

E-Vichara

Year 10

Dedication to sacrifice lightens and Liberates...

1 - Namah Te from Raleigh!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

To live by sight is to focus on implementation.

To live by vision is to focus on intention.

Which are you living by?

Implementation is context based, is irresponsible. Intention is content based, is responsible. To go higher from sight to vision is to go deeper from implementation to intention, is the *E-Vichara*...

E-Vichara (October 29, 2018) --- Lift Your-self by Your-Self

- We have belief joy is the nature of Spirit yet we have faith joy is the nature of articles, beings and circumstances - our efforts to create security outside is evidence of this hypocrisy
- We all rise and we all fall in our efforts towards integrity - a lifestyle of exercise for the body, examples for the mind, ethics for the intellect locks out depression and locks in elevation
- The 1st step to lift yourself by yourself is remembering *work never harms anyone* - work is an opportunity to manage hygiene, time, people, etc.
- The 2nd step to lift yourself by yourself is remembering *the more you work the more you will work* - work is an opportunity to matter, is an opportunity to cause change
- The 3rd step to lift yourself by yourself is remembering *work never ends* - work is an opportunity to master 'enough'
- The 4th step to lift yourself by yourself is remembering *why you work pulls your work* - work is an opportunity to mediate the why of the what

Laughing Adventure of the Week (LAW): Q - What are the four most beautiful words? A - I told you so.

"Man does not realize how gross he looks as he lives his worldly life, his eyes ever ready to overflow with tears from the smart of suffering. His brow is ploughed with discontent and perpetually sweating with exertions as he fights his own individual imperfections. And yet, the eternal Self, the beauty of beauties, God, the omnipotent and omniscient, lies deep within him, shrouded by layers of ignorance. To remove this veiling is to secure nearness to God, to 're-cognize' his essential nature, the Godhood." ~ Swami Chinmayananda

Inspire-Love-Be

2 – Namah Te from Portland!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

"Sleight of hand and twist of fate, on a bed of nails she makes me wait. And I wait, without you. With or without you, I can't live with or without you..."

Famous lyrics of a famous song by a famous band. Famous for we can ALL relate to how difficult relating to people is.

To complete writing about *The Happiness Series II* i present to you our *E-Vichara*...

E-Vichara (November 12, 2018) --- Large Heart, small conflict

- The human brain has ~ 90,000,000,000 neurons directing how we act, directing how we react - what science is unable to measure is how the complexity of this wiring becomes exponentially more due to the volatility of the ego
- The highest expression of responsible living is harmonious living - loving oneself, one never harms others
- The 1st step to being large hearted with people is *Pray* - prayer quietens the mind creating space to understand oneself and others
- The 2nd step to being large hearted with people is *Lead* - we learn more through our eyes than our ears and by remembering one's blessings being energetic/enthusiastic is easier

- The 3rd step to being large hearted with people is *Engage* - every person is different and by communing we strive to be more interesting, to be less irritating
- The 4th step to being large hearted with people is *Accept* - living is hard hence our mistakes, accepting which we forgive ourselves and others

The moral of *The Happiness Series* - a happy person has morale, a morale person has morals.

Laughing Adventure of the Week (LAW): Q - What goes up and never comes down? A - Your age.

"Booted in love, spurred on with devotion, dressed in sympathy, riding on compassion, armed with understanding, wielding the might of faith, dash on in the world of beings and strive to save and uplift them. The Lord is ever with you." ~ Swami Chinmayananda

Inspire-Love-Be

3 – Namah Te from Seattle!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

Every day Shri Yudhishtira thought of Bhagavan Krishna. One particular day he was missing Him sorely...he felt He is 'leaving'. Shri Yudhishtira calls Shri Bhima to discuss his feelings and Shri Bhima asks what the cause could be for such a feeling. Shri Yudhishtira shares how he has been observing an alarming growth in quarrels within families, an alarming growth in misruling within kingdoms...

Kali means conflict. Today, the overwhelming conflict we observe between societies, between spouses is unambiguously caused by the conflict between selfs, our lower and our higher.

To calm the conflict within we have to follow *Ramayana*, the constitution of Rama. Let us reorganize our personalities to impeach the conflicted state, to install the content state, mediated by our *E-Vichara*...

E-Vichara (November 26, 2018) --- Dharmik State

- The *ruler* in a content self is *viveka (prioritization)* - trusting Divinity to be the only reality, focussing on what is important becomes simple
- The *minister* in a content self is *vairagya (independence)* - Divinity being priority, one depends on none making one most dependable
- The *ally* in a content self is *shanti-sumati (peace)* - living for Divinity one seeks those who seek peace
- The *capital* in a content self is *ashrama (effort)* - to experience articles, beings, circumstances is ordinary thus needing ordinary efforts, to experience Divinity is extraordinary thus demanding extraordinary efforts
- The *treasury* in a content self is *yama-niyama (discipline)* - a lifestyle of working hard and smart will create wealth in the form of discipline
- The *army* in a content self is *abhaya (courage)* - with the support of discipline one embraces their responsibilities cheerfully

Reflection Adventure of the Week (RAW): October 15, 2018 was our 9 Year Anniversary. Please enjoy my gift to you.

Laughing Adventure of the Week (LAW): Husband - "Oh the weather is lovely today! Shall we go out for a quick jog?"
Wife - "Hahaha I love the way you pronounce, Shall we go out for ice cream?"

"Surrender to the Lord and act for the welfare of all. Take the insults and praises as His prasada. May the work itself become your ardent field of sadhana." ~ Swami Chinmayananda

Inspire-Love-Be

4 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

+ Creative
+ Concentrated
+ Compassionate
+ Cheerful
= Children

One of the most sold and most translated books ever, let us read a children's book together with our *E-Vichara*...

Special E-Vichara (December 10, 2018) --- The Little Prince

- A test of losing meaning is feeling less human and more numerical - a test of losing meaning is feeling less passionate and more mechanical
- All is changing in all ways - adaptability is how we sync with reality
- Living for a mortgage is justification for living for the future - isolation encourages competition and competition encourages isolation
- Disassociating sorrow from mistakes encourages trying - forgiving requires thinking and thinking requires time
- By letting go of external dependencies we evolve from belief to faith - only the faithful are independent thinkers
- Delusion is expressed as possessiveness - insecurity is expressed as conceit
- Forgetfulness is expressed as separation - loneliness is mental not physical
- Force works upon not within - taking the environment for granted is sadistic
- The essential is known by the vision of the intellect and is unknown by the sight of the eye - only the heart can feel what is real
- All we have, from relationships to identifications, have to go - by right thinking the non-essential guides us to the essential
- When we know what we need we will find what we need - God is not only outside
- The most impractical way to live is unhappily - who is odd, adults or children

Laughing Adventure of the Week (LAW):

Q - What is the difference between a jeweller and a jailer?

A - A jeweller sells watches. A jailer watches cells.

"Liberation cannot be the result of any action performed, for if it could result from action, it would be a perishable state." ~ Swami Chinmayananda

Inspire-Love-Be

5 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

When Bhagavan Krishna was transitioning from manifest to unmanifest, He realized His 'absence' would trigger adharma. To ensure dharma, Bhagavan Krishna infused His essence into Shrimad Bhagavata...

And the essence of Shrimad Bhagavata is commonly known as Chatushloki Bhagavata (skanda 2 / adhyaya 9 / shlokas 32-25). The purpose of our eyes is to read about the glories of God so let us begin our *E-Vichara*...

E-Vichara (December 24, 2018) --- The Original Bhagavata

- When Bhagavan Brahma was created he did not know who he was which meant he did not know what to do - suffering from moha, he introspected for clarity and found the cure to be tapa
- Contemplating on his Nature, Bhagavan Narayana manifested and held his hand - to end Bhagavan Brahma's confusion, Bhagavan Narayana became the original teacher of Shrimad Bhagavata
- Infinity is Real - Existence-Awareness-Joy is not a cause hence there can be no effects
- Ignorance causes the Real to appear unreal and the unreal to appear Real - the unreal is like darkness, incapable of leaving a mark
- The elements and combinations are only made of forms/names - the combinations and elements are disguising Infinity

- A seeker practices filtering the changing from the Unchanging - identifying with the Unchanging one is no longer a seeker, one is a Seer

Be the Sara to break samsara...

Laughing Adventure of the Week (LAW): There are three types of people in the world - those who can count and those who can't.

Finally, on *Chinmaya Jayanti*, Vyasa-Sheela-i welcomed Shuka into our lives. He is healthy, he is happy, he is watching me write this *E-Vichara* at 12.55a hahaha! With so many Family-members, so many Classes, so many Projects i am asking for so much forgiveness for the tardiness of my writing. i am humbly requesting you to allow me to not try to catch up with our *E-Vichara*-s from January to April. We will continue our writing from May. Gratitude for your understanding.

"The consistent aspiration for living the Truth can come only when we are ready to ignore the charms of the outer world and sacrifice ourselves to the Lord within." ~ Swami Chinmayananda

Inspire-Love-Be

6 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

Today, one of the most popular bands in the world is *Mumford & Sons*. And one of **their most powerful songs describes being lost and being found. Let us enjoy and be enlightened by folkrock, by our *E-Vichara*...**

E-Vichara (May 13, 2019) --- Awake my Soul

- *I struggle to find any Truth in your lies* - ignorance is ignoring the ends for the means
- *Now my heart stumbles on things I don't know* - forgetting our nature is Joy we foolishly try to find Joy in articles-beings-circumstances
- *My weakness I feel I must finally show* - introspection leads to detection of one's vices, of one's ego
- *Your soul you must keep totally free* - only the Spirit never changes thus prioritizing knowing the Spirit should never change
- *Where you invest your love you invest your life* - what you love you give your resources-time-effort to and where these flow decides your reality
- *You were made to meet your Maker* - the single purpose of creation is to guide us to our Creator

Laughing Adventure of the Week (LAW): A sign - *Humans are 90% water...basically cucumbers with anxiety.*

Gratitude to all who shared their acceptance of my apologies for not writing from January-April.

"When Rama gives pain, Rama also gives us the power to suffer and provides people to look after us. Never worry." ~ Swami Chinmayananda

Inspire-Love-Be

7 – Namah Te from Houston!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

Ignorance makes the impossible possible...falling from being Joyful to sorrowful.

Inquiry makes the impossible possible...rising from being sorrowful to Joyful.

When one remembers Shri Ramana, then one remembers *Upadesha Sara*. When one remembers this map, then one remembers to inquire. When one remembers being deeper, then one remembers our *E-Vichara*...

E-Vichara (May 27, 2019) --- Thinking about Thinking

- Verse 17 - inquire into the mind and find there are only thoughts - we believe the mind is real, we believe the mind is ourselves yet the mind is just unrelenting thoughts
- Verse 18 - inquire into the thoughts and find there are only this/i thoughts - the more stuff we have the more thoughts we have impeding us from appreciating the deeper thought
- Verse 19 - inquire into the this/i thoughts and find there is only an i thought - the this thought depends on the i thought proving this is less real than i
- Verse 20 - inquire into the i thought and find there is only the individual I - ignoring Oneness we feel separate and the immediate expression of this lie is thinking i rather than being I
- Verse 21 - inquire into the individual I and find there is only the total I - just as an effect is the cause manifested, the created is the Creator manifested
- Verse 22 - inquire into the total I and find there is only the Infinite I - from the mind to the Creator, all indicate/are / Consciousness

Laughing Adventure of the Week (LAW): "At the bank, an old man asked me to check his balance. So I pushed him over!"

"Seek HIM in Yourself." ~ Swami Chinmayananda

Inspire-Love-Be

8 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

In 2010 i was gifted with the responsibility of being a husband.

In 2017 i was gifted with the responsibility of being a father.

In 2019 i was gifted with the responsibility of being a parent.

All of these gifts have encouraged me to work harder and smarter than ever before...

The past 360 days i have travelled ~ 180 days internationally.

The past 360 days i have taught ~ 180 classes virtually.

Swami Chinmayananda - Swami Tejomayananda are my Sadguru and they have guided me to my Gurus. Hold my hand as I hold my family in our E-Vichara...

E-Vichara (June 10, 2019) --- Family Matters

- What i learned from Sheela early on is being *caring* - family/friends are ever making matters personal yet Sheela filters these matters creating all around depersonalization
- What i learned from Vyasa early on is being *independent* - sleeping alone, eating alone, talking alone (hahaha!) Vyasa does not feel lonely and thus does not need to seek attention
- What i learned from Shuka early on is being *resilient* - experiencing light jaundice and heavy acne Shuka sleeps and drinks these irritations away
- What i learned from Sheela later on is being *cheerful* - despite screaming and sobbing, tidying and travelling, Sheela appreciates how these happenings are just happenings
- What i learned from Vyasa later on is being *observant* - greeting everyone in the room with verbal/physical affection Vyasa connects with the importance of making all feel important
- What i learned from Shuka later on is being *curious* - passing hours and hours with bright eyes, Shuka endlessly follows the endless changes in front of him

Reflection Adventure of the Week (RAW): Write the above E-Vichara on your family and share your reflections with them.

Laughing Adventure of the Week (LAW): Searching online for a new computer is forcing your old computer to dig its own grave!

"Don't search for the 'ideal person'. Instead, search for the 'ideals' in every person you meet." ~ Swami Chinmayananda

Inspire-Love-Be

9 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

With the development of podcasts, webcasts, etc. the access to Vedanta has become easier and easier and easier. More listening (shravana) should lead to more reflecting (manana). Are you reflecting as much as you are listening?

From September 2019 - June 2020 our Team is going to work to slow and stop our addiction to complacency (shastra vasana). Our experimental year will be monthly Classes revolving around *Vedanta in Maya*. And part of this effort is to see the Vedanta in movies. Stay tuned for this exciting opportunity!

Would you like a sample? How about the present *E-Vichara*...

Special E-Vichara (June 24, 2019) --- Kubo and the Two Strings

- During story telling/listening less paper is scattered just like our thoughts - thoughts make our experiences feel real hence the power of memories
- Biological death is inevitable while philosophical death is inhibited by remembering those who have passed - we are too extrovert to appreciate the subtle thus we ever expectant of the gross
- When we think shallow we develop the habit of not realizing all are valuable - those with physical/mental illnesses are not handicapped rather are differently-abled
- Allowing unnecessary thoughts to fall away is a catalyst to holding on to necessary thoughts - what we visualize we become
- Being regular with caring for one's personality, family, society is being a hero - the more responsibilities one has the more heroic one is
- The cold believe success is perfection - the compassionate believe success is Peace
- The confused believe Infinity is immortality - the clear believe Infinity is Independence
- Paper continuously changes forms/names just like our bodies - we should direct our bodies not be directed by our bodies
- Two eyes symbolizes likes/dislikes and one eye symbolizes acceptance - the more our eyes move the more we are caught by greed
- Not paying attention is ignoring our nature is Awareness - forgetting is a self-inflicted curse
- The distracted encourage distraction - Divinity is in the details
- By revolving around the positive we release the negative - the greatest quest is evolving values to virtues

Reflection Adventure of the Week (RAW): Watch Kubo and the Two Strings with the above reflections.

Laughing Adventure of the Week (LAW): Everybody knows 40 is the new 30, right? The police officer giving me a speeding ticket forgot this.

"With a life in harmony, find your Joy in yourself exactly where you are now." ~ Swami Chinmayananda

Inspire-Love-Be

10 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

From September 2019 - June 2020 our Team is going to work to slow and stop our addiction to complacency (shastra vasana). Our experimental year will be monthly Classes revolving around *Vedanta in Maya*. And part of this effort is to see Vedanta in music. Stay tuned for this meaningful opportunity!

Would you like a sample? How about the present *E-Vichara*...

E-Vichara (July 8, 2019) --- To Be Young at Heart

- *Fairy tales can come true, it can happen to you* - to be young at heart is allowing the intellect to visualize, free of the doubts of mind

- *For it's hard you will find, to be narrow of mind* - to be young at heart is allowing the mind to accept, free of the isms of society
- *You can laugh when your dreams, fall apart at the seams* - to be young at heart is allowing the past to be useful, free of regrets
- *And life gets more exciting, with each passing day* - to be young at heart is allowing the future to be hopeful, free of anxieties
- *And love is either in your heart, or on it's way* - to be young at heart is allowing one's purpose to be humanity, free of attachment
- *For as rich as you are, it's much better by far* - to be young at heart is allowing one's experience to be appreciation, free of competition

Laughing Adventure of the Week (LAW): "My memory is not as sharp as it used to be. Also, my memory is not as sharp as it used to be."

"A contented life sparkles with Joy!" ~ Swami Chinmayananda

Inspire-Love-Be

11 – Namah Te from Pittsburgh!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

In September 2011 i commenced serving *Chinmaya London* as their Visiting Teacher.

In September 2013 i commenced serving *Chinmaya Mission Pittsburgh* as their Visiting Teacher.

In August 2018 i completed serving *Chinmaya Mission Pittsburgh* as their Visiting Teacher.

In August 2019 i completed serving *Chinmaya Mission London* (we are now a registered Charity) as their Visiting Teacher.

Being steady with a community in classes-meetings-adventures, every month for 5 years and 8 years, creates sincerity...

Sincerity...a popular word...a powerful thought...a pure feeling.

Jelaludin Rumi is one of the most sincere poets. And one of his most sincere poems is the purpose of our *E-Vichara*...

[E-Vichara \(July 22, 2019\) --- Undressing](#)

- *Learn the alchemy true human beings know* - introspection is the magic by which we come to know the nature of our body-mind-Spirit by which we come to know the nature of all bodies-minds-Spirit
- *The moment you accept what troubles you've been given, the door will open* - our Creator is Omnipresent, the implication being She is always looking at us, the implication being She is always looking after us, the implication being problems have a purpose
- *Welcome difficulty as a familiar comrade* - there is no such thing as 'tough times', time is tough and knowing this we embrace difficulties
- *Joke with torment brought by the friend* - failure is coming and going, success is coming and going, enjoy all the flavours of coming and going
- *Sorrows are the rags of old clothes and jackets that serve to cover, then are taken off* - misunderstanding challenges we grow in bitterness, in closeness, understanding challenges we grow in betterness, in openness
- *That undressing, and the naked body underneath, is the sweetness that comes after grief* - living is dismantling the ego, Life is being the Self

Now my focus is deepening-expanding *Chinmaya Cleveland* as their Visiting Teacher.

Laughing Adventure of the Week (LAW): I failed my driver's test today. The question asked, "What do you do at a red light?" I answered, "Check my emails and what people are up to on Facebook."

"Mere book knowledge is no knowledge at all." ~ Swami Chinmayananda

Inspire-Love-Be

12 – Namah Te from Watkins Glen!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

yoga = perpetual betterment (PB)

Would you like to know how to practice yoga? Acharya Shankara shares the most efficient means to practice yoga through *Bhaja Govinda*. We explore Verse 27 of this powerful poem through our *E-Vichara*...

E-Vichara (August 5, 2019) --- Starting Sadhana

- *Geyam gita* - chant 2 verses of *Bhagavad Gita* EVERY night
- *Namasahasram* - listen to *Vishnu Sahasranama* EVERY drive
- *Dhyeyam shripatirupamajasram* - remember all the virtues of *Bhagavan Vishnu* EVERY morning
- *Neyam sajjanasange chittam* - schedule for study groups 5% of EVERY week
- *Deyam dinajanaya cha vittam* - contribute to visionary causes 10% of EVERY check
- *Bhaja govindam* - live by Independent Joy EVERY moment

Chant, listen, remember, schedule, contribute, live...this is yoga, this is sadhana to the Sadhya (Divine).

Laughing Adventure of the Week (LAW):

A prisoner is released after many years in jail. He stands on the street yelling, "I'm free! I'm free!"
A kid walks up to him happily and joins, "I'm four! I'm four!"

"The most intimate of our sadhanas is meditation." ~ Swami Chinmayananda

Inspire-Love-Be

13 – Namah Te from Albany!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

We just completed our annual Highschool Camp in Boston! 40 youth engaging in 40 hours of bhakti yoga.

The common understanding of bhakti is loving God. Did you know that God also practices bhakti? TO WHOM (!)? *Shrimad Bhagavad Gita's* Chapter 12 Verse 20 reveals the secret identity of God's lover. A sneak peek into this romance with our *E-Vichara*...

E-Vichara (August 19, 2019) --- Who Does God Love?

- ye tu dharmyamrtam idam yathoktam - God loves those who complete all their responsibilities
- paryupasate - God loves those who convert values to virtues
- shraddadhana - God loves those who fill themselves with faith
- matparama - God loves those who make joy a priority
- bhaktas te - God loves those who support lovers of God
- ativa me priyah - God loves those who know they are God

Complete responsibilities...convert values...fill faith...make joy...support lovers...know God...the most simple, difficult, worthy path. My prayers for all of us to be steady on our journey to Him.

Laughing Adventure of the Week (LAW): Did you hear about the new restaurant - *Karma*? There is no menu, you get what you deserve.

" 'Desire to possess' when directed towards Narayana becomes the burning spiritual anxiety of devotion for the Lord." ~ Swami Chinmayananda

Inspire-Love-Be

14 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

Back to school!!!

Sundays - *Vedanta in Bhagavata*

Mondays - *Vedanta in Maya*

Tuesdays - *Meditation in Life*

Wednesdays - *Happy Hour*

Thursdays - *Applied Gita*

Last week over 600 students resumed immersing themselves in an environment focussed on Enlightenment. In all of our opening Classes we explored the need to be clear about the difference between who we apparently are and who we actually are. This difference is dissected in our *E-Vichara*...

E-Vichara (September 2, 2019) --- Start Being an Intention Seeker!

- *Evolution* - outer evolution is physical-comfortable-unconscious, inner evolution is mental-challenging-conscious - the Creator's grace manifests as the thought to change
- *Introspection* - the mind's nature is doubt, naturally creating lots of noise - identify with the intellect to 'watch' the mind's intention from waking to sleeping
- *Detection* - one hour before closing your eyes for sleep close your screens - in this quiet period journal out all the events of the day which disturbed the mind
- *Negation* - with steadiness you will realize the disturbances are the expression of vices - reflect on the stress, anxiety and sadness invoked/evoked by these vices
- *Substitution* - choose one vice in your personality which is most perceivable and practice the opposing virtue (i.e. anger is transcended by acceptance) - every year dedicate yourself to converting a vice to a virtue
- *Purification* - when your personality evolves from vicious to virtuous you will come to feel you can do anything, you can be anyone - only such a pure seeker will be able to embrace the teachings of the Sadguru unreservedly, will be able to experience Joy independently

Laughing Adventure of the Week (LAW): I used to think the brain is the most important organ. Then I thought, look what's telling me that.

"It is a strange bridge - from your stupid ego to the Infinite Reality. Each time you take two steps, the bridge behind you is burnt." ~ Swami Chinmayananda

Inspire-Love-Be

15 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

**Infinity has no beginning, Infinity has no ending, Infinity IS.
ignorance has a beginning, ignorance has an ending, ignorance ISN'T.**

The more we inquire into the nature of ignorance, the more we invoke the nature of Infinity. Using Shrimad Bhagavata as our map, let us begin our journey guided by our *E-Vichara*...

E-Vichara (September 16, 2019) --- Beginning of ignorance

- We are conditioned to think of creation as only positive, as only Bhagavan Brahma's face - creation is balanced with the negative, with Bhagavan Brahma's shadow
- *tamas* is ignoring you are Infinity - Infinity is not subject to exclusivity thus how can you be otherwise
- *moha* is feeling you are the body - from the moment you felt your body, your body has been disappearing through aging, dreaming, comparing, etc.
- *mahamoha* is believing your purpose is pleasure - Peace is your vocation, pleasure is your vacation
- *tamisra* is succumbing to anger - a thought is as real as you choose
- *andhatamisra* is projecting death as finality - the body/mind are insentient, are never alive, the Spirit is sentient, is ever alive thus death is a lesson in detachment

Laughing Adventure of the Week (LAW): Why do they lock gas station bathrooms? Are they afraid someone will clean them?

"He who has through his life and work unveiled a greater vision, provided you with a thirst to aspire, or kindled in you a greater hunger to live and to face your problems courageously - he is your Guru." ~ Swami Chinmayananda

Inspire-Love-Be

16 – Namah Te from Orlando!

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

In 2017 our *Running from the Mind CommUnity* was 10 runners in Cleveland's 1/2 Marathon.

In 2018 our *Running from the Mind CommUnity* was 20 runners in Cleveland's 1/2 Marathon.

In 2019 our *Running from the Mind CommUnity* was 30 runners in Cleveland's 1/2 Marathon.

Running a 1/2 Marathon is loooooooong (~ 21 kilometres in ~ 2 hours). To slow, to quit, is easy. Thus, we get by with a little help from our friends. As we ran we laughed and smiled at the diverse signs diverse supporters waved. Run with me as we run these sayings with our *E-Vichara*...

E-Vichara (September 30, 2019) --- Signs of Inspiration!

- *If you run, you are a runner.* - running, exercising, any noble verb, is beyond measurement, is beyond acknowledgement, is beyond judgement
- *You smell like accomplishment!* - experiencing the body follow the mind is experiencing transcending the body
- *Life is fast. Running makes it slow.* - to engage in the same action for 2 hours sans listening to music, sans looking to screens, sans talking to others, allows one to appreciate how special living is
- *You are running far for a free banana.* - enjoying the race is being at the finish
- *1 in 100 runners poops themselves. Are YOU that 1?* - the pain of pushing forward is less than the pain of giving up
- *Run stranger run!* - strangers communing for physical/mental wellbeing are actually friends

Laughing Adventure of the Week (LAW): "Whoever said that the definition of insanity is doing the same thing over and over again and expecting different results has obviously never had to reboot a computer." ~ William Petersen

Finally, the next *E-Vichara* (Oct 14, 2019) will celebrate the completion of a decade of our *E-Vichara*...

"To surrender ourselves at His altar and come to experience and recognize more of us in Him than in ourselves is the rewarding sign of a deep devotion, religious or spiritual." ~ Swami Chinmayananda

Inspire-Love-Be

17 – Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, incessantly and independently Joyous!

January 14, 2008 - i began serving Happiness as a speaker...i have completed a decade as a speaker

June 21, 2009 - i began serving Happiness as a writer...i am about to complete a decade as a writer.

Dedication pulls sacrifice. One of my happiest offerings to Happiness is our *E-Vichara*...

E-Vichara (October 14, 2019) --- Dedication to Sacrifice

- Happiness is waking before the sun - 03.00a-06.00a is captive time to be captivated by God
- Happiness is preparing for the kids - 06.00a-09.00a is affection time with the egoless
- Happiness is listening to the hurting - 09.00a-12.00p is vigilant time to help others realize their overwhelming problems are only challenges

- Happiness is coordinating diverse national projects - 12.00p-03.00p is organized time to raise ideas, raise potential and raise funds
- Happiness is writing about one's Self - 03.00p-06.00p is introspective time on how to convert vices to values to virtues to Vastness
- Happiness is sharing about independent Joy - 06.00p-09.00p is societal time filled with posing questions and answering questions about living and Life

Reflection Adventure of the Week (RAW): Scan through all 350 *E-Vichara*-s and decide which is your favourite!

Laughing Adventure of the Week (LAW):

Q: Why don't scientists trust atoms?

A: Because they make up everything!

Satsanga Adventure of the Week (SAW):

Right here, right now we celebrate the completion of a decade of *E-Vichara*-s! A decade of reflecting together!! A decade of realizing together!!!

In Vedantik tradition teachings are given freely. No price can be tagged to the guidance a Teacher offers to seekers to live more purposefully, to kids to try their best, to leaders with material for their classes, offices, etc. Still, filled with gratitude and fulfillment a student seeks to give back.

The 1st *E-Vichara* was sent to 100 seekers. This *E-Vichara* will be sent to over 5,000 seekers. If the subscribers, readers, students of the *E-Vichara* invest one hour in understanding/appreciating these diverse insights on living and Life, they are engaged in a Course on self-development...

If you feel this Course is worth \$0.10 per lesson or \$0.50 per lesson or \$1.00 per lesson, please donate accordingly.

Credit Card

[CanadaHelps --- Chinmaya Mission Niagara](#)

Check (please make out and mail to the following address)

Chinmaya Mission

**5743 Valley Way
Niagara Falls, Ontario
Canada, L2E 1X7**

Gratitude. Gratitude. Gratitude. Not for your funds but for your faith.



New Happiness Year

Happy New Year! Another mechanical phrase we say and hear. Being dependently happy, you are matter. Being independently happy you are Spirit. Dipavali is a check on your past. Have you grown more matter-ial: heavy footed and small hearted? Have you grown more Spirit-ual: light footed and large hearted?

Evolve from matter to Spirit by letting go of what you want to do and holding on to what you need to do. Needs based living is renouncing frustration, blame and excuse. Needs based living calms the body, quietens the mind and stills the intellect. Needs based living will empower you to feel you are not an equipment, you are an Effulgence!

i pray to Bhagavan and the Guru-shishya-parampara to grace and guide us to a New
Happiness Year.

Joyous Dipavali to All! My gift ---
Year 10 - E-Vichara

Inspire-Love-Be,

Vivek



I Aum Tat Sat I
I Peace is the Truth I