

# **E-Vichara**

## Year 4

*Bringing satsanga home to bring us home...*

1 - Hari Om from Chicago!

i hope this email finds everyone well...

Administrators project school calendars. Analysts project corporate earnings. Aspirants project purposeful living. **All around, institutions and individuals are planning for betterment (yoga). And those who are not planning...well, they are left behind. This truth applies to the secular world. This truth applies to the service world.** As we commence our 4th year of reflecting together, the truths of planning are projected through our E-Vichara...

E-Vichara (June 18, 2012) --- Poor Planning

- Just as right action is the means to actionless-ness (Nirvana), selfless desire is the means to desireless-ness (Contentment) so too efficient planning is the means to planningless-ness (Acceptance) - planning is a strategy whereby one thinks/acts to arrange abc-s to create what one has imagined (i.e. to build a neighbourhood, one needs to plan and work with the city, companies, customers, etc.)
- The most powerful force in the universe is a thought - thoughts are responsible for creation, thoughts are responsible for destruction, thoughts inevitably manifest as actions, hence our actions define us
- Those who do not direct thoughts (plan) are those who do not tap the available gain of materialism (people knowing us) nor the available gain of religion (knowing one Self) - one can home in on those who do not plan by observing how quickly they justify their incapacity with messages of 'stop controlling', 'live in the moment', 'too hard' etc.
- Every benefactor in history has also been a visionary (one who has visualized and put systems in place to raise the standard of living and standard of Life [i.e. Adi Shankaracharya, Abdul Kalam, Christopher Nolan, etc.) - sans planning is sans giving, sans giving is sans Grace
- Let us begin by planning our day (15 minutes every morning) and grow up to plan our month, our year, our decade, our lifetime - as we take up this discipline we will naturally invoke qualities of adaptivity (learning to act more efficiently), flexibility (learning to be at peace with disturbances) and creativity (learning to discover one's potential)
- Purpose is the 'philosophers stone' for understanding and appreciating the importance of planning - when our purpose is selfish (i.e. plans to entertain the senses), our efforts will always be tainted with resistance (i.e. no real peace in the action or the result) whereas when our purpose is selfless (i.e. plans to serve the community), our efforts will always be infused with potency (i.e. real peace in the action and the result)

**To all the 'planners' who have offered their Guru Dakshina for Year 3 of the E-Vichara, i offer my gratitude for supporting the perpetual plan to give to the world the message of Vedanta, the message of Vision, the message of Victory...**

*"Spiritual knowledge cannot be given, take it." ~ Swami Chinmayananda*

Inspire-Love-Be

2 - Hari Om from Washington DC!

i hope this email finds everyone well...

Birthdays, we love them, we hate them, **we just do not know how to feel about them. The in on the in-significance of birthdays is the gift given in the form of our E-Vichara...**

E-Vichara (June 25, 2012) --- Growing Up on Birthdays

- The day we are born everyone (i.e. our mothers, physicians, friends, etc.) around us invests maximum resources, time and effort, still we believe we should be celebrated - in traditional Indian culture we treat our family and friends on our birthday and so actually tune into the spirit of the day
- In the first stage of our life (from birth to completion of an undergraduate program) we need attention to grow our confidence, justifying the celebration of one's birthday - from the second stage onwards celebrating one's birthday can only be justified by one's ego and the ego is a master clairvoyant
- In *Drg Drsya Viveka*, Adi Shankaracharya has shared maya is being lost in names and forms, exactly what we focus on when we celebrate our birthday - a universal expression of how lost in maya we are is overtly grumbling about growing older yet covertly wishing for birthday attention
- A birthday is an opportune marker to reflect on all the parties in the universe who have carried us to where we are - if Gratitude Is The Attitude on one's birthday, we begin to live G.I.T.A. instead of just quoting Gita
- A birthday is an opportune marker to reflect on where we want to go from where we are - the gauge of growing up is how vigilantly we let go of worldly thoughts and hold on to Godly thoughts
- A sage never wishes for his/her birthday to be celebrated rather endures the need of devotees and disciples to celebrate his/her birthday to invoke inspiration and evoke love - the real birthday is when the Lord incarnates in our minds, this is then our jayanti (day of victory)

This Saturday, June 30 is Pujya Swami Tejomayananda's Birthday. **Over a 1,000 devotees and disciples from all over the world will be gathered in Washington DC to be with this sadhu.** And beautifully, the focus of this divine day will be to celebrate and remember the Life and teachings of Bhagavan Rama and Pujya Swami Chinmayananda, **not himself! A Guru is the embodiment of humility. A Guru is the embodiment of compassion. Truly, the seeds for these virtues were planted on June 30, 1950 and have grown into an immeasurable tree...**

**What will i be doing on this sacred day?** Sitting at the foot of the tree with my eyes closed and meditating on the shade created against the heat of ignorance...

*"The tomorrow you are waiting for may never come! Introspect, detect, negate, substitute, grow and be happy. Start today!" ~ Swami Chinmayananda*

Inspire-Love-Be

3 - Hari Om from Pittsburgh!

i hope this email finds everyone well...

CHYK Toronto recently organized a unique and universal Retreat with the theme of *Sambandah: Freedom through Relationships*. The translation of sambandah: relative. The formation of sambandah: sam (well) and bandhah (bound). Exactly. For **99.99% of us studying this E-Vichara, our relatives are a source of bondage. We cry when they disappoint us. We cry when they better us. We cry when leave us. We cry. Our relatives bind us to limitation...bind us well.**

Enough! In Shrimad Bhagavad Gita's thirteenth adhyayah (chapter), **Shri Krishna teaches Prince Arjuna of twenty virtues which every seeker needs to be eligible to invoke Self Knowledge.**

Enough!!! For this entire month, the E-Vichara is going to teach us how **these very virtues will guide everyone in a relationship to be eligible to invoke Freedom. Ladies and gentlemen, our E-Vichara...**

[E-Vichara \(July 2, 2012\) --- Virtues for Relationships - Part 1](#)

- From womb to tomb we are in constant communication with beings (i.e. a foetus in pain pushing a mother's inside, a parent in decay holding a child's hand, etc.) – living is simply communication and if we learn to communicate well, we learn to live well

- **Amanitvam** (humility) is not claiming what is not 'there' (i.e. pretending to be a established in a skill when one is only a beginner in that skill [i.e. speaking a second language]) - when we overestimate ourselves we devolve to demand respect and so obeisance, creating great inner and so outer, unrest
- **Adambhitvam** (unpretentiousness) - is tuning our thoughts, words and deeds into unison (i.e. not being a hypocrite, not having a 'closet personality', not only 'talking but walking' too) - only when we are honest with ourselves can we evolve to learn from living otherwise we just escape from living
- **Ahimsa** (non violence) - is to desist from expressing an inner conflict (i.e. often, those with an inferiority complex oppress others to make themselves feel bigger) - some circumstances demand injury for the sake of growth (i.e. making another aware of their faults for the sake of improvement) and religion teaches one how to be sensitive so as to never hurt without purpose
- **Kshantih** (forgiveness) - is to renounce mistakes/differences for the sake of maturity/unity - forgiveness is for giving and when done so there is shantih (peace)
- The greatest source of joy in our lives is beings, the greatest source of sorrow in our lives is beings – when we honestly accept this truth we will grow out of dependence on beings and grow into independence of Self

All that we are is because of what we have learned. All that we have learned is because of teachers. The highest learning is Sat (Truth) and the highest teacher is Guru (one who removes darkness). Hence, the **highest grace and guidance is invoking a Satguru. On this Guru Purnima we remember the entire Guru Parampara beginning with Veda Vyasa all the way to our present Guru. Without the Guru there simply would be no Truth, there simply would be no light...**

*"The Guru, by whose very remembrance Knowledge dawns spontaneously, is the true wealth. Hence the Guru should be worshipped." ~ Guru Gita 1.55*

Inspire-Love-Be

4 - Hari Om from Minneapolis!

i hope this email finds everyone well...

**Friday, June 9: the last full day i was in Niagara Falls. What have i been doing?**

Learning from...

Acharya-s in Piercy

Youth in Chicago

Young Adults in Washington DC

Kids in Pittsburgh

Adults in Minneapolis

...People

**People are the means to Love. Love is the ends of Liberation.**

We are exploring Shrimad Bhagavad Gita's thirteenth adhyayah (chapter) where **Shri Krishna teaches Prince Arjuna of twenty virtues every seeker needs to be eligible to invoke Self Knowledge. We are exploring these very virtues in the context of being eligible to invoke Love**, in the context of the E-Vichara...

E-Vichara (July 9, 2012) --- Virtues for Relationships - Part 2

- Our Nature is Existence-Awareness-Joy, your Nature is Existence-Awareness-Joy, my nature is Existence-Awareness-Joy, understanding and appreciating this Truth loving people should be natural - if this is not natural today we have to work hard to make this natural 'tomorrow'
- **Arjavam** (uprightness) is being transparent at all levels (i.e. we should be comfortable doing what we do in front of the police, in front of our parents, in front of Paramatman) - transparency should not be

mistaken for weakness rather is an expression of strength and release from instigating/participating in mind games

- **Acharyah Upasanam** (serving the Teacher) is invoking discipline to invoke vision (i.e. raising oneself to 'see' what the Acharya 'sees') - couples, clans, communities that have one who leads by example (Acharya) as their example are more respectful, more resilient, more realized
- **Shaucham** (purity) - is more comprehensive than cleanliness for purity applies to all levels (horizontal integration) and all degrees (vertical integration) - if we cannot refine our relationship with articles (i.e. clothes, cars, cash, etc.) we will never be able to refine our relationship with beings so let us work on being pure with our materials, body, finances and grow up to begin working on being pure in mind
- **Sthairyam** (steadfastness) - is to make Peace one's exclusive pursuit for this is the only way to be established (stha) in Peace -  
with the mind revolving around such a purpose one is inspired to learn from each and every relation rather than like some and loathe others
- The greatest source of joy in our lives is beings, the greatest source of sorrow in our lives is beings – when we honestly accept this truth we will grow out of dependence on beings and grow into independence of Self

*"Let the helmsman be thy shraddha and keep the boat steadily towards the polestar - the Mahavakya." ~ Swami Chinmayananda*

Inspire-Love-Be

5 - Hari Om from Chicago!

i hope this email finds everyone well...

In separation there is fear. In fear there is sorrow. In sorrow there is delusion.

The goal? End separation. The game-plan? Begin virtues.

In Shrimad Bhagavad Gita's thirteenth adhyayah (chapter), Shri Krishna teaches Prince Arjuna of twenty virtues which every seeker needs to be eligible to invoke Knowledge. **These very virtues are pivotal for everyone in a relationship to be eligible to invoke Freedom. Knowledge evokes Freedom. And Knowledge is evoked by our E-Vichara...**

E-Vichara (July 16, 2012) --- Virtues for Relationships - Part 3

- The secret to relationship management is to be happy and the secret to relationship mismanagement is to *be unhappy* – to force virtues on others is a vice whereas to force virtues on oneself is a victory
- **Atma Vinigraha** (self control) is engaging the body and mind in a noble purpose (i.e. when doing God's work the body needs less comfort, the mind needs less compliments) – like a child the mind cannot be controlled, only engaged, and when we do the body follows suit
- **Indriyartheshuh Vairagyam** (independence towards pleasure) is not projecting Peace on the pleasures the senses drag to the mind (i.e. eating and drinking is not the means to being merry) – by practicing contentment with what we have we cease from practicing craving for what we do not have
- **Anahankarah** (egolessness) is letting go of the idea 'I do' (aham karta) empowering one to let go of the idea 'I deserve' (aham bhokta) empowering one to hold on to the idea 'I am Divine' (aham Brahma) – by acknowledging, accepting, appreciating the countless entities that have contributed to who we are, we will think twice before even using the word 'I'
- **Janma Mrtyuh Jara Vyadhih Duhkha Doshah Anudarshanam** (reflection on the evil sorrow in birth, death, decay and disease) is being fully aware the nature of the body is to die every moment and the error, flaw, inadvertence of any fundamental identification with this 'zombie' WILL create wicked sorrow for oneself and others – living is a terminal condition only when we lack the knowledge that we are Life (a fool dies forever, the wise only once)

- The greatest source of joy in our lives is beings, the greatest source of sorrow in our lives is beings – when we honestly accept this truth we will grow out of dependence on beings and grow into independence of Self

*"By refusing to crave for objects which we do not have, we shall be conserving a lot of mental energy which alone can give us peace within and a capacity to act rightly in the world." ~ Swami Chinmayananda*

Inspire-Love-Be

6 - Hari Om from Saskatoon!

i hope this email finds everyone well...

"People are people so why should it be, you and I should get along so awfully? So we're different colours and we're different breeds, and different people have different needs." (*People are People* by Depeche Mode)

**How are we going to deal with these differences...**

In Shrimad Bhagavad Gita's thirteenth adhyayah (chapter), **Shri Krishna teaches Prince Arjuna of twenty virtues which every seeker needs to be eligible to invoke Self Knowledge.**

In the E-Vichara's fourth part (in this series) we are learning how these very **virtues can guide everyone in a relationship to be eligible to invoke Oneness. For the sake of unity, our E-Vichara...**

E-Vichara (July 23, 2012) --- Virtues for Relationships - Part 4

- As long as one is involved with inner enemies (i.e. indiscipline, insecurity, insensitivity, etc) one will be inundated by outer enemies – being aged does not make one wise, being reflective makes one wise
- **Asaktih** (independence) is being aware to not develop a dependence on articles, beings and circumstances for the limited can never ever instill Limitlessness – the mind innately develops an addiction to articles, attachment to beings, apathy to circumstances and as long as we engage in such sadistic thinking we will be sad and spread the same
- **Anabhisvngah Putrah Dara Grhah Adishu** (objectivity with son, wife, home, family life) is understanding and appreciating we have been happy without family life so why should we give up this freedom in family life – only with such an insightful (discriminative) intellect are we able to analyze the roles and responsibilities of family life empowering us to be peaceful during family life
- **Nityam Sama Chittatvam Ishta Anishta Upapattishu** (constant balance with the desired and undesired) is not reacting to the dualities that are intrinsic to every relationship (i.e. none only get what they want and none only get what they do not want, etc.) – we only get what we expect or what we do not expect and in both circumstances there is no point in being shaken for we should have been prepared or we could not have been prepared
- **Mayi Ananya Yogena Bhaktih Avyabhicharini** (determined devotion to Me by uniting with Oneness) is making the Infinite (Joy) a priority and being completely real that there are simply no other priorities (i.e. not health, not home, not honorarium) – with conviction, we believe that all are the Lord's and by Loving the Lord one Loves all
- The greatest source of joy in our lives is beings, the greatest source of sorrow in our lives is beings – when we honestly accept this truth we will grow out of dependence on beings and grow into independence of Self

*"One who knows how to tune himself to the inner silence, even in the midst of the din and roar of the marketplace, enjoys a most creative solitude." ~ Swami Chinmayananda*

Inspire-Love-Be

7 - Hari Om from Boston!

i hope this email finds everyone well...

Recently i celebrated what society would traditionally regard as my birthday. **Thinking about this incident more, i realize this is the day my body was born.** A body given to me by my first and second Acharya, my mother and father. A body beginning its journey in St. Catharines General Hospital...

Soon i am going to be celebrating what spirituality would traditionally regard as my birthday. **Thinking about this incident more, i realize this is the day my mind was 'born'.** A mind given to me by my third Acharya, my Guru. A mind beginning its journey in Sandeepany Sadhanalaya...

**A birthday, societal or spiritual, is an opportune time to reflect on where one came from and where one is going (context); who one was and who one will be (content).** This past societal birthday, a sankalpa (idea) arose...A sankalpa which necessitated we postpone *Virtues for Relationships - Part 5*. A sankalpa to make the birth of the body relevant. **A sankalpa i am openly sharing with all through the open sharing, characteristic of our E-Vichara...**

E-Vichara (July 30, 2012) --- Saving for Sandeepany...Serving for Sandeepany

- If a Guru has to talk, eat, smile to raise funds for the Ashram, those disciples and devotees are only in namesake - a Guru can and does give that which none else can, unconditional Love, so what compels us to ask for more
- An Ashram is a home where sincere seekers are led to learn to tune into the Love of the Scriptures and Master - if this is not being lived, *Ashram* is another Sanskrit word the superficial world has diluted and will try to patent to protect a lack of effort to understand, in turn promoting the same
- A few (children, siblings, friends, etc.) are there to look after our family Acharya-s (parents) and our family homes, fewer (the surrendered) are there to look after our spiritual Acharya-s (Guru-s) and our spiritual homes - if we do not look after those who gave birth to us, if we do not look after the place which gave birth to us, who will
- Many say the greatest contribution Pujya Swami Chinmayananda has offered to humanity is Sandeepany Sadhanalaya: an authentic, authoritative, accessible Ashram - with each passing year the world devolves to become more tumultuous yet this Gurukula remains as a lighthouse of tradition
- January 9, 2013 will commemorate 50 years of Sandeepany Sadhanalaya being the source of knowledge and leadership which our Chinmaya Mission Centres and countless other Institutions whether large or small, involved or isolated, have depended on - imagine this Gurukula and the Acharya-s this Gurukula has created never existed
- Pujya Swami Chinmayananda had symbolically shared he would prefer 1 Rupee from 100,000 people over 100,000 Rupees from 1 person - if all our Centres and Acharya-s could commit to offering 10% of the Guru Dakshina they receive to Pujya Swami Tejomayananda, all of the present facets of our movement (i.e. new courses at Chinmaya International Foundation, etc.) would be supported entirely and future facets of our movement (i.e. new facilities at Sandeepany Sadhanalaya) could begin immediately

To justify the birth of this body, from July 16, 2012 to July 15, 2013 **i am committing to offering 10% of the Guru Dakshina i receive to Pujya Swami Tejomayananda.** If i do not look after my father and my home who will? **And by looking after my father and my home i become an instrument in ensuring that others will be looked after, like i was...**

On this 19th Mahasamadhi Anniversary (August 3) of Pujya Swami Chinmayananda, i encourage one and all to remember and celebrate His life and teachings. **Though we cannot live His life, we certainly can live His teachings by committing to the teachings...vidyadanam mahadanam (charity of knowledge is the highest charity).**

*"The world suffers a lot. Not because of the violence of bad people. But because of the silence of good people." ~ Napoleon*

Inspire-Love-Be

8 - Hari Om from Rochester!

i hope this email finds everyone well...

**Whenever we think of the message of the Scriptures the mind tends to**

**conclude: knowledge.** Why? There is dominant discussion on ignorance, introspection, infinitude, etc.

The message of the Scriptures is actually **Love. Think. The Scriptures were evoked within the Rishi-s in an environment of Love. The Scriptures were invoked within the shishya-s in an environment of Love.**

And the most definitive reasoning for the message of the Scriptures being Love? The unconditional sacrifice and dedication of Bhagavan Krishna...

In Shrimad Bhagavad Gita's thirteenth adhyayah (chapter), **Shri Krishna teaches Prince Arjuna of twenty virtues which every seeker needs to be eligible to invoke Self Knowledge. We have explored sixteen of these very virtues to be eligible to invoke Love.** We now conclude with the final virtues as evoked by our E-Vichara...

E-Vichara (August 6, 2012) --- Virtues for Relationships - Part 5

- What is Love – if Knowledge is the means to end any and all separation, Love is the expression of identification with any and all
- **Viviktah Deshah Sevitvam** (resorting to places of solitude) is consciously, voluntarily, actively, seeking out and being in places of minimal external distractions (i.e. less pressure of technology, less human made noises, less reminders of comfort) – when the mind is exposed to such environments the slough of restlessness, distraction and lethargy is shed and a skin of balance, focus and vigilance is revealed
- **Aratih Janah Samsadi** (distaste for social gatherings) is understanding and appreciating that in social gatherings most communication revolves around attraction, judgement and pleasure so why would any wise person succumb to being in such a harmful environment – as our company so our thoughts and as our thoughts so us
- **Adhyatma Jnana Nityatvam** (constancy in Self Knowledge) is perpetually practicing living as the Self (i.e. sans lust, sans comparison, sans dependency, etc.) – to participate (study) in Self Knowledge yet not practice (serve) Self Knowledge is fear of Perfection (responsibility)
- **Tattvah Jnana Artha Darshanam** (seeing the purpose of Self Knowledge) is to remember the only wealth is of Knowledge of the Spirit – with such a fundamental vision of wealth one will never be poor inside or out
- The greatest source of joy in our lives is beings, the greatest source of sorrow in our lives is beings – when we honestly accept this truth we will grow out of dependence on beings and grow into independence of Self

*"There is no vessel to ferry man across the ocean of worldliness, except jnana." ~ Swami Chinmayananda*

Inspire-Love-Be

9 - Hari Om from Chantilly!

i hope this email finds everyone well...

***The Dark Knight Rises (TDKR), an epic completion to an epic commencement.*** We have already explored *Batman Begins* and *The Dark Knight* through our E-Vichara. Now the final installation of one of the most influential cinematic trilogies of all time deserves some vichara too. Our vichara...

In *TDKR*, Batman continuously shares how *anyone* can be Batman. If one lives by the ideal of Batman, one is Batman.

**Following the same, every week i write *our* E-Vichara. If one lives by the ideal of reflection, one can write the E-Vichara.** And so we will...

**For everyone who has watched *TDKR*, i encourage you to share a thought on this audio/visual scripture. By latest, Sun. Aug 19, please reply to this email with 1 (one) revelation from *TDKR*. Those who share, i will filter through the Total Thoughts and share the same with everyone next week in a Special E-Vichara.**

**To begin i will share my thoughts on *TDKR*...hahaha let this be a catalyst for all to watch, listen and reflect on the philosophy of Batman.** Get off the bench and into the game by getting into our E-Vichara...

E-Vichara (August 13, 2012) --- Creating a Commentary on *The Dark Knight Rises*

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Awaiting YOUR reflections...

*"If you want to know what a man's like, take a good look at how he treats his inferiors, not his equals" ~ Sirius Black*

Inspire-Love-Be

10 - Hari Om from Alpharetta!

i hope this email finds everyone well...

Are you ready? Seriously, are you ready? We are. **This past month hundreds of seekers around the world engaged in the sadhana of studying *The Dark Knight Rises*. This past week dozens of these seekers from around the world engaged in the sadhana of sharing their insights into *The Dark Knight Rises*.** These thoughts have been collected, sifted and refined for a special E-Vichara...

Special E-Vichara (August 20, 2012) --- Our Commentary on *The Dark Knight Rises*

- The world is the way the world is supposed to be and to strive to destroy this (intention of the League of Shadows) is being out of tune with reality - every age needs a sage-warrior to believe the world can and should be saved
- When one ceases from identifying with an event, a project, a movement one invokes weakness (Bruce Wayne lets go of Gotham City and so himself physically, mentally, intellectually) - by loving an ideal we rise to the ideal and create hope for others to be the same (i.e. a Guru with a shishya)
- The righteous (Batman) and unrighteous (Selina Kyle) both want to make a social impact yet who actually does - where there is dharma there is development (standard of Life) and where there is adharma there is the appearance of development (standard of living)

- A leader believes people are innately good and so respects (as Batman does) rather than suspects (as Catwoman does) - fear creates followers, compassion creates captains
- Suffering builds character (Talia al Ghul) yet this should not be forced on others, only oneself (tapas) - if success is prasad (a blessing), failure is mahaprasad (the choicest blessing)
- By taking living casually (Batman's initial battle with Bane and his initial attempts at climbing out of the pit) what should we expect but to fall - having fallen, only through learning can one rise
- Without hope there can be no despair (Bane) - when we hope we will be happy tomorrow, we will always be unhappy for the only day to be happy is the present
- Sadhana-s (spiritual disciplines) are the rope which protect us from falling - depending on sadhana though limits us from reaching the sadhya (Enlightenment) and so the final leap demands the complete conviction that only Bhagavan can protect us from falling
- When engaged in action for an altar (Gotham City) one invokes the strength of body and mind to rise - the Dark Knight rising is the Dark Knight fulfilled
- Patriotism (for a community, a city, a country, etc.) founded only on thoughts and words (Deputy Police Commissioner) is only a state of paralysis - patriotism founded on thoughts, words and deeds is a state of potency
- We believe we are beyond death of the body and name (as Bruce Wayne believes) yet if this belief is not pure we subconsciously create the most dangerous degree of ego (sattvic) for this ego is ever justified in our minds and we become ever dependent on this ego - only when we know the only purpose of living (Freedom) will we release ourselves from any and all prisons, forever
- When people (of Gotham City) are without faith (in Batman) they have consistently suffered and when people are with faith they have consistently been saved - Bhagavan is always for us, the question is are we for Bhagavan

One seeker even shared, "Watching the movie was like going on a pilgrimage." Based on the above, i would have to agree...

The definition of SUPPORT: **On August 22, 2012, as Chinmaya Mission Niagara celebrated the 5 Year Anniversary of our Ashram (Dhara) 52 utsava murti sponsors stepped up to share their resources, time and effort.** THANK YOU for your unprecedented support...

*"I asked for strength and God gave me difficulties to make me strong. He gave me not what I wanted but everything I needed!" ~ Unknown*

Inspire-Love-Be

11 - Hari Om from Cleveland!

i hope this email finds everyone well...

**Fear.** With fear there is frustration, fragility, futility.

**Love.** With love there is laughter, lightness, Limitlessness.

**Nipun Mehta.** With Nipun Mehta there is invention, philanthropy, seeking.

**When we surround ourselves by love we let go of fear. When we immerse ourselves in love we become Nipun Mehta.** Earlier this year, he was asked to give a graduating class a message. What he gave that graduating class was meaning. An analysis of this address is the modus of our E-Vichara...

E-Vichara (August 27, 2012) --- Nipun Mehta

- "When the things around you are seen as gifts, they are no longer a means to an end; they are the means *and* the end." - infinite, constant, unconditional happiness is the ends of every pursuit, understood and appreciated or not, and the practice of contentment with one and all is the entry to this happiness, is the expression of this Happiness

- "Nowadays people know the *price of everything* and the *value of nothing*." (Oscar Wilde) - when knowledge is not assimilated this devolves to information and our societies, schools and selves are choosing to live on the fringes, thirsting for information as a robot does, rather than living on the core, thirsting for wisdom as a seeker does
- "We have forgotten how to value things without a price tag. Hence, when we get to our most abundant gifts -- like attention, insight, compassion -- we confuse their worth because they're, well, priceless." - with regular and sincere reflection on the truths of living and Life, we come to understand that our greatest joys were/will be free of possessions so why the ever growing submission to being possessed by *things*
- "True generosity doesn't start when you have some *thing* to give, but rather when there's nothing in you that's trying to take." - when practicing contentment, development (knowledge) and reflection become the fabric of who we are, we mature (mindfully let go) from being takers, we mature (mindfully hold on) to being givers
- "Sages have long informed us that when we serve others unconditionally, we shift from the me-to-the-we and connect more deeply with the other. That matrix of inter-connections allows for a profound quality of mental quietude." - me-we-He-BE, the evolution of an ideal is the devolution of an ego is the evolution of excellency (karma), empathy (bhakti), enlightenment (jnana)
- "When one foot walks, the other rests. Doing and being have to be in balance." - work without planning is a ritual, planning without work is a dream, when pravritti (creation) and nivritti (renunciation) are balanced there is dharma (prosperity) and Brahma (Peace)

*"The universe is a university to educate the soul." ~ Swami Chinmayananda*

Inspire-Love-Be

12 - Hari Om from Saint Louis!

i hope this email finds everyone well...

**Up late last night? How was your morning? Up early this morning? How is your day?** Our nights affect our mornings, our mornings affect our days and our days affect our nights.

**We all want to be more efficient, we all want to be more effective. When? All the time.** And so we explore the affect that time has on our thoughts for we all know *as we think so we become*. Time for our E-Vichara...

E-Vichara (September 3, 2012) --- Time ON Thoughts: Triumph OR Trauma

- From colours to food and every facet in between, all of Creation is comprised of and governed by the guna-s (inherent qualities) of tamas (paralysis), rajas (passion) and sattva (peace) – the guna-s have a visible affect on the body-mind equipment and so being vigilant to invoke sattva and revoke tamas/rajas is essential for the growth of a student of yoga (self development)
- The hours between 03.00a-09.00a is infused with sattva, the hours between 09.00a-09.00p is infused with rajas and the hours between 09.00p-03.00a is infused with tamas – surely there are exceptions to every law (i.e. at secular level: a police officer engaged in pursuing a criminal is skilled enough to exceed the speed limit, at a sacred level: a master engaged in contemplation is strong enough to do so at night) yet to believe we are these exceptions is an expression of our ego justifying our indiscipline
- Vedic Culture has forever been aligned with Nature in that people rose with the rising of the sun and slept with the setting of the sun – plants and animals continue to be in tune with Creation whereas we humans act as rogues immaturely using the Creator's gift to us (the intellect) creating confusion within, projecting conflict without
- As more and more of us are possessed by the pursuit of prosperity, electricity has become our 'sun' and imbalance our 'identity' – a saddening indication of this devolution is how confidently we dilute

Vedic Culture for our convenience (i.e. engaging in puja after dinner, organizing garbha-s past midnight, contemplating before going to sleep, etc.)

- Just as believing 'cramming' for an exam is a successful study technique is a lie, so too believing 'catching up' on lost sleep is a healthy lifestyle technique is a lie – according to our Purana-s (Theology), rakshasa-s (demons) grow stronger at night and if we thoughtfully study the news and/or our mind we would wake up to this truth (i.e. when does the maximum indulgence, violence, destruction take place?)
- Every scripture, every sage, lovingly and harshly advise seekers to sleep earlier and wake earlier, literally spending less time in tamas and more time in sattva – if all those reading these reflections slept 5 minutes earlier and awoke 5 minutes earlier each month for a year, our minds would be a better place and so the world would be a better place

*"Character is formed from the repeated choice of thoughts and action. Make the right choice; we shall have a firm and noble character." ~ Swami Chinmayananda*

Inspire-Love-Be

13 - Hari Om Everyone,

i hope this email finds everyone well...

**Notice anything different about the E-Vichara so far?** i am not writing from anywhere! This implies i am writing from Niagara Falls!! And this means Summer Travel is complete!!!

**A whole lotta studying and a whole lotta speaking. A whole lotta flying and a whole lotta figuring. A whole lotta loving and a whole lotta learning.** With summer travel complete, reflection of summer travel commences as does our E-Vichara...

E-Vichara (September 10, 2012) --- Summer Reflections

- One who is moody is a mudhah (fool) - beware of moody (i.e. one who takes every incident personally) leaders for they hypnotize followers into believing this is an ideal way to lead and live when this in actuality is a most immature way to lead and live
- A consistent characteristic of 'giants' is samatva (balance of mind) - understanding and appreciating that all is always changing one cultivates discipline, flexibility and surrender
- Serving the effect (i.e. hunger, disease, violence, etc.) is grosser, flashier, easier, then serving the cause (i.e. greed, lust, ignorance, etc.) hence the majority of volunteers only 'see' effects - as long as individuals have inner enemies society will have outer enemies which is why scriptural study must precede societal service if one wants to offer true aid
- The contribution spiritual leaders have made to humanity is far far far beyond human years, human understanding and human reach - the invocation of God's grace and Guru's guidance is so complete, the ego, if any, is completely helpless in limiting such a personality's potential
- Expressions of kali yuga (a period of time when the mind has lost maximum potency) are becoming clearer and clearer in that Vedanta (the Science of Life) is perceived to be subtler and subtler - simplicity is the means to starting and starting is the means to solace (i.e. a simple discipline like being punctual becomes the starting point to value every moment of life)
- We are sadhaka-s (seekers) before sevaka-s (volunteers) - the strategy to transform society before self will always stumble whereas the strategy to transform self before society will always succeed

**And a whole lotta running...do you think i have forgotten to write about the 1/2 Marathon?** This we will explore next week. Until then, some **highlights of the race: intense, rewarding and 02 hours 08 minutes 42 seconds of tapas.**

Finally, in **celebration of September 11, 119 years ago (1893) Pujya Swami Vivekananda lit up the Parliament of the World's Religions in Chicago. Even before He could begin His actual address He received a standing ovation from the 7,000 strong for 2 full minutes. A thought from this Giant...**

*"Children of immortal bliss—what a sweet, what a hopeful name! Allow me to call you, brethren, by that sweet name—heirs of immortal bliss—yea, the Hindu refuses to call you sinners. Ye are the children of god, the sharers of immortal bliss, holy and perfect beings. Ye divinities on earth—sinners! It is a sin to call a man so; it is a standing libel on human nature. Come up, O lions, and shake off the delusion that you are sheep; you are souls immortal, spirits free, blest and eternal; ye are not matter, ye are not bodies; matter is your servant, not you the servant of matter." ~ Swami Vivekananda*

Inspire-Love-Be

14 - Hari Om from Iowa City!

i hope this email finds everyone well...

Earlier this month in Chicago 12,105 people completed a run of 13.1 miles (21 kilometres)...consecutively and collectively. **WHY WOULD SO MANY RUN SO FAR? To reveal insights into the mysteries of life is the purpose of our E-Vichara...**

E-Vichara (September 17, 2012) --- The Rise of Running

- Just as software drives hardware so too the mind drives the body - long distance running is a tapas (training) of the mind, the body simply follows
- Asana (postures) is incomplete sans dhyana (contemplation) for the purpose of asana is yoga (uniting) of body with mind and mind with Spirit - when the body is used fully, fascination with the body falls and identification with the Spirit rises
- Doing the same physically intense activity hour after hour is possible only when the mind is engaged - reflecting on the purpose and repeating a Divine name are the means and ends of long distance running
- A sattvic endeavour can appear to be rajasicly expressed though not so (i.e. long distance running, traveling for service, organizing religious gatherings, etc.) - the difference between karma and karma yoga is not in action rather in attitude
- Giving up is higher and not giving up the lower is where the mind naturally roams pressuring us to compromise - when one is physically and mentally exhausted and a volunteer yells, "Keep going!", a stranger holds up a sign stating, "Run stranger run!!", a fellow runner pats one on the back saying, "You are almost there!!!", exhaustion dissolves from being an experience to being a word
- The power of satsanga (association with the selfless) is mysterious, magnificent, moving for 12,105 runners through their thoughts, words and deeds 'carried' each other to the finish line - the self discipline invoked before/during/after long distance running is precious so let us begin preparing for next year's race and the race of life

*"Tapas is the tool for opening up the bonnet of the inner equipments for purposes of repair and adjustments." ~ Swami Chinmayananda*

Inspire-Love-Be

15 - Hari Om Everyone,

i hope this email finds everyone well...

"During our panel discussion our speakers will be sharing thoughts on *Practical Vedanta*."

"Can you please tell us how *How to Apply Vedanta*?"

"Tell me what I have to do to *Live Vedanta*!"

Sound familiar? Of course! These are thoughts that flow through the mind whenever we observe any Spiritual Camp, Discourse and Class. And this my friends, is our problem. **We observe. Our Spiritual Camps, Discourses and Classes are encouraging us to PARTICIPATE. Encouragement to grow up from an observer to a participator is the fabric of our E-Vichara...**

E-Vichara (September 24, 2012) --- The Practice of Impractical

- Though the societies we live in are disintegrating (kali yuga), the minds we live in can be integrated (satya yuga) - we learn far more in adversity than in prosperity and the present is providing us with endless opportunities to learn
- If individuals are not engaged in raising themselves collectives will naturally be razed and expecting otherwise is dream - if we do not want to see our collectives burn the ONLY choice we have is to burn (tapas) the individual (ego and associated vices)
- As long as we do not try to implement the ideas of our Scriptures/Sages obviously these ideas will remain an impossibility - like most challenges we have faced and will face, these were/are difficult until we began/begin
- A unique aspect of the philosophy of Sanatana Dharma (Hinduism) is there is no agenda (i.e. academia, segregation, conversion) other than self transformation - understanding and appreciating the purity of this philosophy the intelligent response to Vedanta is to put the message to the metal
- Prince Arjuna sincerely shares with Shri Krishna the distracted nature of the mind and how this will make the teachings shared by the Divine unrealistic - Lord Krishna lovingly agrees with Prince Arjuna about the nature of the mind and follows up sharing, with abhyasa (practice) the teachings can be shakyah (real)
- A mature mind is known by the virtues of nischaya (determination) and anirvinnachetasah (delight) - let us let go of prematurely judging all the insights of the Scriptures/Sages by holding onto a single insight and committing oneself to validate/invalidate the insight experientially, tangibly, maturely

*"Doubts are shadows of the agitated mind. Quieten the mind and experience the Truth, which is beyond all doubts." ~ Swami Chinmayananda*

Inspire-Love-Be

16 - Hari Om from New York City!

i hope this email finds everyone well...

While in satsanga we think and act like seekers. While out of satsanga we think and act like wanderers. **Such extreme disparity is extremely disappointing isn't it? We all feel this dejection...**

Recently, 50 young adults from around the world gathered in New York City to contemplate in *Central Park*, to reflect in *Times Square*, to listen in the *Metropolitan Museum of Art*. Simply put, we tried to be Seekers in the City. **Reflections on being 'in' satsanga while being 'out of' satsanga is THE E-Vichara...**

E-Vichara (October 1, 2012) --- The Need to Act

- Not a single person, not for a single moment, can be without even a single action - understanding and appreciating this truth why do we think otherwise (i.e. Monday mornings when most people 'resume work' is the low point for them week after week, month after month, year after year, decade after decade, lifetime after lifetime)

- We have a most unnatural idea of being rich: not working (i.e. we work all week to not work on the weekend, we work as householders to not work as retirees, etc.) - Prince Arjuna (a.k.a. you and i) was prejudiced towards not working caused by fear
- The nature of nature (prakriti including the mind and body) is change and if this change is unchecked there is vikriti (confusion and destruction) and if this change is checked there is samskriti (clarity and growth) - the Creator has given us an 'instruction manual' entitled Srimad Bhagavad Gita and if we follow the guidelines advised the mind will be lighter empowering us to let go of likes empowering us to let go of limitations empowering us to derive maximum joy from creation
- The message of Gita according to Adi Shankaracharya is pravritti (creation) maturing to nivritti (Contentment) - to reach what is shreyah (Highest) being regular and sincere with our nitya karma-s (responsibilities) and naimittika karma-s (special responsibilities) is the ladder
- To 'renounce' action at the body level yet 'revolve around' action at the mind level is hypocrisy/escapism and foolish for repeated thoughts will force us to act (create more vasana-s) - we are all divinely placed to act and grow, why suppress the blessing
- For years we have been listening to Vedanta, reflecting on Vedanta, contemplating on Vedanta yet not being transformed by Vedanta - right action enables right knowledge to be transformative

*"God shines everywhere, in stone and earth and water, but those who have not overcome their ego fail to find the Resplendent One anywhere." ~ Swami Tapovanam*

Inspire-Love-Be

17 - Hari Om Everyone,

i hope this email finds everyone well...

i am too angry to constantly read about revenge in the newspaper.

i am too sad to constantly listen about violence on the radio.

i am too lost to constantly watch about hatred through the television.

**Every moment, every media is conveying war. Why? The war within of course. Our minds (selfishness) are constantly at war with our intellects (selflessness).** And as long as we let the vagrant claim victory over the virtuous we will suffer inside and express the same outside. A powerful song by the **Cranberries** titled *Zombie* artfully teaches us of this inner-outer relationship. End the zombie by beginning the E-Vichara...

E-Vichara (October 8, 2012) --- Zombie

- *Another head hangs lowly, child is slowly taken* - when our values are weak we allow the weak (impressionable minds) to succumb to violence
- *But you see, it's not me, it's not my family. In your head, in your head they are fighting.* - our wars are justified when we believe in the differences we perceive (i.e. colour, gender, income, etc.) despite our Scriptures and Sages dedicating their lines and lives to expounding the Truth of Unity
- *Another mother's breaking, heart is taking over.* - try to empathize with the pain, sorrow, loss of a mother whose child has become the casualty of war or worse if her child has become the cause of war, and we will change
- *When the violence causes silence, we must be mistaken* - silence created by discipline (mauna) is a dimension apart from silence created by destruction (massacre)
- *It's the same old theme since nineteen-sixteen. In your head, in your head they're still fighting.* - billions have died unnecessarily, billions are dying unnecessarily and billions will die unnecessarily if we do not change the way we think
- *Hey, hey, hey, what's in your head, in your head? Zombie, zombie, zombie?* - are we focused on peace or progress

*"We must learn to live together as brothers or we will perish together as fools." ~ Martin Luther King*

Inspire-Love-Be

18 - Hari Om Everyone,

i hope this email finds everyone well...

**Bhagavan Rama is going to defeat Ravana soon (Vijaydashami)...**

How? Ravana was strong. Ravana was smart. Ravana was sinister.

How? Lord Rama is full. Full of the BEST inside. And so naturally IS the best outside.

As Shri Rama slowly returns home (Deepavali) we prepare to welcome Him by remembering how He defeated Ravana.

**As Shri Rama (Joy) slowly returns home (mind) we prepare ourselves by practicing how He defeated Ravana (selfishness).**

**Let's move with our map (E-Vichara)...**

E-Vichara (October 15, 2012) --- Expressions of Fullness - Part 1

- As long as we have inner adversaries we will have outer adversaries - with the right role-model (Bhagavan Rama) we grow up to focus on conquering the ego, not enemies
- 1. **Gunavan** (virtuous): a selfless quality understood is a value, a selfless quality lived is a virtue - every entity in the Ramayana, whether noble or notorious, deva or demon, fauna or flora, was attracted to Bhagavan Rama on account of his inner beauty
- 2. **Viryavan** (courageous): as long as one breathes there will be challenges and to be stronger than challenges is living courage - when Bhagavan Rama was instructed He was going to be coronated, He accepted gracefully showing He is stronger than honour and when Bhagavan Rama was instructed He was going to be cast out, He accepted gracefully showing He is stronger than dishonour
- 3. **Dharmajnah** (responsible): our highest role is to be a seeker and so our highest responsibility is to know the Creator - Bhagavan Rama was willing to let go of all (i.e. wealth, power, family, etc.) to hold onto dharma
- 4. **Krtajnah** (grateful): the more reasons we rediscover to smile is the attitude of gratitude - each and every entity who served Bhagavan Rama's cause was remembered and rewarded (i.e. Shri Vibhishana was raised to the King of Lanka, squirrels were raised to life, Ahalya was raised to a godly form, etc.)
- When the heart is full, the stomach is full - by invoking Bhagavan Rama in our hearts all our needs will be satisfied for we will not have any needs

*"If the mind is filled with sattva, the other two gunas perish by themselves." ~ Swami Chinmayananda*

Inspire-Love-Be

19 - Hari Om from Boston!

i hope this email finds everyone well...

Our bank accounts are full...do we feel full?

Our contact list is full...do we feel full?

Our passport is full...do we feel full?

Endless varieties of fullness exist. **Yet how many are full forever? The only fullness that is forever is the fullness of Enlightenment.** And as we have studied again and again and again, the means to Enlightenment is virtues, the expression of Enlightenment is virtues. **We continue our study of Lord Rama's 16 virtues aspiring to invoke the same. Engage our E-Vichara...**

E-Vichara (October 22, 2012) --- Expressions of Fullness - Part 2

- As long as we have inner adversaries we will have outer adversaries - with the right role-model (Bhagavan Rama) we grow up to focus on conquering the ego, not enemies
- 5. **Satya Vakyah** (truthful): when our actions follow our words and when our words follow our thoughts our whole personality revolves around the truth - Bhagavan Rama would speak only once for He would abide by His words and naturally His words became reality
- 6. **Drdha Vratah** (disciplined): dedicating oneself to shreyah/serenity (universal good), sacrificing preyah/pleasure (individual good) is intelligent, effortless, natural - the firm devotion Bhagavan Rama offered to Goddess Sita is lovingly expressed through His eka patni vratah (vow to one wife)
- 7. **Charitrena Yuktah** (noble): the gauge of one's nobility is how expansive and inclusive one's vision is - the ornament that made/makes Lord Rama the most beautiful was/is His noble character
- 8. **Sarva Bhuteshu Hitah** (sensitive): empathizing with another entity's physical, mental and intellectual being checks any possibility of violence (i.e. pushing, bullying, converting, etc.) - those who loved Bhagavan Rama and those who loathed Bhagavan Rama were both blessed by Him
- A name always brings associated qualities (i.e. name = Thomas Edison / qualities = simple, creative, determined, etc. - by regularly and sincerely remembering the name of Bhagavan Rama, His qualities will become our qualities

*"The mind that is disintegrated and frayed cannot receive the truth." ~ Swami Chinmayananda*

Inspire-Love-Be

20 - Hari Om from Calgary!

i hope this email finds everyone well...

Virtuous, courageous, responsible, grateful, truthful, disciplined, noble, sensitive...and these are **ONLY HALF of Lord Rama's qualities that we know of! Imagine the inner and outer transformation of invoking just one of these qualities...**

From ideas to implementation we follow our E-Vichara...

E-Vichara (October 29, 2012) --- Expressions of Fullness - Part 3

- As long as we have inner adversaries we will have outer adversaries - with the right role-model (Bhagavan Rama) we grow up to focus on conquering the ego, not enemies
- 09. **Vidvan** (wise): theory without application is a burden for we know how we should think/act yet do not live accordingly - Bhagavan Rama studied the Scriptures (from Rishi Vasishtha) and practiced the teachings, enlightening Himself and so enabling Himself to share the same (to Shri Lakshmana, Tara, etc.)
- 10. **Samarthah** (capable): the sole source of capability is the grace of God and guidance of the Guru, understanding and appreciating which one is released from the ego (incapability) - before leaving for Lanka, Bhagavan Rama remembered Adi Deva/Adi Guru (original God/Teacher) Bhagavan Shiva, and we all know the capability shown by Bhagavan and His disciples to/in/from Lanka
- 11. **Priya Darshanah** (welcoming): when an altar/ashram is clean and simple we are attracted and inspired by what we see - the personality of Bhagavan Rama was pure and Loving through and through which is why all who directly/indirectly had the vision of Bhagavan were never satisfied with only that experience

- 12. **Atmavan** (integrated): when the (illuminated) intellect directs, mind processes and body executes such a being is masterful in society, a master of society - living in the world as a man, Bhagavan Rama showed all then and all now, to not be worldly (limited in thinking), to not to be manly (limited in acting)
- By dedicating our heart and head to just one of these Divine qualities we will live like Bhagavan Hanuman who assimilated Bhagavan Rama - what else is more dedication worthy than Infinite Joy (Rama)

**Eating, dressing, gifting, dancing, singing...Navaratri! Or is it? Please read the attached talk on *The Significance of Navaratri* by Pujya Swami Tejomayananda. These are powerful thoughts for us to reflect on as to whether we even know how to celebrate Navaratri anymore. Especially for our coming generation. Dilution of religion is a dangerous choice too many of us make. A couple of excerpts:**

***Rasa Lila** – At Navaratri time, the Rasa Lila (dance of joy) of Shri Krishna and the gopi-s is also performed. As the mind becomes purer, calmer, quieter and more cheerful, a greater understanding is gained and do we not feel happier then? Similarly the Rasa Lila is the dance of joy and realization. However, nowadays, the theme of Shri Krishna and the gopi-dancing around the Rasa seems to have been lost in our society. The true meaning and purpose of the ritual is often forgotten as more importance is given to other types of dancing.*

***The Importance of Ritual** - In this way, when children are first introduced to it, they enjoy a dance or a festival and then later begin to question, "What is this dance? Why are we doing this puja? What is the meaning of Navarati?" So, the purpose of the concretized ritual is fulfilled when these questions begin to arise in the children's minds. Unfortunately, when we take our children to functions at the temples and they begin to ask questions about what they see, we cannot answer them. Yet when the children revolt later as teenagers, we say, "What happened to the children? These kids are terrible. We never used to question our religion!"*

***Danger of Intellectual Inertia** – We take pride in the fact that we never used to question anything but it would have been better if we had asked questions and found out. Why did we not ask?*

*"The crest of all education is the study of our scriptures." ~ Swami Chinmayananda*

Inspire-Love-Be

21 - Hari Om from Pittsburgh!

i hope this email finds everyone well...

**Rishi Valmiki once asked Rishi Narada if there was a perfect person. Perfect in body, mind and intellect. Perfect in thought, word and deed. Perfect.**

**Rishi Narada exclaimed, "You are asking for a person perfect on so many levels! Fortunately, there is one and only one, Shri Rama."**

We complete (though this is impossible) our study of perfection through electronic reflection a.k.a. the E-Vichara...

[E-Vichara \(November 5, 2012\) --- Expressions of Fullness - Part 4](#)

- As long as we have inner adversaries we will have outer adversaries - with the right role-model (Bhagavan Rama) we grow up to focus on conquering the ego, not enemies
- 13. **Jitakrodhah** (collected): using anger is mastery and an aid for accomplishing a purpose, being used by anger is slavery and a threat to oneself and all around - even during the final evening of battle against Ravana in Lanka, Bhagavan Rama knew why He was there and offered Ravana a chance to surrender without harm

- 14. **Dyutiman** (brilliant): the gauge of a human's greatness is their discriminatory acumen (i.e. understanding and appreciating what is Real, illusory and unreal) and this is facilitated by a shining intellect - every moment of Bhagavan Rama's life was a lesson in long term thinking (shreyah)
- 15. **Anasuyakah** (generous): on account of our incompleteness we tend to find fault where there is no fault (i.e. the neighbour's new home is too big, the volunteer does not deserve such recognition, the cousin's husband's sister's friend's parent's anniversary prayer is not needed, etc., etc., etc.) whereas with self-completeness our vision is complete and we appreciate strengths as strengths - Bhagavan Rama was not great because He reduced everyone (i.e. how Ravana achieved his greatness) rather because He raised everyone (i.e. from the squirrels to Ravana)
- 16. **Devah Bibhyati** (powerful): without Divine sanction not even a blade of grass is eligible to move leave alone capable of moving - when Sugriva, Varuna, etc. were not cooperating with Bhagavan Rama's search for Mother Sita, He 'reminded' them of who they are and who He is and soon the monkeys and waters were quick to move
- Each and every one of these qualities is a path for us to realize that our Nature is Infinite and so beyond words, concepts, qualities - Brahman expressed is Bhagavan Rama...

*"Whatever you do, O Lord, who am I to quarrel with Thee? Does a picture ever quarrel with the painter?" ~ Swami Chinmayananda*

Inspire-Love-Be

22 - Hari Om Everyone,

i hope this email finds everyone well...

All around the world people are continuing to celebrate Dipavali. These celebrations often involve transactions...of sweets, of clothes, of wealth. **A transaction is giving with a plan to receive. Is this the spirit of Dipavali? As these festivities continue outside, let us focus inside.** Working hard to understand the nature of transactions we consult our E-Vichara...

E-Vichara (November 12, 2012) --- Creating Wealth - Part 1

- Work does not tire, lack of love of work tires - when we work for the society, humanity, Divinity (yajna arthat) we create inner wealth for ourselves and outer wealth for others
- The more inner wealth one creates (peace) the more outer wealth one can create (prosperity) - every achiever, whether secular or sacred, has embodied shama (calmness of mind) which is a catalyst for dama (discipline of body)
- When pursuing profits for any other purpose than purity, we succumb to selfishness, we succumb to compromise, we succumb to fear - theory...please open your eyes, your ears, your mind to the state of the world when 'money makes the world go round'
- Pursuing profits for purity is an ideal forum to rise from rajas (selfishness) to sattva (selflessness) for success is dharmic - the highest form of wealth creation is educating oneself and others that we are given what we need and if not given, we do not need (it)
- Practicing charity is the simple idea of working to maintain the same level of peace with less prosperity a.k.a. gaining independence from the want for wealth - at MINIMUM, according to our age we should be giving a percentage of our gross income (i.e. if one is 36, 3.6% should be donated, if one is 74, 7.4% should be donated, etc.) to charity
- The more one needs inner wealth, the less one needs outer wealth - so who are you working for

*"A man with the right vision is concerned not only with how he can gain success for himself in a given field, but also how he can include others in his success. So in the new year, let us broaden our vision, making it all encompassing to live life successfully, completely and joyfully" ~ Swami Tejomayananda*

Inspire-Love-Be

23 - Hari Om Everyone,

i hope this email finds everyone well...

The Scriptures teach that the 4 fundamental pursuits for a human are dharma (education), artha (wealth), kama (pleasure) and moksha (Enlightenment). **Fascinatingly, the priority of these pursuits is very different for a slave and a seeker...**

Slave: 1. Artha 2. Kama 3. Dharma 4. Moksha

Seeker: 1. Moksha 2. Dharma 3. Kama 4. Artha

**We continue to reflect on how to free ourselves from the seduction of wealth (functional) by tuning to Wealth (fundamental). Let's E-Vichara...**

E-Vichara (November 19, 2012) --- Creating Wealth - Part 2

- All around, minerals, plants, animals and intelligent humans are living by the spirit of yajna (dedication and sacrifice) creating prosperity and Peace - impulsive humans do not participate in the spirit and so consciously exclude themselves from participating in the celebration Life hosts
- Only humans have the choice to live for enjoyment (bhoga) or Enlightenment (yoga) - and so the gauge of a human's greatness is not income, nay, is usage of intellect to discriminate between the Real (Peace) and illusory (pleasure)
- By enriching our personalities with a holy attitude we enrich our families, communities, societies, humanity in the most holistic ways (i.e. spreading good health, good words, good ideas, etc.) - if we all do our part none will be poor
- Simple living and high thinking frees one from the wanton race for wealth, fame, power, etc. - only when we free ourselves from conditions do we transform into a pure worker, ruthlessly efficient, relentlessly effective
- A great man once told Pujya Swami Chinmayananda, *to succeed one must work like a horse and live like a hermit* - Pujya Swami Chinmayananda did and succeeded and if we do we will too
- The more one needs inner wealth, the less one needs outer wealth - so who are you working for

*"However wealthy a man may be, he cannot eat gold or silver. Then why entertain love for money?" ~ Swami Tapovanam*

Inspire-Love-Be

24 - Hari Om from Bentonville!

i hope this email finds everyone well...

Whenever we purchase a new article, whether this be a vehicle, a television or a cellphone, the **creators of these articles give instruction manuals on how to best use the article and so derive maximum benefit.**

**Does this protocol apply to life? Of course.** The Creator has given us an instruction manual on how to best use life and so derive maximum benefit. **In fact, He has given this instruction manual a special name...Shrimad Bhagavad Gita (The Divine Song).**

**To inspire our minds to tune into the importance of Gita Jayanti,** the day Bhagavan Krishna began teaching Prince Arjuna, which will be celebrated on Dec 23 this year, the **upcoming month we will explore different names Bhagavan calls US by. Remember, Prince Arjuna is another name for you and i.**

This week we are being called by some harsh names. Why? **Sometimes we need a pinch, a shake, a slap, to WAKE UP from the sleep of slavery. Here comes the 'bucket of water' called our E-Vichara...**

E-Vichara (November 26, 2012) --- Tough Love

- **Klaibyam** (coward) is one who is lost in emotions and so loses track of responsibility - if we dedicate ourselves to our responsibilities we make our emotions impotent to shake us
- **Krpanah** (miser) is one who seeks to extract from the universe rather than create and we all know that a miserly plan only leads to misery - by being generous with our capital, compassion, comforts we create contentment for ourselves and others
- **Mithyacharah** (hypocrite) is one who thinks they are great, speaks about themselves as even greater and acts in the least great way - the magic to create harmony amongst our thoughts, words and deeds is to think more about God, speak less about ourselves and enjoy the transformation of our actions
- **Naradhaman** (degenerate) is one who fails to employ the distinct faculty of a human being, the ability to discriminate between Peace and pleasure - the gauge of a human's greatness is not funds, not family, not fame rather is focus on the Real
- **Stenah** (thief) is one who uses the contribution of others and in many cases is apathetic to the appropriateness of contributing equally - whenever we feel bitter with others or others feel bitter with us, we should reflect on the possibility of unequal contribution-distribution manifesting and then equalize this internally and/or externally
- **Vimudhah** (fool) is one who believes that finite articles, finite actions, finite ablutions will create Infinite Ananda (Joy) - by understanding and appreciating the finiteness of the finite one begins to grow up to one's Infinite Self

*"There is nothing in life that can ever happen which is so serious as to deserve our tears. Be bold in your faith in Him." ~ Swami Chinmayananda*

Inspire-Love-Be

25 - Hari Om from Mumbai!

i hope this email finds everyone well...

Whenever we purchase a new article, whether this be a vehicle, a television or a cellphone, the **creators of these articles give instruction manuals on how to best use the article and so derive maximum benefit.**

**Does this protocol apply to life? Of course.** The Creator has given us an instruction manual on how to best use life and so derive maximum benefit. **In fact, He has given this instruction manual a special name...Shrimad Bhagavad Gita (The Divine Song).**

**To inspire our minds to tune into the importance of Gita Jayanti,** the day Bhagavan Krishna began teaching Prince Arjuna, which will be celebrated on Dec 23 this year, the **upcoming month we will explore different names Bhagavan calls US by. Remember, Prince Arjuna is another name for you and i.**

This week we are being called by some **inspiring** names. Why? **Sometimes we need a pinch, a shake, a slap, to WAKE UP from the sleep of slavery. Here comes the 'bucket of water' called our E-Vichara...**

E-Vichara (December 3, 2012) --- Gentle Love

- **Arjuna** (clear) is one whose thoughts, words and deeds are aligned, coordinated, integrated - the highest form of clarity is knowing Oneself and so the question to be asked is do you know who you are
- **Bharata** (illuminated) is one who revels in inner radiance - the light of Self Knowledge adds to one's glow (inner and outer!) and those who shine naturally become lighthouses for those who are lost

- **Dhananjaya** (prosperous) is one whose focus is on growing inner wealth in the form of virtues like calmness of mind, control of body, faith, etc. - understanding the power of wealth is only in relation to procuring simple needs one evolves from an addict to a visionary
- **Gudakesha** (inspired) is one free from the limitations of inadvertence, indolence and ignorance - only when we invoke inspiration from the inspired, can we 'heat' up our personality enough to change our personality
- **Parantapa** (victorious) is one who has challenged and conquered the enemies of lust, anger, greed, etc. camouflaged in the mind - the one sans inner enemies is the one sans outer enemies so why are we being utterly wasteful trying and continuously failing with world peace when *my transformation transforms nation*
- **Partha** (devoted) is one who knows Life is the ONLY essence of living - if we are not seeking Life while living, we are not living

"What is to give light must endure burning." ~ Viktor Frankl

Inspire-Love-Be

26 - Hari Om from Mumbai!

i hope this email finds everyone well...

Whenever we purchase a new article, whether this be a vehicle, a television or a cellphone, the **creators of these articles give instruction manuals on how to best use the article and so derive maximum benefit.**

**Does this protocol apply to life? Of course.** The Creator has given us an instruction manual on how to best use life and so derive maximum benefit. **In fact, He has given this instruction manual a special name...Shrimad Bhagavad Gita (The Divine Song).**

**To inspire our minds to tune into the importance of Gita Jayanti,** the day Bhagavan Krishna began teaching Prince Arjuna, which will be celebrated on Dec 23 this year, **the whole month we are exploring different names Bhagavan calls US by. Remember, Bhagavan Krishna is another name for you and I.**

This week we are being called by some **essential names. Why? Sometimes we need a pinch, a shake, a slap, to WAKE UP from the sleep of slavery. Here comes the 'bucket of water' called our E-Vichara...**

E-Vichara (December 10, 2012) --- Divine Love

- **Achyuta** (stable) is one who never falls away from their Divine nature, from their dharmic lifestyle - the best way to stay balanced is to revolve around those who are balanced (as Prince Arjuna did with Bhagavan Krishna)
- **Harih** (steals) is one who loots all negativity (i.e. fear, sorrow, delusion, etc.) - when the source of all negativity, ignorance, is stolen completely, all that remain is Om, the source of all positivity, hence the beauty of Chinmaya Mission tradition to welcome/part with *Hari Om*
- **Janardana** (fulfills) is one who gives all that is needed and never what is desired - if we all got what we desired we would all be destroyed and so the highest prayer is to be content with all that is given and not given
- **Krshna** (attracts) is one who through Love captivates all humans, animals, plants and stones - Bhagavan Rama manifested in the world to teach us to worship the world and we can follow His teachings by being grateful to all humans, animals, plants and stones with our thoughts and actions
- **Madhava** (wealthy) is one who has invoked all virtues - a virtue most vital for the present personality, family, community, society, humanity is sincere listening for this becomes a catalyst to learn of all the vices we have and to learn the ways to cultivate virtues we need

- **Madhusudana** (liberates) is one who is free from dependency on results, acknowledgement, the future, etc. - understanding and appreciating that focused, right, selfless actions are the means and ends to Joy one roams the world fearlessly

*"The first and foremost means of God-realization is love - love of the Lord all unsurpassed. Love of God purifies the mind and easily leads to mental concentration." ~ Swami Tapovanam*

Inspire-Love-Be

27 - Hari Om from Kolvan!

i hope this email finds everyone well...

Whenever we purchase a new article, whether this be a vehicle, a television or a cellphone, the **creators of these articles give instruction manuals on how to best use the article and so derive maximum benefit.**

**Does this protocol apply to life? Of course.** The Creator has given us an instruction manual on how to best use life and so derive maximum benefit. **In fact, He has given this instruction manual a special name...Shrimad Bhagavad Gita (The Divine Song).**

**To inspire our minds to tune into the importance of Gita Jayanti,** the day Bhagavan Krishna began teaching Prince Arjuna, which is being celebrated across the world TODAY (Dec. 23), we complete our month of exploring the **different names Bhagavan calls US by. Remember, Bhagavan Krishna is another name for you and i.**

This week we are being called by some **truthful** names. Why? **Sometimes we need a pinch, a shake, a slap, to WAKE UP from the sleep of slavery. Here comes the 'bucket of water' called our E-Vichara...**

E-Vichara (December 17, 2012) --- Real Love

- **Ananda** (Joy) is One who is infinitely, constantly, unconditionally Joyous - we are Ananda and this will never ever ever change
- **Atman** (Self) is One who understands, appreciates and lives as the fundamental Self - we are Atman and this will never ever ever change
- **Brahman** (Infinity) is One who Loves all humans, animals, plants and stones for none are exclusive of Infinity - we are Brahman and this will never ever ever change
- **Chit** (Awareness) is One who fully Aware of the Real and illusory - we are Chit and this will never ever ever change
- **Paramatman** (Spirit) is One who knows/is Life, without which there is nothing - we are Paramatman and this will never ever ever change
- **Sat** (Existence) is one who does not fear death for even death is given place by Existence - we are Sat and this will never ever ever change

*"Vedanta straightens your thinking process - makes you a better person, a happier person." ~ Swami Chinmayananda*

Inspire-Love-Be

28 - Hari Om from Kolvan!

i hope this email finds everyone well...

**January 1, a day of beginning. A day of hope. A day of transformation...**

In what way should we change? **If we steadily and sincerely study our personalities we shall find many many many characteristics which limit us, confuse us, torment us. And if we steadily and sincerely study the personalities of Masters we shall find many many many characteristics which could raise us, direct us, free us.**

As we embrace the New Year, let us embrace change. We **begin reflecting on 10 Indicators of the Wise (Sthitaprajna Lakshana-s) encouraged by our Electronic Reflections, our E-Vichara...**

E-Vichara (December 24, 2012) --- The Efficient, The Effective, The Enlightened - Part 1

- **Content** - expecting what we do not have and ignoring what we do have is a perfect storm for sorrow – an unrelenting remembrance of all we have been gifted (i.e. health, family, religion, etc.) is an unrelenting cause to an unrelenting smile
- **Balanced** - the fundamental nature of the universe is change at all levels (physical, mental, intellectual) – whenever adversity comes and goes, whenever prosperity comes and goes, by focusing on what the universe is trying to teach us with every circumstance we live on calmly
- **Independent** - if articles, beings and circumstances (a.k.a. the finite) were the source of Joy, some combination/permutation of these would create completeness, yet who around us is Joyous, who around us is complete - the ONLY source of Joy is the Self, all the joy we experience is a reflection of the Self, and if we can take this Truth to heart, our demands, our wants, our needs will be leveled to the minimum (i.e. we save face, we save time, we save money)
- **Fearless** - the 3 fundamental fears of every human are death, the unknown and sorrow - these fears are anti-our-Nature of Existence-Awareness-Joy so a simple paying attention to our very own experiences will lead us through and from the hallucinating existence we believe is fundamentally real
- **Accepting** - whatever is created (i.e. the universe) must have a creator (i.e. God) - the Creator is the 'facilitator' for every happening and if we can appreciate the justice, compassion and wisdom of the Creator, we can appreciate each happening as the best for us and the universe
- *Indicators of the Wise* are expressions of the Enlightened - *Indicators of the Wise* are means for seekers

*"A yogi is one who is contented at all times." ~ Swami Chinmayananda*

Inspire-Love-Be

29 - Hari Om from Coimbatore!

i hope this email finds everyone well...

**January 1, a day of beginning. A day of hope. A day of transformation...**

In what way should we change? **If we steadily and sincerely study our personalities we shall find many many many characteristics which limit us, confuse us, torment us. And if we steadily and sincerely study the personalities of Masters we shall find many many many characteristics which raise us, direct us, free us.**

As we embrace the New Year, let us embrace change. We continue to **reflect on 10 'Indicators of the Wise' (Sthitaprajna Lakshana-s) encouraged by our Electronic Reflections, the E-Vichara...**

E-Vichara (December 31, 2012) --- The Efficient, The Effective, The Enlightened - Part 2

- **Disciplined** - the difference between a devotee and a disciple is the latter has evolved to be accepted by the Guru – the Guru's sole concern is Freedom for all and so to be accepted as a disciple, a steady and sincere pursuit of Knowledge is the dakshina to be offered to raise oneself for the Guru
- **Devoted** - when people love each other their physical, mental and intellectual separation is bridged creating peace – when a personality loves an ideal (i.e. to speak the truth, to protect the truthful, to know the Truth, etc.) the primitive, illusory, ruinous separation (ego) is broken recreating Peace
- **Aware** - our thoughts depend on Existence whereas Existence is independent of thoughts yet we forever and ever and ever possess thoughts and so forever and ever and ever are possessed by thoughts – why do I believe what is mine (thoughts) is me (Existence)
- **Knowledgeable** - without the guidance of the Scriptures and Sages we would not be inclined to know who we are leave alone be inspired to know who we are - to truly benefit from the Destination (Enlightenment) we have to know we are there and secular studies does not teach this, sacred studies does
- **Humble** - if we believe in God (Oneness) how can we believe in ego (duality) - sans the grace of God even a blade of grass is immovable so our infatuation with our limited selves is a inefficient, ineffective, ignorant hallucination
- As we make promises to lose weight, to sleep earlier, to read more, let us also promise to wholeheartedly invoke 1 of the *Indicators of the Wise* - by invoking even 1, we will invoke all 10 and be Free forever...

**Praying to God and Guru for a year filled with health and happiness for all...Joyous New Year to you and your families!**

*"Beholding the presence of divinity everywhere at all times, mahatmas live in love, move in compassion and breathe in service." ~ Swami Chinmayananda*

Inspire-Love-Be

30 - Hari Om from Zurich!

i hope this email finds everyone well...

On Sunday, January 13, 2008 I began my sadhana of seva. How? **Sharing thoughts on *Bhaja Govindam* to a small group of adults for thirty minutes followed by sharing thoughts on *Bleeding the Truth* to an even smaller group of youth for thirty minutes. This sharing happened once a week at our Ashram in Niagara Falls, a city often questioned as to whether people actually live there hahaha!**

**This Sunday, January 13, 2013 i will celebrate 5 years of sadhana through seva...**

In these five short yet significant years i have changed much, i have learned much, i have enjoyed much! And **i will write about the changing, learning and enjoying in the coming weeks. Naturally, this series of E-Vichara-s reflecting on the past 5 years has to begin with remembering to whom i owe much...**

**With my hands, heart and head bowed low to the ground we rise through our E-Vichara...**

E-Vichara (January 7, 2013) --- From the Source to the Expression, Gratitude

- **Bhagavan Narayana** – Just as the nature of fire is heat and the nature of infants is innocence, the nature of Bhagavan Narayana is support – when most in need, Bhagavan has always been present to reveal His presence
- **Pujya Swami Chinmayananda** – When the whole world was running away from realizing the Self leave alone teaching how to do the same, this 'lion' fearlessly led by example – Gurudev's glory is now a movement and in the momentum he has even made room to pick up a straggler like me

- **Pujya Swami Tejomayananda** – The only one capable of offering unconditional Love is a Guru and when face to face with Guruji's Love one can only surrender and offer oneself completely to share the same – Guruji continues to reach deep into my heart to pick away the ego without me even knowing
- **My Parents** – Where there is knowledge and devotion, independence is created – my parents have dedicated their entire being for my welfare and i feel humbled again and again and again reflecting on how i can never touch their greatness
- **Sheela** – As the practice of thinking lightly of those who choose to marry becomes more acute amongst students, householders, retirees and renunciates, Sheela is precedent for such thinkers to think more about their preconceived judgements – in our Scriptures a wife is guided to be a sahadharmacharini and truly Sheela is, tirelessly sacrificing to encourage me to practice my dharma
- **Seekers** – When a student exerts to rise to meet the message of Self Knowledge, the teacher is inspired to exert more and so internalizes more Self Knowledge – despite me knowing so little, thousands of seekers smile year after year when i share a thought evoking confidence in me to continue

What can I offer to all of you for giving me a new life these past 5 years other than the words, I Love You...

*"Every surrender unto God is an elevation in the status of the soul." ~ Swami Chinmayananda*

Inspire-Love-Be

31 - Hari Om from Jacksonville!

i hope this email finds everyone well...

Back in the day seekers lived in an Ashram, listening to the Guru's teachings a few times a day and reflecting on the same during all other moments while serving.

Today seekers live at home, listen to the Guru's teachings once a week and reflect on the same for a few moments while working.

Times are changing. How? There is no time. This thought can certainly be appreciated at a philosophical level - the Spirit is Timeless. Rather, this **thought is to be appreciated at a practical level - for the Spirit we have less time.**

**Sad, for the Spirit is Joy...  
Sadistic, for this is a choice...**

**To fight this fight we are all engaged in, change is needed. And some of the changes i am going to make in sharing thoughts is the vision of our E-Vichara...**

E-Vichara (January 14, 2013) --- New World Order

- **E-Vichara** - the purpose of these emails is to inspire skeptics to mature to seekers and for seekers to mature to students of Life by encouraging reflection in every direction of living (i.e. being mindful while eating, the message of Batman, seeing God in all relationships, etc.) - most of us do not lack exposure to Knowledge rather we lack experience of Wisdom for we do not encourage Knowledge to evolve to Wisdom and there is only one means for this evolution, reflection
- The E-Vichara is NOT a forum where the reader (you) asks questions and the writer (i) answers questions, instead the E-Vichara IS a forum where the writer (i) asks questions in the form of electronic reflections and the reader (you) answers these questions from the churning of one's own mind/intellect - appreciating many readers are unable to assimilate the thoughts shared on account of volume, this visual offering will now be biweekly (once every two weeks) giving everyone more time to read and reflect

- **Live Vedanta** - the purpose of these webcasts was initially to share insights into Vedanta in a live context yet has evolved to be a webcast where insights into the challenges of living this Highest Knowledge are shared - this unique Philosophy is truly universal in that there is no emphasis on only learning, the emphasis on learning is only so one can live the same
- As soon as one becomes a seeker doubts, doubts and more doubts arise in one's mind (covertly) and one's mouth (overtly) and being around seekers all the time, doubts are shared all the time so more need not be shared over email - using the same rationale about frequency as for the E-Vichara, this audio/visual offering will now be biweekly and remember this forum is universal in that most of us have the same doubts
- **RAW** - the purpose of these podcasts was initially to offer a commentary on the E-Vichara hoping for there to be full clarity on the reflections shared and so full practicability on the reflections shared - yet this purpose has now evolved to focus purely on the latter, what can we practice here and now to be more joyous
- Reflection Assignment for the Weeks will be an engaging exercise to test the body, open the mind, strengthen the intellect and ignore the ego empowering us to raise ourselves to the Self - using the same rationale about frequency as for *Live Vedanta*, this audio offering will now be biweekly offering us the opportunity to make each fortnight more meaningful

Finally, when i left Niagara Falls the temperature was -25C and when i arrived in Jacksonville the temperature was +25C. i am not particular about where i travel, yet yesterday i **offered many silent prayers to Pujya Gurudev Swami Chinmayananda for sending me to Florida and this 50 degree difference!**

*"Sing the song of the Self in all transactions of the world." ~ Swami Chinmayananda*

Inspire-Love-Be

32 - Hari Om Everyone,

i hope this email finds everyone well...

Advaita Vedanta is a vision of oneness. A vision inspiring empathy, unity, Peace. The chaotic universe remains the same. **Only our relationship with the universe changes. Our relationship becomes calm...**

Over the past five years i have learned 'much' from Advaita Vedanta. **What word can one really use to describe that philosophy which breaks you, makes you and liberates you?** Anyways, one of the primary messages of this vision is yoga or continuous development. And the one ever engaged in development is the one ever engaged in learning.

**As i continue to reflect and rejoice on what Advaita Vedanta has gifted me over the past years i naturally want to gift the same with you. Some of the prominent messages the universe has shared with me is what i share with you through, our E-Vichara...**

E-Vichara (January 28, 2013) --- Learning to Learn

- Every facet of this universe (articles, beings and circumstances) has positive AND negative aspects, no facet is purely positive nor negative - knowing this, there is no need to be attracted nor averted to any facet whatsoever, all are to be accepted as equal
- Regardless of whether one's actions are noble or ignoble people will judge according to their pleasure - knowing this, there is no need to judge anyone for the one who supports us today might be the one who shuns us tomorrow and the one who shuns us today might be the one who supports us tomorrow
- The mind is a machine, when directed one is excellent, when not directed one is exhausted - knowing this, make the mind work letting go of the options to be sick, tired, demanding

- The only source of Joy is our inescapable, indestructible, incessant Self and so no experience is serious enough to deserve our tears - knowing this, make the mind work holding onto the option to *keep smiling* for what else can we do, what else is there to do
- A Guru is the purest manifestation of understanding, Knowledge, LOVE one can dream of leave alone deserve - knowing this, our only pursuit should be to stand up to the ego's bullying by surrendering to protection of the Guru's teachings
- Nothing, full out nothing, happens without the grace of God - knowing this, our only pursuit should be to invoke the grace of God and by doing so we will realize there is nothing but God and so no happening, only Being

"Every sunrise is a message from God and every sunset His signature." ~ Swami Chinmayananda

Inspire-Love-Be

33 - Hari Om from Columbus!

i hope this email finds everyone well...

Without *chamatkara* (powers) there is no *namaskara* (prostrations). A humorous insight about the way we think. **An honest insight about the way we think.**

**Unless Bhagavan appears in dreams, unless a Guru creates the tangible, unless a Bhakta engages the media, we simply do not have conviction in any of these expressions of the Divine. Why are we lost in the limited...**

The function of religion is to guide one beyond the dependency on articles, beings and circumstances. This is why Lord Krishna unambiguously shares with Prince Arjuna, **if you choose the Infinite, the finite related to you (health, home, honorarium, etc.) will be provided (yoga) and protected (kshema).**

Listening and reflecting on this advice we often think, *what if the Lord is just saying this...*  
Bhagavan is the Truth, **His thoughts, words and deeds are REAL...**

In the past 5 weeks i have shared my past 5 years with you...how i am grateful, how i have changed, how i have learned. Now i share with you how i have enjoyed and i continue to do so right up to writing this E-Vichara...

E-Vichara (February 11, 2013) --- Spirituality is Success

- **Taking over 75 flights in a year** - Endless hours of *tapas* (austerity) in the form of packing, unpacking, early mornings, late nights, skipped meals, delayed flights and of course racial profiling (hahaha!) - some of my most intense rest, regrouping and reflection has also manifested on these flights and so i have enjoyed much
- **Raising over \$100,000 in dakshina for Chinmaya Mission in a year** - Endless hours of *tapas* (austerity) in the form of planning, administrating, listening, reading, reflecting, writing and of course sharing - blessed is the one with the ability to donate, more blessed is the one with the opportunity to donate, most blessed is the one with the propensity to donate and so i have enjoyed much
- **Meeting Amitabh Bachchan** - we shook hands, nodded heads and smiled as i shared my thoughts with him in a small green room before the *South Indian Education Society National Eminence Awards Ceremony* - the loudest words i heard from Mr. Bachchan related to how though he is the tallest person on stage (he is quite tall!), he is dwarfed by the personalities around him (referring to the contribution Shankaracharya Jayendra Saraswati, Pujya Swami Tejomayananda, etc. are making to Bharat) and so i enjoyed much
- **Participating in Test the Nation Canada** - a nationally televised game-show where different demographics of people (naturally i was invited to be on the *Believers* Team hahaha!) compete in an

intelligence test - experiencing the paraphernalia (i.e. commercials, competition, confusion, etc.) revolving around objective sciences one comes to understand and appreciate the potency (i.e. devotion, development, Divinity, etc.) revolving around the Subjective Science and so i enjoyed much

- **Being Invited to the *White House* for Dipavali** - a whole lot of security, a whole lot of decoration, a whole lot of excitement yet not a whole lot of depth - the United States Government acknowledging and celebrating Dipavali is a beautiful sign of evolution, now we need the speakers at such celebrations to truly understand the depth and beauty of Dipavali rather than sharing "*This is a festival of darkness over light*" fifty times and so i enjoyed much
- **Being Recruited by the *U.S Department of Defense* to be the First Hindu Chaplain** - i would work in the Pentagon and the surrounding Forts as a Second Lieutenant (imagine me wearing the garb of a soldier to bring peace instead of the garb of a seeker to bring peace hahaha!) - i declined on the offer because i Love Chinmaya Mission too much and the opportunities to engage in selfless action, purity of mind and renunciation of ego provided by this visionary organization and so i enjoyed much

Pujya Swami Tejomayananda often shares how before Pujya Swami Chinmayananda choose him, he was of no value. And after, he became invaluable.

**Our Guru Parampara does not believe and so does not participate in religious conversion aka intellectual violence.** Our Guru Parampara does believe and so does participate in peace 'conversion' aka intellectual development. The person once peaceless becomes peaceful. **We all need to be 'converted' from the former to the latter. And in invoking the Spirit within, we invoke success without.**

My Guru's guidance has graced a most ordinary being like me with the most extraordinary blessings these past 5 years...

**Now do you believe the Lord will tend to our yoga and kshema...**

*"The person who takes refuge in God with faith and devotion is never cast of the path of earthly joy or Liberation."* ~ Swami Tapovanam

Inspire-Love-Be

34 - Hari Om from Alpharetta!

i hope this email finds everyone well...

**Imagine how wonderful the world would be if every upcoming generation was greater than the passing generation...**

**Imagine is all we do** for looking around one cannot help but think that every passing generation was greater than the upcoming generation.

**This was not always the case.** Bhagavan Rama was greater than his father Raja Dasharatha. Prahlada was greater than his father Hiranyakashipu. **What made them greater? They were intensely aware of Love.**

As many recently celebrated...hmmm rather participated in Valentine's Day, for who can truly celebrate a day based on compulsion and corporations, we aspire to rise above such limits to such Love as that expounded by the greatest Lovers in the form of Navadha Bhakti (9 expressions of devotion). What Is Love? Forget about *Haddaway*. What Is Love? Remember our E-Vichara...

E-Vichara (February 25, 2013) --- The Season of Love - Part 1

- Many emotionalists would share Love is natural yet how many of us are actually living Love 'naturally' - looking around we come to understand and appreciate that one needs to learn how to Love in order to save oneself, in order to save one's society
- **1. Shravana (listening)** is bringing the mind to the ears and being conscious to the uplifting words of the selfless - we must consider the person who leads us to satsanga as the greatest friend we have
- **2. Kirtana (singing)** is having affection for the uplifting words listened to and having a natural inclination to share the same - recent research by social scientists has confirmed that the music we hear/sing (especially as a child/teen) is a key contributor to the formation of our personality and so is what you are hearing/singing making you a better person
- **3. Smaranam (remembering)** is reflecting again and again and again on the uplifting words enabling one to not just share them rather to live them too - just as undigested water, food, medicine is impotent, the words we listen to and share if not internalized will not change us
- **4. Padasevana (serving)** is raising thoughts to actions, is practicing love - service is the means to breaking the infatuation we have with ourselves
- In Vedanta, Love is not imagination (sympathy), Love is identification (empathy) - navadha bhakti is training, is integration, is evolution of our identification from the body to the mind to the intellect to the Spirit

Stay tuned to Part 2 of the new hit series...*The Season of Love!*

"All communication problems are because we do not listen to understand, we listen to reply." ~ Unknown

Inspire-Love-Be

35 - Hari Om from Ann Arbor!

i hope this email finds everyone well...

**Have you been imagining how wonderful the world would be if every upcoming generation was greater than the passing generation...**

If you have, stop imagining! And start implementing.

**To create a wonderful world we have to be the greatest Lovers. And to be the greatest Lovers we have to follow the greatest Lovers. The map to evolve from a beggar of Love to a bestower of Love is our Navadha Bhakti (9 expressions of devotion).** Having begun climbing with *listening, singing, remembering* and *serving*, we are ready to reach higher with the support of our E-Vichara...

E-Vichara (March 11, 2013) --- The Season of Love - Part 2

- **5. Archana (worshipping)** is disciplining one's actions, words and thoughts towards a particular icon of the Infinite - such a practice acts as a catalyst to begin 'seeing' the Infinite in all stones, plants, animals and humans and so empowering one to serve more empathetically
- **6. Vandana (prostrating)** is simply being levelled by the understanding and traces of appreciation of the wonder that is the Divine and expressions of (i.e. God, Knowledge, Scriptures, Guru) - how can one remain standing (egotistical) being in the presence of the 'King-maker'
- **7. Dasya (being a servant)** is living not to earn a living, not to facilitate living, not even to maintain living, rather to rediscover Life - the one who only has the One as a master is a master himself/herself
- **8. Sakhya (being a friend)** is almost abiding in the understanding and appreciation that 'you' and 'i' are not separate - living as Bhagavan's best friend, the best in us is unleashed for in this friendship there are no leashes of lust, jealousy, competition, etc. limiting our Love

- **9. Atmanivedana (surrendering)** is offering the one and only 'entity' the Creator did not create, the ego - with the ego vanquished from the Kingdom of Freedom there is only Enlightenment, Emancipation, Ecstasy
- In Vedanta, Love is not imagination (sympathy), Love is identification (empathy) - navadha bhakti is training, is integration, is evolution of our identification from the body to the mind to the intellect to the Spirit

With this episode of *The Season of Love*, our series comes to a completion. No worries though for we will be **back in 2 weeks with a new episode of a new series...so new even the writer does not know what he will write about hahaha!**

*"To smile without condition, to walk without intention, to give without reason, to care without expectation, are the beauties of any relation."* ~ Unknown

Inspire-Love-Be

36 - Hari Om Everyone,

i hope this email finds everyone well...

For many around the world, *Daylights Savings Time* has commenced.  
For even more, the *Spring Season* has arrived.  
For even more, the *Holi Festival* has started.

From functional to philosophical, change is ever engaged in change. Are we though...? Probably not. Why? Who knows...

**Perhaps there is no fire, no passion, no catalyst to REVOLUTIONIZE our lives! There is though...**

**Questions. QQUUEESSSTTTIIIOONNN the ordinary and discover the extraordinary. Every achiever, every believer, every revolutionary did. And so will we. The five most important questions you will ever ask yourself is the start of a revolution instigated by our E-Vichara...**

E-Vichara (March 25, 2013) --- The Five Fires

- **Am i happy?** - if our thoughts, words and deeds are not leading us to Joy why are we choosing such lost thinking, speaking and acting
- **Who am i?** - we are constantly dropping our identification with the body (i.e. engaged in sport), with the mind (i.e. engaged in observation), with the intellect (i.e. engaged in sleep) then why are we constantly stubborn in believing this is who we are
- **What is my purpose?** - the greater the dedication (i.e. for the Nation vs for the State) the greater the sacrifice (i.e. being inclusive vs exclusive) and the greater the sacrifice the greater the Peace so what are we dedicated to
- **What is death?** - each and every entity in the universe as well as the universe is born and all that is born will die, a fact we understand yet a truth we do not appreciate causing addiction, attachment and apathy rather than enjoyment, growth and empathy
- **What is Life?** - WHAT IS ALL OF THIS (i.e. books, computers, electricity, internet, soil, oxygen, language, relationships, the future, reflection, etc.) and should we not find out to live more than rituals, to live rightly
- We all have questions yet only the strong pursue these questions with steadiness and sincerity - the one on 'fire' finds answers, finds Ananda and then there are no questions...period

Now get up from your computer, your seat, your ordinary and go for a walk starting a 'fire' within...

"History has proven that those who dare to imagine the impossible are the ones that break all human limitations." ~ Dr. A.P.J. Abdul Kalam

Inspire-Love-Be

37 - Hari Om from Portland!

i hope this email finds everyone well...

From the mountains of Oregon to the beaches of Florida, i have the blessed opportunity to travel to countless cities, towns and villages across America. In my travels i come across many churches. And often outside these churches are **entertaining messages aspiring to direct us towards Enlightenment. What are some of these hooks to catch us? Read on says the E-Vichara...**

E-Vichara (April 8, 2013) --- Church Signs

- *The Easter Bunny says, "Save the Earth. It is the only planet with chocolate."* - if we are not fully aware of our intentional and unintentional destruction of our world, all the joys we survive on (i.e. oxygen, water, sunlight, etc.), all the joys we thrive on (i.e. forests, wild animals, healthy food, etc.), will be lost
- *Forbidden fruits create many jams.* - the mind is ever attracted to gratification and if we follow this immature dictator we will give in to pleasure, we will give up Peace
- *Seven days without prayer makes one weak.* - the most potent disease making us impotent is the ego and the most potent cure making the ego impotent is prayer
- *Apply here. Advancement guaranteed.* - being a consultant, a doctor, a homemaker, a lawyer, a programmer and/or any other profession does not assure the evolution (growth in uncompromising responsibility, universal empathy, unconditional joy) of one's self nor one's society whereas being a seeker does
- *Coincidence is when God chooses to remain anonymous.* - accident, luck, will, destiny are all synonyms for the Creator's direction whether accepted or not
- *Fear knocked. Faith answered. No one was there.* - worry is an expression of lack of faith/knowledge in the Divine and there is only the Divine so why worry

**What would my sign share outside of my ashram? Don't worry. Be happy.**

*"To meditate and prepare your mind for the holy occasion of Christmas, that you may experience within yourself the birth of a new consciousness of universal brotherhood and love for all living creatures, is to really celebrate Christmas" ~ Paramahansa Yogananda*

Inspire-Love-Be

38 - Namah (prostrations) Te (to you) from Richmond!

i hope this email finds everyone well...

**Traditions...**

How many vote yea?

How many vote nay?

**My vote...without traditions the world would be without taste.**

A fundamental tradition of Sanatana Dharma is offering bhiksha. **Though fundamental, the understanding of bhiksha is fading, the appreciation fading faster. i offer active prayers that this tradition survive by actively sharing insights on the same. Preservation in the form of our E-Vichara...**

E-Vichara (April 22, 2013) --- Blessings of Bhiksha

- Bhiksha is offering food/funds to those who are not living for food/funds - when Draupadi offered food to Bhagavan Krishna she not only ended His hunger, she ended the hunger of all beings and we do the same when we offer food to those 'closer' to the Creator
- Students, seniors and sages all depend on householders (one with resources) for their needs and so the responsibility (dharma) of a householder is to ensure these needs are tended to - dharma is that which integrates and if householders consciously/unconsciously neglect their responsibilities the entire social system established by the Rishi-s will disintegrate
- The means to Enlightenment is service, the expression of Enlightenment is service - offering bhiksha is an opportunity to improve the house, remember the Divine while cooking, give family/friends a chance to be in a positive environment and thus an unambiguous catalyst to purify one's own mind
- Our Scriptures share that guests (all beings) are not like God, guests ARE God yet how many of us believe this leave alone live this - as a Guru travels the world sharing joy, naturally disciples begin to follow the Guru and imagine the patience, acceptance, inspiration a devotee would actualize having to invite so many 'strangers' into one's home when offering bhiksha to a Guru
- *Absence makes the heart grow fonder* applies not only to beings rather articles too - when we offer food/funds to an Acharya we become mindful of the bounty we already have and without this virtue of being charitable one will always be poor inside (the vice of being greedy) and outside (the viciousness of being miserly)
- When one studies with the wise one gives Dakshina and when one feeds the wise one gives Bhiksha, different mediums to invoke blessings and thus different mediums to evoke generosity - why Dakshina, why Bhiksha, the wise have dedicated their lives to us (including sacrificing their health, homes, honour) and our giving is a drop of support for their oceanic giving to continue for all, for ever...

**Our next E-Vichara will celebrate the completion of 4 years of E-Vichara-s! 4 years of reflecting together!! 4 years of realizing together!!!** In Vedantic tradition, teachings are given freely. No price can be attached to the guidance an Acharya offers to live more peacefully. Still, out of gratitude and fulfillment the student seeks to give back. **This offering – Guru Dakshina – is to express understanding and appreciation for the Acharya's dedication and sacrifice and is used to further the sharing of Spiritual Knowledge.**

Our Scriptures teach us - *vidya danam maha danam* (the greatest charity is the charity of knowledge).  
Chinmaya Mission is actively engaged in this greatest charity:

- **creating hundreds of teachers, centres, publications, courses, shows to further the pursuit of religion and culture**
- **teaching thousands of infants, children, kids, youth and young adults how to live a virtuous life**
  - **inspiring millions of ordinary people to be extraordinary by understanding and appreciating God**

Reading about Chinmaya Mission one is moved to know there is so much work going on! Reading about the world one is moved to know there is so much work to be done...and quite often funds are what limit our work...

*And so i am asking all 2,993 subscribers of the E-Vichara to share with me and to share with yourself, what the E-Vichara is worth in funds:*

- **if the E-Vichara is worth as much as 1 jelly bean, give \$0.01 for each year of this idea --- 4 years  
X \$0.01 = \$0.04**
- **if the E-Vichara is worth as much as 1 television channel, give \$0.10 for each sharing of this  
idea --- 195 emails X \$0.10 = \$19.50**

- if the E-Vichara is worth as much as 1 formal suit, give \$1.00 for each hour writing this idea ---  
390 hours X \$1.00 = \$390.00

*i am imagining how much work we can do if each person who receives the E-Vichara gave in some way...here is how:*

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

Chinmaya Mission Niagara  
5743 Valley Way  
Niagara Falls, Ontario  
Canada, L2E 1X7

Credit Card

CanadaHelps --- Chinmaya Niagara

*Thank you.*

*"Salutations to that Guru who is the very soul of all dharma, who is the only true relative at the dawn of discrimination." ~ Guru Gita 1.80*

Inspire-Love-Be

39 - Namah (prostration) Te (to you) from Vancouver!

i hope this email finds everyone well...

*The greatest source of joy in our lives is beings, the greatest source of sorrow in our lives is beings – when we honestly accept this truth we will grow out of dependence on beings and grow into independence of Self*

We studied this message through our E-Vichara for a full five weeks last year (*Virtues for Relationships Parts 1-5* from July 2 - August 6). And **have we grown more independent? Praying for yes...probability of no.** Understood, we NEED MORE insights.

**Bhagavan Krishna shares the secret to being with beings throughout Shrimad Bhagavad Gita. These have been captured for you, these are presented for you in a simple acronym in a simple E-Vichara...**

E-Vichara (May 6, 2013) --- Just PLEA

- Pray - the source of conflict among beings is the mind and the source of the mind is God - the one who creates/destroys thoughts is God (also known as the Total Mind) and by praying to God we tune our minds to others' minds and we tune others' minds to ours
- Lead - though the mind is simply a flow of thoughts, our minds fails to understand thoughts, our minds fail to understand words, our minds only pass in understanding deeds - whatever actions we want people to do or not do, we have to do or not do
- Engage - with the proliferation of technology, we can now communicate with thousands and still not connect with a single being - to relieve and be relieved of presumptions, preconceptions, premonitions, etc. we should connect to beings through dialogue creating a rise of sharing, understanding, reconciling
- Acept - preaching one should accept others is quite marketable and quite meaningless if we have not trained ourselves to accept - only after we have worked hard by praying, leading and engaging will the mind be ready to accept others as we accept ourselves
- Depart - though the acronym is complete with P L E A, if one has exerted to the MAXIMUM and still finds themselves unable to grow with a being/beings (on account of abuse, etc.) one should leave that being/beings - by working through P L E A one will be aware of whether one has done their best or not and if one has done their best, the test then is to learn to let go

- Living is too precious to waste away complaining, too precious to waste away criticizing, too precious to waste away crying - beings offer us the precious opportunity to drop the ego by holding onto the sadhana of praying, leading, engaging, accepting

**And with this E-Vichara we celebrate the completion of 4 years of E-Vichara-s! 4 years of reflecting together!! 4 years of realizing together!!!** In Vedantic tradition teachings are given freely. No price can be attached to the guidance an Acharya offers to live more joyfully. Still, out of gratitude and fulfillment the student strives to give back. **This dakshina (offering) is to express understanding and appreciation for the Acharya's dedication and sacrifice and is used purely to further the sharing of Spiritual Knowledge.**

Our Scriptures teach us - *vidya danam maha danam* (the greatest charity is the charity of knowledge). Chinmaya Mission is actively engaged in this greatest charity:

- **creating hundreds of teachers, centres, publications, courses, shows to raise the pursuit of religion and culture**
- **teaching thousands of infants, children, kids, youth and young adults how to live a virtuous life**
  - **guiding millions of ordinary people to be extraordinary by connecting to God**
  - **the pervasiveness and impact of this visionary organization is truly immeasurable**

Reading about Chinmaya Mission one is moved to know there is so much work going on! Reading about the world one is moved to know there is so much work to do. And quite often funds are what limit our work...

*Pleading all of us to join heads, hearts and hands to embrace this most challenging yet most charitable work, i ask all 3,025 subscribers of the E-Vichara to share with me and to share with yourself, what the E-Vichara is worth in funds:*

- **if the E-Vichara is worth as much as 1 tooth pick, give \$0.01 for each year of this idea --- 4 years  
X \$0.01 = \$0.04**
- **if the E-Vichara is worth as much as 1 hair cut, give \$0.10 for each sharing of this idea --- 195 emails X \$0.10 = \$19.50**
- **if the E-Vichara is worth as much as 1 arts class, give \$1.00 for each hour writing this idea ---  
390 hours X \$1.00 = \$390.00**
- **if the E-Vichara is worth as much as 1 uplifted life, give how much that is worth...**

*i am imagining how much work we can do if each person who receives the E-Vichara gave in some way. For the 20 generous students who have supported this idea thus far, thank you for seeing what i see. For the remaining 3,005 beneficiaries, let us see together by giving:*

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

Chinmaya Mission  
5743 Valley Way  
Niagara Falls, Ontario  
Canada, L2E 1X7

Credit Card  
CanadaHelps --- Chinmaya Mission

*Through the attitude of gratitude we realize how blessed we are and continue to invoke more and more blessings.*

*"If friendship is your weakest point then you are the strongest person in the world." ~ Abraham Lincoln*

Inspire-Love-Be,

Vivek

**I Aum Tat Sat I**  
*I Peace is the Truth I*