest book 'Secrets of Self Made Millionaires' ). Many people have been brainwashed to think that millionaires have to wear Gucci, Hugo Boss, Rolex, and sit on first class in air travel. This is why so many people never become rich because the moment they earn more money, they think that it is only natural that they spend more, putting them back to square one.*

*The truth is that most self-made millionaires are frugal and only spend on what is necessary and of value. That is why they are able to accumulate and multiply their wealth so much faster. Over the last 7 years, I have saved about 80% of my income while today I save only about 60% ( because I have my wife, mother in law, 2 maids, 2 kids, etc., to support ). Still, it is way above most people who save 10% of their income ( if they are lucky ). I refuse to buy a first class ticket or to buy a \$300 shirt because I think that is a complete waste of money. However, I happily pay \$1,300 to send my 2-year old daughter to Julia Gabriel Speech and Drama without thinking twice.*

*When I joined the YEO ( Young Entrepreneur' s Organization ) a few years back ( YEO is an exclusive club open to those who are under 40 and make over \$1m a year in their own business ) I discovered that those who were self-made thought like me. Many of them with net worths well over \$5m, travelled economy class and some even drove Toyota's and Nissans ( not Audis, Mercs, BMWs ).*

*I noticed that it was only those who never had to work hard to build their own wealth ( there were also a few ministers' and tycoons' sons in the club ) who spent like there was no tomorrow. Somehow, when you did not have to build everything from scratch, you do not really value money. This is precisely the reason why a family's wealth ( no matter how much ) rarely lasts past the third generation. Thank God my rich dad ( oh no! I sound like Kiyosaki ) foresaw this terrible possibility and refused to give me a cent to start my business.*

*Then some people ask me, 'What is the point in making so much money if you don't enjoy it?' The thing is that I don't really find happiness in buying branded clothes, jewellery or sitting first class. Even if buying something makes me happy it is only for a while, it does not last. Material happiness never lasts, it just gives you a quick fix. After a while you feel lousy again and have to buy the next thing which you think will make you happy. I always think that if you need material things to make you happy, then you live a pretty sad and unfulfilled life.*

*Instead, what makes ME happy is when I see my children laughing and playing and learning so fast. What makes me happy is when I see by companies and trainers reaching more and more people every year in so many more countries. What makes me really happy is when I read all the emails about how my books and seminars have touched and inspired someone's life. What makes me really happy is reading all your wonderful posts about how this BLOG is inspiring you. This happiness makes me feel really good for a long time, much much more than what a Rolex would do for me.*

*I think the point I want to put across is that happiness must come from doing your life's work ( be it in teaching, building homes, designing, trading, winning tournaments, etc. ) and the money that comes is only a by-product. If you hate what you are doing and rely on the money you earn to make you happy by buying stuff, then I think that you are living a meaningless life.*

‘ Poverty is like God, it sees the whole world, but no one sees it. ’ --- Swami Tejomayananda

Inspire-Love-Be

37 - Hari Om Everyone,

i hope this email finds everyone well...

**S C R I P T U R E S.** For many of us, as soon as we hear or read this word, feelings of apprehension, antagonism and even anger are aroused. **Why? Scriptures form the foundation of our communities since the beginning of time...and always will.** The conflicts we are witnessing throughout the world are not caused by our Scriptures. The cause is the disgusting interpretation and propagation by the selfish. To **blame our Scriptures for the suffering of the world is the same as blaming our teeth for biting our tongue.** Our teeth aid in our well being. If our teeth bite our tongue we are to blame. With this background, **leadership qualities we can inculcate from key personalities from Ramayana and Mahabharata ( Be Epic Through Our Epics )** is the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( March 1, 2010 )

- ( *Sant Valmiki* ) Unless we are completely content, we have to change to be able to experience complete contentment - **readiness to change** is nurtured by associating with those who focus on self development, reflecting on adversity and simple luck
- ( *Ganeshji* ) All of us are forever hearing but how many of us are **listening** - through listening ( *sravanam* ) we learn who we are, who we should be and how to reconcile this difference
- ( *Hanumanji* ) If we can practice thinking ( *mananam* ) before acting we would save incredible amounts of time, energy and resources - **effective speaking** can initiate and dissolve all conflicts
- ( *Prince Arjuna* ) A disciple is one who is not only ready for discipline but willing to **do what it takes to be disciplined** - sans discipline we can never be content and sans contentment we can never be successful
- ( *Lord Rama* ) Each and every facet of the universe is changing and to think and act otherwise is to be mentally and physically inert - striving to be **even minded** in all situations is to tune into the nature of the universe and create flow rather than friction
- ( *Lord Krishna* ) To **keep smiling** regardless of the presence or absence of objects, beings and situations is a choice - making this choice distinguishes a spiritual leader from a worldly leader

‘ If a rain drop falls on a hot iron plate, it disappears. If it falls on a rose, it shines. If it falls in a lake, it loses its identity. And if it falls in a shell, it becomes a pearl. Moral: The drop is the same, the company is what matters. ’ --- Unknown

Inspire-Love-Be

38 - Hari Om from Munster!

i hope this email finds everyone well...

Sport...empty...entertaining...enlightening? Sport can be anyway we interpret. In Hamilton a couple of Sundays ago, instead of **discussing Scriptures we discussed Sport. Wickedly, many qualities athletes need to win over competitors are the same qualities a seeker needs to win over herself / himself.** Conveying this connection is our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( March 8, 2010 )

- The best defence is a strong offense - the best way to be peaceful is to not allow agitations to ground themselves in our minds, rather to let them keep moving on the surface only
- Be calm in the face of challenge - fear, anxiety, excitement, etc. are all emotions which significantly raise the chances of failure so why do we create, encourage and succumb to such self defeating thoughts
- See the whole field - when we envision life as a whole we live a whole life and if we divide life into fragments ( i.e. home, work, religion, etc. ) we live a fragmented life ( i.e. happiness in this, sadness in this, etc. )
- Alertness leads to adaptation - being intensely aware of our outer and inner worlds we discover the nature of the outer and inner worlds and naturally turn within to the Source of Joy ( Self )

- There is no I in Team - if each of our fingers were to start claiming how important they are relative to the other fingers we would laugh mockingly at the vanity of the fingers yet all of us think and act in the same way when we are truly only expressions of Oneness
- Coach knows best - a Guru is revelling in Unconditional Joy yet out of sheer Love, transacts within the field of conditional joy to slap us in the face, grab our hand and pull us towards the Infinite and even after knowing all of this we hesitate to Love Him / Her in return

The **primary difference between the samsari ( material minded ) and sannyasi ( spiritual minded ) is perspective.** Please read the following short story on perspective and reflect on what your perspective on living and Life is...

*One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son,*

*"How was the trip?"*

*"It was great Dad."*

*"Did you see how poor people live?"*

*"Oh yeah."*

*"So, tell me, what did you learn from the trip?"*

*The son answered:*

*"I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them."*

*The boy's father was speechless.*

*Then his son added,*

*"Thanks Dad for showing me how poor we are."*

‘ The measure of the moral worth of a man is his happiness. The better the man, the more happiness. Happiness is the synonym of well-being. ’ --- Unknown

Inspire-Love-Be

39 - Hari Om from inside my head!

i hope this email finds everyone well...

Recently I heard that the lowest part of our week is Sunday night. Though I expected this, still I was **taken aback at the fact that each and every Monday we have to go to the college, have to go to the office, have to go to the broom closet, yet we still succumb to stressing at the thought of this.** Aspiring to make this impending thought impotent, insights into these responsibilities are the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( March 15, 2010 )

- Regardless of how much we like to believe otherwise, work never ends – knowing if we do tomorrow’s work today, that the day after tomorrow’s work will fill up tomorrow, we should work as much as we can every day, sleep worry free, wake up purposefully and repeat
- The more work one does the more work one is given – naturally the one who is doing more work tends to be more capable and the one who is more capable tends to be given more work so let us treat this as a compliment
- If we stop working we will start dying and if we start working we will stop dying – work is a form of 'paid' exercise
- None can escape work and complaining does not change this – even the maintenance of our bodies demands some degree of work
- Work is a means to an ends – our vision should be on the ends and our minds and hands should be making this happen through the means
- Why dread work when we can enjoy work – through dedicated action ( karma yoga ) we become eligible for Self Knowledge ( jnana yoga )

‘ Defeat is a state of mind; no one is ever defeated until defeat has been accepted as a reality. ’ ---  
Bruce Lee

Inspire-Love-Be

40 - Hari Om from Portland!

i hope this email finds everyone well...

Many years ago some of my cousins and friends and i had driven from Niagara to Toronto to listen to the **renowned tabla player Zakir Hussain. When we arrived at the concert hall the last tickets were being sold to the group in front of us!** Well, this past Tuesday the opportunity to listen to the maestro came around again. Only this time i was fortunate enough to be invited by **devotees from Buffalo who had tickets in the second row! As i listened to this unprecedented artist and his accompaniments i was able to recognize that the source of their brilliancy was their meditative state. They were ‘ lost ’ in the music.** And they ‘ pulled ’ in everyone else who was open to their offering. With the stage set, we flow into our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( March 22, 2010 )

- Just as silence is natural and noise is created, so too meditation is natural and agitation is created – meditation is a state versus an action
- For conversation sake we call the act of becoming silent within as meditation – how we become silent within is individualistic and intimate ( i.e. Sri Ramakrishna Paramahansa once went into meditation seeing his devotee fold a shawl )
- True music is a synthesis of concentration, surrender and inspiration – what did we expect to happen other than silence within when such thought patterns merge
- Whenever we are privy to joy we naturally want to share this – this is the ‘ fuel ’ behind a Guru, a musician, a writer, etc.

- The effortless enthusiasm with which we want to share joy undoubtedly proves that we are all connected, that we are all One – knowing this, music, sport, cinema, etc. can unite us all if we are open to being united
- When a teacher, a musician, an artist, etc., are ‘ lost ’ in their offering, even the stranger becomes a student – Inspiration breeds Inspiration, Love breeds Love, Being breeds Being

‘ I am the happiest man alive. I have that in me that can convert poverty to riches, adversity to prosperity, and I am more invulnerable than Achilles; fortune hath not one place to hit me. ’ --- Sir Thomas Browne

Inspire-Love-Be

41 - Hari Om from Whistler!

i hope this email finds everyone well...

Eat, drink and be merry...out of sight, out of mind...ignorance is bliss. Just a few of the **most detrimental, dangerous and demeaning statements you and i think of and act out.** Why? Why are we so limited in our vision? Why? **Aspiring to nurture an Unlimited Vision we tirelessly, fearlessly and ruthlessly think in ways most people would remark as impractical, as unorthodox, as wasteful.** DROP THE LEASH! THIS IS OUR E-VICHARA / ELECTRONIC REFLECTIONS (!)...

E-Vichara / Electronic Reflections ( March 29, 2010 ):

- Any entity that is changing is an effect and every effect has a cause - since even the universe is changing, and so is an effect, what is the Cause of the universe
- We have an intimate understanding of the experienced ( i.e. music ), the experiencing ( i.e. listening ) yet know so little of the experiencer ( i.e. just because one has an ear does not make one a listener ) - without knowing all 3 aspects of an experience that experience is incomplete ( i.e. every experience we have ever been privy to ) so who is the Experiencer
- In sleep we are 0, in a dream our mind creates an entire universe, still we so confidently ' wake ' up to what is ' real ' - what proof do we have as to what is Reality
- The best doctors with the best equipment can put together the best limbs with the best organs, but can they bring all of this to life - what is this Life Principle that a doctor has no access to
- If we cut away our limbs, deprive our senses and even inhibit our minds, we still are - who are We really then
- We chastise a villager for using an electrical device before learning how, we ridicule a child for using a pen without a reason, and here we are using our LIVES without ever learning how to or why to - WHAT IS THE PURPOSE OF LIFE

‘ The person who risks nothing, does nothing, has nothing, is nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn and feel and change and grow and love and live. ’ --- Leo F. Buscaglia

Inspire-Love-Be

42 - Hari Om from Vancouver!

i hope this email finds everyone well...

Earlier this week i reunited with some high-school friends who have been working in Whistler, British Columbia for the last decade. We joked, we talked and we skied! **And i learned. Learned a great deal about clarity, passion and nature from my friends.** What i learned, i am sharing with all of you, my friends, through our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( April 5, 2010 )

- The simpler one is, the more one knows oneself - and only when we know who we are can we know what we have to do ( i.e. Prince Arjuna suffered from an identity crisis not a capability crisis )
- Perpetually, every action is intended towards cultivating greater joy - are our actions synchronized to lead us to peace
- Contentment is sourced from the content of a person, not the context - why are we so concerned with what a person has when what a person does is of greater consequence
- There will always, always, always be some who will love us and always, always, always be some who will loathe us - knowing this why do we break our heads playing the endless game of love and loathing with others
- Only when we Love ourselves will others Love us - the more time we spend with nature the more we tune into and Love our Nature
- The past and future can only be accessed in the present moment - knowing the potency and peace of the present moment let us just Be...

**Living need not be as complicated as we tend to live it. Living can be simple.** And when we embrace this philosophy of simplicity we come to appreciate that when we face a challenge **we only have 2 choices: 1) Change our world OR 2) Change our attitude.** In our complexity we feel changing the world is easier when in actuality changing our attitude is exponentially more easy. The following is a short story sharing the same.

*There was a millionaire who was bothered by severe eye pain. He ceaselessly consulted a galaxy of medical experts; he consumed heavy loads of drugs and underwent hundreds of injections.*

*But the ache persisted with greater vigour than before. At last a monk who was supposed to be an expert in treating such patients was called for by the millionaire. The monk understood his problem and said that for sometime he should concentrate only on green colours and to not let his eyes fall on any other colours. The millionaire got together a group of painters and purchased barrels of green colour and directed that every object his eye was likely to fall on to be painted in green colour just as the monk had directed.*

*When the monk came to visit him after a few days, the millionaire's servants ran with buckets of green paints to pour on him since he was in orange robes, lest their master see another colour and his eye ache would return.*

*Watching this the monk laughed and said, "If only you had purchased a pair of green spectacles, worth just a few rupees, you could have saved these walls, pots and all other articles and also could have saved a large share of his fortune. You cannot paint the world green!"*

*Let us change our vision and the world will appear accordingly. It is foolish to shape the world, let us shape ourselves first.*

‘ Tis nothing good or bad but thinking makes it so. ’ --- William Shakespeare

Inspire-Love-Be

43 - Hari Om Everyone,

i hope this email finds everyone well..

Recently i was at a bhiksha in Vancouver where i was sharing with the families gathered that i **unfortunately have to drive around 800 kilometers a week to share spirituality with those who can not and / or do not come to Niagara.** Hearing this, a young lady asked me, *'Do you get stressed while driving?'* And last week in Buffalo our discussion group was sharing how our **driving experience has changed since reflecting on spirituality more sincerely. With this in mind, insights into driving is what is being offered** through our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( April 12, 2010 )

- If we choose to commute to work 1 hour a day, in a typical work lifetime we will have spent 7,500 hours in a car - is the ' fatter ' paycheck worth these never to be retrieved again hours
- Stress is not intrinsic to driving, nor is stress a ' magical sentiment ' that gets us to our destination faster - why do we choose stress then
- Whenever we succumb to being agitated / angry have we ever thought that the person / s responsible for instigating this suffering we will probably never ever see again - is our peace of mind worth so little that we would give this to a complete stranger
- As soon as we begin driving, we tend to turn on the radio - have we ever tried just driving and not distracting ourselves while driving
- By focusing on driving and driving alone, we literally see / hear a whole new world that was always there but we never paid attention to - driving is then transformed from being mundane ( samsara ) to meaningful ( sadhana )
- The way we drive is often indicative of our state of mind - we should practice being intensely aware while driving for this will act as a catalyst to bring peace of mind

‘ Nothing that I can do will change the structure of the universe. But maybe, by raising my voice I can help the greatest of all causes – goodwill among men and peace on earth. ’ --- Albert Einstein

Inspire-Love-Be

44 - Hari Om Everyone,

i hope this email finds everyone well...

i recently read in Time Magazine that racism is as prevalent in American schools today as was during the time of Martin Luther King Jr. ( 1929 – 1968 ). We all know directly and / or indirectly that **racism is a devastating form of discrimination. Yet, one of the fundamental qualities a seeker of peace is encouraged to cultivate is viveka or discrimination. How can one form of discrimination lead to fear and another to freedom?** This most pertinent question guides our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( April 19, 2010 )

- The source of most of the discrimination in our lives is based on factors we have little to no control over ( i.e. gender, skin colour, religion, etc. ) - how interesting and idiotic that we would judge another on a basis they were simply ' born into '
- When our discrimination is invested in futile factors ( i.e. income, status, education, etc. ) the returns of such discrimination is futile too ( i.e. frustration, bitterness, isolation, etc. )
- From a secular perspective discrimination is focusing on the names / forms of entities - the result of such a limited vision is the solidification of the sense of difference between entities ( i.e. humans and animals, etc. are different )
- From a spiritual perspective discrimination is focusing on the Essence of entities - the result of such a unlimited vision is the solidification of the sense of unity between entities ( i.e. humans and animals, etc. are all alive )
- Viveka is the analysis between the Absolutely Real and the relatively real - the Absolutely Real is ever present ( i.e. Existence-Awareness ) and the relatively real is maybe present ( i.e. possessions, relations, times, etc. )
- To cultivate this viveka we should practice being intensely aware of that which is changing ( i.e. the body, the mind, the ego, etc. ) and reflect on the fact that to know change we have to be outside of the change ( i.e. the Self ) - when we come to appreciate the changing and Changeless we stop depending ( vairagya ) on the changing for peace and instead revel in the Peace that is the Changeless

‘ Men make counterfeit money; in many more cases, money makes counterfeit men. ’ --- Sydney J. Harris

Inspire-Love-Be

45 - Hari Om Everyone,

i hope this email finds everyone well...

‘ **Here and now, boys; here and now, boys.** ’ (Aldous Huxley), ‘ **Makes much more sense to live in the present tense.** ’ (Pearl Jam), ‘ **You can find yourself by coming into the present.** ’

**(Eckhart Tolle).** Writers, musicians, philosophers, everyone is ' talking ' about living in the present. Yet how many of us are actually ' walking ' in the present? **Aspiring to stop escaping the present and to start embracing the present is the inspiration** for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( April 26, 2010 )

- Time is a relative phenomenon guided by the mind ( i.e. time passes quickly when enjoying, time is non-existent when asleep, etc. ) - measurements of time ( i.e. hours, nanoseconds, etc. ) are all man-made and the only True time is the dynamic now
- The only way to access the past or the future is through the present - fundamentally then, the only time period we can manipulate is the present and this is where our focus should be
- Our past serves the purpose of teaching us how to be better in the present - if we think about the past sans learning, we effectively waste our resources ( i.e. time, energy, funds, etc. ) in idle indulgence
- Planning for the future is essential for both secular and spiritual activities - through reflection and experience we should practice ' planning enough ' and then execute
- Being present and being aware are synonymous and so by being present we do not succumb to inadvertence, insecurity and ignorance - knowing the comprehensive gain of living in the moment we should keep our mind where our hands are ( in fact, even verbalizing what we are constantly doing aids us to live in the moment )
- Sincerely reflecting on questions of substance ( i.e. Who am I?, What is all of this?, etc. ) acts as a catapult to being aware - each and every moment is Infinite in nature so the secret to being Peaceful is to...r e a d e a c h t h o u g h t c a r e f u l l y

We all **tend to think that the ' grass is greener on the other side '.** **Actually, for each one of us, our grass is greenest. Why? This is the grass we are supposed to have.** Below is a story about how weaknesses and strengths are only a reflection of our vision:

*Once a 10 year old boy decided to study judo despite the fact that he had lost his left arm in a devastating car accident. The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move.*

*" Sensei, "( Teacher in Japanese ) the boy finally said, " Shouldn't I be learning more moves?" " This is the only move you know, but this is the only move you'll ever need to know, " the sensei replied. Not quite understanding, but believing in his teacher, the boy kept training. Several months later, the sensei took the boy to his first tournament.*

*Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals. This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be over-matched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened. " No, " the sensei insisted, " Let him continue. " Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament.*

*He was the champion. On the way home, the boy and sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind. "Sensei, how did I win the tournament with only one move?" "You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only known defense for that move is for your opponent to grab your left arm."*

*The boy's biggest weakness had become his biggest strength.*

' If you're still hanging onto a dead dream of yesterday, laying flowers on its grave by the hour, you cannot be planting the seeds for a new dream to grow today. ' --- Unknown

Inspire-Love-Be

46 Hari Om from Calgary!

i hope this email finds everyone well...

**3,460...in less than 10 days 3,460 people across the world shared in OUR reflections on Love! Imagine, 3,460 people participating in a Discussion...this was made a reality because of all of US. A victory for Vedanta. With this great display of UNITY, seva ( service ) is a natural theme for our E-Vichara / Electronic Reflections...**

E-Vichara / Electronic Reflections ( May 3, 2010 )

- Anyone can say or write we are all One and so many do because this is appealing, diplomatic, marketable - yet when it comes to living Oneness why do become paralyzed
- Service is knowledge in action - knowledge that is acted upon transforms into unshakable wisdom
- The means to Enlightenment is seva - the expression of Enlightenment is seva
- When we choose to serve others, essentially what we do is break down the ignorant belief in ' other ' - through seva we divorce ourselves from the phantom ego and ' merge ' with the eternal Self
- Each and every moment is an opportunity for us to serve - and each and every moment we overlook this opportunity we ' spit ' at the rare and blessed gift of being born as a human being, endowed with an intellect, endowed with the capacity to be Free
- By aiding our neighbours to be better we become catalysts to material and spiritual prosperity both for the served and server - as we engage in seva we eventually establish ourselves in seva whereby seva then ends for there is no ' other ' to serve

' He floated back down because he wanted to share, his key to the locks on the chains he saw everywhere. But first he was stripped and then he was stabbed. By faceless men, well, suckers he still stands.

And he still gives his love, he just gives it away. The love he receives is the love that is saved. And sometimes is seen a strange spot in the sky, a human being that was given to fly. ' --- **Given to Fly** from the **Yield** album by **Pearl Jam**

Inspire-Love-Be

47 - Hari Om Everyone,

i hope this email finds everyone well...

Earlier this week i went to see...PEARL JAM!!! They **opened with *Unthought Known*, they offered *Given to Fly*, they orchestrated *Do the Evolution*, all powerful songs i have shared with all of you. The energy these performers create and radiate is unprecedented. As is their message. And so i strive to bring the Pearl Jam experience to all of you through our E-Vichara / Electronic Reflections...**

E-Vichara / Electronic Reflections ( May 10, 2010 )

- ‘ Dream the dreams of other men, you'll be no one's rival ’ ( *Unthought Known* ) - when we empathize with each other completely all that remains is One
- ‘ Yeah, so this life is sacrificed, oh yeah, to a strangers bottom line ’ ( *Unemployable* ) - since when were we taught to sell our lives for another to profit, isn't this prostitution, isn't this slavery, aren't our lives ours
- ‘ For every tool they lend us, a loss of independence ’ ( *Grievance* ) - every object, being or situation we depend on for Joy is a step backwards on the path to Freedom
- ‘ Admire me, admire my home, admire my son, he's my clone ’ ( *Do the Evolution* ) - our focus on outer evolution is so comprehensive that there is no opportunity for inner evolution
- ‘ I have faced it, a life wasted, I'm never going back again ’ ( *Life Wasted* ) - a life of indiscipline is a tragedy, of discipline a triumph, appreciating this dichotomy why do we continue to embrace and encourage licentious lifestyles
- ‘ Hail hail the lucky ones, I refer to those in love ’ ( *Hail Hail* ) - those who make use of this life by living for others, by loving others, are the truly blessed

‘ The best thing for being sad is to learn something. That's the only thing that never fails...Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the only thing for you. Look what a lot of things there are to learn. ’ --- T. H. White

Inspire-Love-Be

48 - Hari Om Everyone,

i hope this email finds everyone well...

WHO IS SWAMI CHINMAYANANDA? As Mahatma Gandhi potently shared, ‘ My life is my message. ’ And so the **only way to know Swami Chinmayananda is to know his message. This is what we aspire to do** our in our E-Vichara / Electronic Reflections...

Special E-Vichara / Electronic Reflections on *Swami Chinmayananda* ( May 10, 2010 )

- *Everybody exists. It is only the few who live. To live, you should have an ideal - without a reason to live, we do not*
- *To give the maximum happiness to the maximum number for the maximum time is our religion - the reason we should live is to inspire joy all around always*
- *He who submits to discipline is a disciple - to be able to evoke joy we first need to invoke joy*
- *The suffering depends, not upon the factual happenings, but upon the texture of one's mind - as we serve ourselves through serving others, we have to understand that challenges are only a fall in vision and through a rise in vision there are only opportunities*
- *Remember: Even this will pass away - every tear and every hug experienced in our sadhana ( spiritual discipline ) of seva ( service ) should be accepted with a smile for all changes*
- *Do the best and leave the rest - to succeed on our spiritual journey there is no other strategy, there is no other choice*
- *He who depends on chances and situations to be happy is a samsari - the only source of joy is our Spirit so why give control to objects, beings and situations for this*
- *Happiness depends on what you can give, not on what you can get - the most universal, beneficial, practical means to being happy is to make others happy*
- *Where ego asserts, Lord vanishes. When ego vanishes, Lord enters - when we give ourselves completely we rediscover we are Complete*
- *If I rest, I rust - never ever give up*

‘ Let no man in the world live in delusion. Without a Guru none can cross over to the other shore. ’ --- Guru Granth Sahib

Inspired by Him - Loving for Him - Being with Him

49 - Hari Om Everyone,

i hope this email finds everyone well...

**Quite often we equate ' biological age ' with ' spiritual age '. However, biology and spirituality have different ' playing fields ': biology has the body; spirituality has the Spirit.** And since the body has a definitive age, definitive structure and definitive death, this science cannot be equated to the science of the Spirit which has no time, no form and no change. **Appreciating this dichotomy, differences between kids and adults as seekers, is the foundation** for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( May 24, 2010 )

- Kids turn to the spiritual path to learn whereas adults turn to the spiritual path to unlearn - whether one is learning or unlearning both require conscious effort
- On account of minimal experience, kids cannot appreciate certain spiritual principles and associated examples used to convey those principles ( i.e. that the waking world and dream world have similar characteristics [ i.e. time, space, etc. ] and so are similar dimensions ) - at the same time, kids actually live the messages adults aspire to ( i.e. forgiveness, freedom, fearlessness, etc. )

- Adults have much experience and so can appreciate spiritual principles and associated examples to convey those principles - however, egos and being enmeshed in thinking of the past acts a catalyst for adults to choose not to live the principles learned
- When kids share insights they tend to do so out of genuine want to share - often when adults share insights they do so out of want of recognition or simply put, to show off
- Kids and Masters are frequently compared for both live a divine life - by learning how kids and Masters live, we come to understand that we too can live divinely
- A business which is assessed to not be an ongoing entity is given little worth for that business has no future - in the same way, the most fundamental responsibility of adults is to educate, both in a spiritual and secular sense, kids for they are the future of every business, charity, community, nation, the whole world

‘ You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world. You impoverish yourself if you forget this errand. ’ --- Woodrow Wilson

Inspire-Love-Be

50 - Hari Om Everyone,

i hope this email finds everyone well...

All great philosophical thinkers have shared that the **sentiments of Divinity and egoism cannot be in the heart at one and the same time. Appreciating that the attitude of gratitude is a catalyst to removing one's ' spiritual blinders ',** our Vedic Masters were fully aware that every facet of the universe is interdependent...that no entity is independent. More specifically, **we are all born with 5 debts ( rna-s ) and through thoughtful living ( pancha-maha-yajna ) we are to repay these debts.** Striving to free ourselves from any and all conditions is the inspiration for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( May 31, 2010 )

- We are all indebted to all creatures ( bhuta rna ) for these creatures allow us to live ( i.e. stones protect, plants oxygenate, cows lactate, etc. ) - to repay this debt we have to live in peace with all creatures, allowing them to live too ( i.e. reduce consumerism, plant trees, be a vegetarian, etc. )
- We are all indebted to all phenomenal forces ( deva rna ) for these forces allow us to function ( i.e. heat from the sun, gravity from the earth, oxygen exchange from the lungs, etc. ) - to repay this debt we have to be continuously grateful to these forces
- We are all indebted to all our ancestors ( pitr rna ) for this lineage is responsible for who we are ( i.e. inculcation of language, tradition, belief, etc. ) - to repay this debt we have to live these values, we have to teach these values so the lineage is never broken ( i.e. through schools, through organizations, through homes, etc. )
- We are all indebted to all our societies ( samaj rna ) for these societies are constantly working for us ( i.e. political servants, civil servants, social servants, etc. ) - to repay this debt we have to serve others as much as we can thereby aiding these servants ( i.e. donate funds, donate time, donate efforts, etc. )
- We are all indebted to all our spiritual teachers ( rshi rna ) for these divine personages have made the Truth available for us ( i.e. sacrificing their careers, sacrificing their

- families, sacrificing themselves, etc. ) - to repay this debt we have to invoke the Truth, we have to evoke the Truth ( i.e. through satsanga, seva, sadhana, etc. )
- The ' Wheel of the Universe ' is propelled by sacrifice ( of selfishness ) and dedication ( to selflessness ) - flowing with this wheel leads to inner and outer prosperity and flowing against this wheel leads to inner and outer poverty

‘ Where there is righteousness in the heart, there is beauty in character. Where there is beauty in character, there is harmony at home. Where there is harmony at home, there is order in the nation. Where there is order in the nation, there is peace in the world. ’ --- Unknown

Inspire-Love-Be

51 - Hari Om Everyone,

i hope this email finds everyone well...

**TAG YOU'RE IT!** This past Saturday the Chinmaya Yuva Kendra ( CHYKs ) of Toronto gathered for lunch and a hike to **celebrate that 2 of our CHYKs are joining the upcoming Vedanta Course and to appreciate the conclusion of our 2009 - 2010 Spiritual Semesters.** Post lunch and post hike, **all 30 of us were quietly sitting and reflecting on how uncomplicated and tranquil living can be. And then we played...a full out game of freeze tag! In a matter of a few minutes everyone began to live all the spiritual qualities we discuss week after week.** What better foundation could we have than to share observations from a simple game for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( June 7, 2010 )

- If we are perpetually focused on our body, then a corollary is we will perpetually be focused on others bodies - no one has any choice in one's age, gender, skin colour, etc. so why are we always concerned over these limited facets of who we are
- Time is totally a subjective experience ( i.e. when we are delighted the only time is now ) - by learning to enjoy all that we do, we learn to live in the moment
- We often complain that we lack concentration - no one lacks concentration, what we lack is interest ( i.e. work vs. vacation, school vs. movies, etc. )
- Each and everyone one of us is eligible and capable of revelling in games - the one who believes and acts otherwise is covertly conveying that establishing one's ego supersedes enlightening oneself
- Games are a simple means to bring people, societies, nations together ( i.e. the 2010 Winter Olympics did so, the upcoming 2010 World Cup will so, etc. ) - why do we give playing such a low priority in our lives then
- When the mind is absorbed in a lofty pursuit ( i.e. winning a game ), attention to the base is lessened ( i.e. appearance, status, pain, etc. ) - the only way to develop absolute confidence is to absorb the mind in the Divine

‘ All experience is preceded by mind, led by mind, made by mind. Speak or act with a corrupted mind, and suffering follows as the wagon wheel follows the hoof of the ox.

All experience is preceded by mind, led by mind, made by mind. Speak or act with a peaceful mind, and happiness follows like a never departing shadow. ’ --- Unknown

Inspire-Love-Be

52 - Hari Om from Flint!

i hope this email finds everyone well...

The word Guru has many etymological meanings. Some of these are: - **the One who dispels darkness - the One who is strong even amidst sorrow - the One having great knowledge - the One who guides - the One who is beyond name and form.** Appreciating the significance of the word Guru, imagine appreciating the significance of an actual Guru...imagine is all we can do for the only way to truly appreciate a Guru is to **become the Guru.** This does not mean we should ignore our Guru until we too become Enlightened! We **must still strive to appreciate our Guru in real terms. And so the significance of Guru Dakshina ( Offering to the Teacher )** is the foundation for our E-Vichara / Electronic Reflections...

E-Vichara / Electronic Reflections ( June 14, 2010 )

- In most nations water is free ( i.e. in lakes, wells, etc. ), yet bringing the water to us requires funds ( i.e. pipes, vessels, etc. ) - in the same way, Self Knowledge is free ( i.e. We are One, etc. ), yet bringing this Self Knowledge to us requires funds ( i.e. a computer, electricity, an internet connection, time, etc. )
- Can we ever attach a value to that Vedantic Knowledge which aids us in waking up in the morning, which aids us in smiling during the day, which aids us in sleeping at night - can we ever value the message that teaches and guides us to rediscover we are Infinite
- The difference between most secular teachers and most spiritual teachers is that the former would stop teaching if they were not paid, while the latter would stop teaching if they were paid - a Guru sacrifices His / Her family, career, achievements for the sake of enabling others with their families, careers, achievements
- None of us can ever ever ever ' afford ' the message a Guru offers - none of us can ever ever ever ' compensate ' a Guru for His / Her life
- A disciple offers Guru Dakshina as an expression of fulfillment, gratitude and respect for that exponential offering the Guru has already bestowed upon the disciple - this dakshina can be in the form of donations, resources, service, etc.
- Whenever we experience a great song, movie, restaurant, etc. we always strive to share that experience with those around us - Guru Dakshina carries the simple message of ' I have benefited from You and Your Knowledge and I am giving to You so that You may be able to share the same benefit with others '

This **E-Vichara commemorates the completion of 1 year of E-Vicharas!** As is Vedantic Tradition upon the completion of any Spiritual Endeavour, the **opportunity to support the Teacher so He / She can continue His / Her noble work is presented.** If anyone has derived benefit from any of the past 52 E-Vicharas and **would like to give on account of this, please do so in the following ways:**

-Cheque / Check ( please make out and mail to the address below )

**Chinmaya Niagara**  
5743 Valley Way

Niagara Falls, Ontario  
Canada L2E 1X7

-Credit Cards ( please click and enter information in the link below )

[Chinmaya Niagara courtesy of CanadaHelps](#)

-Cash ( please give in any of the cities i will be teaching at in the itinerary below )

[Chinmaya West Itinerary](#)

Thank you...thank you...thank you...

‘ Value has a value only if it's value is valued. ’ --- Bryan Dyson

Inspire-Love-Be,

Vivek

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