

E-Vichara

Year 7

Messages to create meaning, to create Magic...

1 - Namah Te from Washington DC!

i hope this message finds all of you unconditionally well...

What is death?

What is a thought?

Are you happy?

Who are you?

What is Life...

What is the purpose of what you were doing before you were reading these words? What is the purpose of what you will be doing after you read these words? What is the purpose of you reading these words?

Without purpose we are stuck. Stuck...a word that aptly expresses what so many of us are feeling. Yet we do not have to feel this way...

Bhagavan Adi Shankaracharya's *Vivekachudamani* commences with a thoughtful, powerful, beautiful message about how close we are to being 'unstuck'. Our *E-Vichara*...

E-Vichara (May 4, 2015) --- Swimming out of Samsara - Part 1

- Physical evolution is unconscious while mental evolution is conscious - though we are physically 'perfect', mentally we are not and so our focus should shift to reaching this comprehensive perfection
- *being (a) Human* - stones, plants, animals and gods are yoga yoni-s in that they only shed ignorance (nurturing a greater identification with Awareness) - humans are bhoga yoni-s in that we have the choice to shed ignorance and/or strengthen ignorance (nurturing a greater disconnect with Awareness)
- *being Courageous* - the message of religion is simple: you change - each and every one of us knows how difficult changing procrastination, stubbornness, fear, etc. can be and so we simply watch on as the courageous traverse the path less travelled towards Infinity
- *being Reflective* - just as a rocket needs a sufficient escape velocity to break free from the Earth's gravitational pull, we need sufficient physical, mental and intellectual strength to grow from laziness (tamas) to aggressiveness (rajas) to calmness (sattva) - a gauge of becoming more reflective is how inward looking we are throughout our responsibilities and our confusions
- *being Disciplined* - often people want to learn Self Knowledge sans a Guru, want to practice meditation sans a Shastra and such people do 'move' here and there yet do not 'reach' anywhere - if one truly wants to reach the sadhya (the End), then one will truly follow a sadhana (the means)
- *being Intelligent* - "Insanity: doing the same thing over and over again and expecting different results." ~ (Albert Einstein) - an intelligent person knows every breath is precious hence they steadily and sincerely change their lifestyle to be more meaningful

Laughing Adventure of the Week (LAW):

History is a dreadful subject,

as dead as dead can be.

Once it killed the Romans,

and now it's killing me.

"To live weeping for the past, wasting the present moments, shuddering with imaginary fears for the future, is self-destructive 'suicidal living'." ~ Swami Chinmayananda

Inspire-Love-Be

2 - Namah Te dear Seekers,

i hope this message finds all of you unconditionally well...

Ask yourself again:

What is death?

What is a thought?

Are you happy?

Who are you?

What is Life...

Have you found more purpose since our last *E-Vichara*?

Without purpose we are stuck. Stuck...a word that aptly expresses what so many of us are feeling. Yet we do not have to feel this way...

Bhagavan Adi Shankaracharya's *Vivekachudamani* commences with a thoughtful, powerful, beautiful message about how close we are to being 'unstuck'. We continue to release ourselves through our *E-Vichara*...

E-Vichara (May 18, 2015) --- Swimming out of Samsara - Part 2

- Physical evolution is unconscious while mental evolution is conscious - though we are physically 'perfect', mentally we are not and so our focus should shift to reaching this comprehensive perfection
- *being Discriminative* - developing a relationship with the Shastra-s and Guru-s one grows from belief to faith that there is more than meets the eye - with such a revolutionary faith one redirects their investment of resources, time and efforts for peace from the changing to the Changeless
- *being Experienced* - our Shastra-s and Guru-s have a simple, singular message, know thyself - the more we appreciate our Nature, the more we experience our Nature, the stronger we are to live our Nature
- *being Established* - the way we know our name or our gender or our body, with the same intensity we need to know our Nature - through abhyasa (practice) and vairagya (independence) we once and for all let go of the thought that we are the body and hold on to the truth that we are Brahman
- *being Free* - INFINITE, CONSTANT, UNCONDITIONAL JOY is Freedom - any experience that is not ICU Joy is just a different name and form of being stuck
- To grow from a jiva (individual) to a Mukta (Infinity) demands 1,000,000,000 lives of thoughtful living - to start the journey let us dedicate each and every thought, word and deed to a higher purpose

My prayers to our Creator and His Ambassadors to grace and guide us humans to be courageous, reflective, disciplined, intelligent, discriminative, experienced, established and Free...

Reflection Adventure of the Week (RAW): In the May 31, 2010 *E-Vichara* i had shared thoughts on the *Panca Mahayajna-s* (Five Great Dedications). Please find (through email, *Facebook*, etc.) and study this *E-Vichara*. Then, for the coming weeks, before each meal take five small bites of your food remembering to dedicate each bite to each of the facets of the universe that are dedicated to you.

Laughing Adventure of the Week (LAW):

Diner: Do you serve crabs here?

Waiter: We serve anyone, sit right down.

"Right now in this very life is our last birth if we have a taste to meditate, an urge to seek, a daring to live the Life Divine." ~ Swami Chinmayananda

Inspire-Love-Be

3 - Namah Te from Flint!

i hope this message finds all of you unconditionally well...

The best bhashya (commentary) on the *Upanishad* is *Shrimad Bhagavad Gita*. And the best bhashya on *Shrimad Bhagavad Gita* is *Shrimad Bhagavatam*.

Now what is the *Upanishad* teaching that one needs 700 verses of explanation? And what is *Shrimad Bhagavad Gita* teaching that one needs 18,000 verses of explanation???

Virtue development.

Is the message of the shastra-s (scriptures) so complicated?

Is the means to creating inner and outer peace so complicated?

No. The message, the means, is virtue development. Think how much more joyous your life would be if you were more honest, more determined, more loving...

We study how to develop these virtues through the lila (play) of Bhagavan Krishna (Creator) as developed through our *E-Vichara*...

E-Vichara (June 1, 2015) --- Angels in Demons - Part 1

- *Putanasura* symbolizes ignorance - puta means pure and na means not, ignorance of our Infinite nature is the impurity which allows all other impurities - when we 'hold' onto the Divine, the Divine does not let go of us until we are Free
- *Shakatasura* symbolizes materialism - when we give articles, beings and circumstances a 'higher' altar than the Divine, our world will come crashing upon us - by making the Divine a priority, we make the Divine our purpose and then all we do becomes most worthwhile
- *Trnavartasura* symbolizes desire - our belief that we are limited causes us to feel insecure which then forces us to engage in an unending 'storm' of plans to procure fulfillment - the more sensitive we are the more aware we are that we cannot escape desire rather we can only embrace the Divine to keep us grounded, centred, equipoised
- *Vatsasura* symbolizes attachment - when we project sukham (pleasure), shobha (beauty), sampurna (completion) onto abc-s we get attached to the very same abc-s provoking us to lose our 'identity', provoking us to lose our objectivity - if we practice honesty with ourselves, we will be able to practice honesty with our Sadguru, we will be able to practice honesty with the Divine all of which will protect us from succumbing to negative peer pressure within and without
- *Bakasura* symbolizes hypocrisy - by thinking in one direction, speaking in another direction and acting in a different direction we hastily break down any potential we have - understanding and appreciating that the Divine is omnipresent, omniscient and omnipotent, 'secrets' are futile and transparency is strength
- *Aghasura* symbolizes sin - sinful living is when we think from only our perspective for selfishness (apathy) 'chokes' the Divine (empathy) - Bhagavan Krishna calls Prince Arjuna/us *Anagha* (sinless) encouraging us to live selflessly for there is no other Truth

Reflection Adventure of the Week (RAW): Think lots about one major mistake and one minor mistake you have made this year and then own up to it by sharing the same with someone you revere.

Laughing Adventure of the Week (LAW):

Shoe-shine Boy: Shine your shoes, Mister?

Business Man: No.

Shoe-shine Boy: Shine'em so you can see your face?

Business Man: No!

Shoe-shine Boy: Don't blame you.

"Constant remembrance of the ever-smiling flute player in your mental depths is the secret of success." ~
Swami Chinmayananda

Inspire-Love-Be

4 - Namah Te from Houston!

i hope this message finds all unconditionally well...

In August of 2005 i left all i knew...my comforts, my lifestyle, my family for the unknown...ashram living. **An ashram is where one puts in special efforts to seek Infinity. 10 years later i have never left...**

A decade of incessant administrating, travelling and speaking has strengthened and weakened this '33 year old' b-m-i (body-mind-intellect). No complaints. No regrets. No fear.

Sheela and i have been graced with endless opportunities. One of which is being born, raised and living in Canada. And so we are loading up our *Serve* (CRV) and from June 29 to July 28 we are going to **explore our Creator's outer and inner vibhuti (special creation). No structured plan. No family responsibilities. No teaching affairs. Just a simple, sattvik, sadhana adventure across our nation.**

Well what are we going to do for a month? You know who will know? Our *E-Vichara*...

E-Vichara (June 15, 2015) --- HIP (His Infinite Presence) Tour

- *Driving* - every morning from 07.00a-09.00a and every evening from 07.00p-09.00p we will drive from one destination to another - this timing will enable us to watch every sunrise/sunset and listen to over 125 hours of insightful discourses, road-trip music and the flowing wind
- *Watching* - a friend had gifted me the first 9 seasons of *The Simpsons* with the condition that i facilitate Vedantik Workshops using this material and so i will engage in research to follow through with this request - many of our Chinmaya Mission Centres have Study Groups based on *Upanishad Ganga* and i make Q/R Codes (Question/Reflections points) for them, with 18 more episodes until completion
- *Exercising* - we have a cool bike rack, not so cool bikes, cool helmets and not so cool bells (Sheela's idea) ready to ride through nature - we will jog lots, we will walk lots, we will sit lots all the while observing pictures in our mind that we have never seen and may never see again
- *Reading* - both of us read a great deal for our professions as an attorney and an 'acharya' and these responsibilities push away opportunities for 'research' reading - we are going to go to local libraries, local diners, local parks and just read without the mindset of having to 'share' what we read
- *Quieting* - some hours each day we will practice mauna together understanding that our pursuit of Perfection is interdependent and independent - the more our mouths remain silent the more our minds will remain silent the more we will 'hear' the Silence
- *Being* - articles are Infinite, beings are Infinite, circumstances are Infinite, there is only Infinity and the purpose of this yatra is to tune into this most natural verb - a real honeymoon is when a couple comes together to follow the full cycle of the moon to revel in the realization that all 'waxing' and 'waning' is an appearance on the Unchanging...

Want to know where we are going? At one point we will be 50 hours and 5,000 kilometres away in Watson Lake, Yukon Territory. For over 6 years i have been sharing *E-Vichara*-s over email. For over 5 years i have sharing quotes over *Twitter*. For over 1 year i have been sharing RADs over *Facebook/LinkedIn*. For the **first time since i began sharing through social media, during HIP Tour i am ceasing such transmission...**

Reflection Adventure of the Month (RAM): Inspiration is the means to Love. Love is the means to Being. Stay inspired for the month by reading a biography of an inspiring personality.

Laughing Adventure of the Month (LAM):

Hickory dickory dock,
the mice ran up the clock.
The clock struck one,
and the others escaped with minor injuries.

Nisha swasti (Good night) and see you at the Mahasamadhi Camp...

"One who cannot find entertainment in solitude is indeed perfect. The true test of divinity in us is in our capacity to feel amply rewarded in ourselves by ourselves." ~ Swami Chinmayananda

Inspire-Love-Be

5 - Namah Te from Somerset!

i hope this message finds all of you unconditionally well...

When you and i have purpose, the best in us is distilled. When you and i are purposeless, the worst in us is distilled...

Right now, millions of people around the globe are:

- in a place of worship praying for wealth in front of an idol
- in a philosophical school worried about relationships during a discourse
- in a isolated village feeling haughty they are helping the needy

Being confused about why we are engaged in religion is natural. This is why our Pujya Swami Chinmayananda and Pujya Swami Tejomayananda gifted Bala Vihar, Yuva Kendra and Sadhaka's *statements* and *mottos* to serve as a lighthouse on this misty path. To **encourage research, which unambiguously encourages development, we take a step back to reflect on why we are religious, navigated by our E-Vichara...**

E-Vichara (July 27, 2015) --- THE Statements and Mottos

- Kids Statement: *To help children learn values with fun, to delight like the moon and shine like the sun!* - more important than mathematics, more important than robotics, is knowing the importance of values
- Kids Motto: *Keep smiling!* - the body is going to experience pain and pleasure, the mind is going to experience disturbance and quietude, the intellect is going to experience insult and praise and to smile through such relentless duality is to live Oneness
- Youth Statement: *To empower youth with the vision, values, and dynamism for success in all fields.* - every prominent professional, every illustrious athlete, every noble parent has understood and appreciated the purpose of their responsibility which is the catalyst for their success
- Youth Motto: *Harnessing youth potential through dynamic spirituality.* - youth are the perfect personalities to be directed and the perfect direction for them is the field of self development
- Adult Statement: *To provide to individuals, from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.* - everyone is alive yet only those who are studying Scriptures (a.k.a. Life's Users Manual) know how to strive, thrive, give...live
- Adult Motto: *To give maximum happiness to maximum people for maximum time.* - the only purpose of living is to be infinitely, constantly, unconditionally Joyous

While on *His Infinite Presence (HIP) Tour*, Sheela and i listened to hours and hours and hours of discourses on Upanishads, Ramayana, Nitishastra, etc. while observing nature's beauty and silence. **Many moments we were overwhelmed by inspiration and all we could do is remember, thank and in our hearts prostrate to the entire Guru-shishya-parampara for gracing and guiding us beyond our imagination...**

Laughing Adventure of the Week (LAW):

Teacher: Muriel, I hope I didn't see you looking at Jenny's paper.

Muriel: I hope you didn't either!

In the last *E-Vichara*, many of you observed that i had made an error in sharing Pujya Swami Chinmayananda's quote. The corrected version -
"One who can find entertainment in solitude is indeed perfect. The true test of divinity in us is in our capacity to feel amply rewarded in ourselves by ourselves." ~ Swami Chinmayananda

And this *E-Vichara's* quote...

"Mission workers' joy should be in receiving with grace 'fire' from others, and converting it to 'light', to guide all and to be of service to all." ~ Swami Chinmayananda

Inspire-Love-Be

6 - Namah Te from Phoenix!

i hope this message finds all of you unconditionally well...

*Somerset, East Brunswick, Niagara Falls, Phoenix, Pittsburgh, Cleveland, Buffalo, Chantilly, Avon, Fairfield, Toronto and Mississauga...*in August, these are the cities i will be sleeping in. My observation of my personality is **as the body grows tired from being in constant motion, the mind grows tired too. Now how do i know when the mind is tired? When i think, speak, and act carelessly...when Vivek (one who discriminates) devolves to avivek (one who is indiscriminate).**

We always read and hear that demons live in patala, in hell, in this dimension, in that dimension. Actually, **demons live where discrimination leaves. And so we continue to explore the lila (play) of Bhagavan Krishna (Creator) and the connected symbolism that is a catalyst to self development. Let's dive deep with our E-Vichara...**

E-Vichara (August 10, 2015) --- Angels in Demons - Part 2

- *Brahmaji* symbolizes arrogance - Brahmaji is generated, operated, destroyed by God (Vishnu-Shiva) and naturally all that is created is subject to limitations - by acknowledging the created (effect) can never be greater than the Creator (Cause) we never forget our roots, we ever remain grounded
- *Dhenukasura* symbolizes hoarding - just as no combination/permutation of finite numbers can result in a Infinite number so too no combination/permutation of articles can result in a Infinite Joy - when we are sufficiently 'kicked' by the failure to complete ourselves with more articles we grow up to the fulfillment that comes with aparigraha (only having what one needs)
- *Pralambhasura* symbolizes greed - when we pursue individual success at the cost of collective success such 'piggybacking tires out all and all fall down' - experimenting with generosity forces one to adapt to being content with less
- *Agniji* symbolizes indulgence - by consuming more than what we need, what we consume steadily consumes us - knowing when enough is enough is viveka (prioritization) and acting on this insight is vairagya (independence)
- *Indraji* symbolizes restlessness - the feeling of incompleteness triggers countless other harmful emotions such as jealousy, anxiety, etc. - incompleteness can never be extinguished by karma, rather only by knowing incompleteness is impossible (maya)

- *Kaliya* symbolizes cruelty - the mouth that spits out 'poison' in the form of meanness is also the mouth that tastes the same 'poison' - all that separates humans, animals, plants, stones in forms and names, hence being compassionate towards creation is being compassionate towards oneself

Have you called Bhagavan to come protect you, to come purify you...

Reflection Adventure of the Week (RAW): Ask each member in your family what they like about you the most and what they dislike about you the most, without replying at all.

Laughing Adventure of the Week (LAW): What do you call it when *Batman* skips church? *Christian Bale*.

"Accept. Surrender. Let Him be the charioteer of your life." ~ Swami Chinmayananda

Inspire-Love-Be

7 - Namah Te from New Haven!

i hope this message finds all my fellow seekers unconditionally well...

In August of 2014 we organized the first *Devika Retreat*: a forum dedicated to the self development of young women. Our Retreat was filled with confusion. Our Retreat was filled with conflict. Our Retreat was filled with criticism. **And our Retreat was COURAGEOUS. Why? That *Devika Retreat* became the pioneer for the recent JCHYK (Junior Chinmaya Yuva Kendra) Camp entitled *Decoding Dharma*. During this Camp 60 youth from 10 cities/5 states/2 countries came together to study the 6 most frequently asked questions (i.e. insights into reincarnation, etc.) and 6 most infrequently asked questions (i.e. insights into homosexuality) within Sanatana Dharma. An epic part of our Camp was all 60 youth adventuring to the National Mall in Washington DC for *Pride in DC!*: engaging strangers on the same insights they learned, for over two hours!!!** An unprecedented ego eraser for our youth...resulting in clarity, confidence and contentment.

Launching and facilitating the *Devika Retreat* and the *Decoding Dharma* Camp was not easy. Many many many **administrators, parents and registrants did not know the purpose of such initiatives. However, when they did tune into the purpose their perspective changed..they became supporters.**

Purpose. **Purpose can and will change all.** The tradition within Sanatana Dharma is to wake up to purpose. To know more is the purpose of our *E-Vichara*...

E-Vichara (August 24, 2015) --- The Purpose Prayer

- Prayers are a discipline to remember the Divine so that our thoughts, words and actions flow in this direction rather than be distracted on pleasures, possessions, positions - the effectiveness of a prayer is guided by sincerity not expertise, hence prayers can be offered in different variations, traditions, languages, etc.
- "If we do not wake up with a purpose every morning, the world takes over." (~ Swami Ishwarananda) - in Vedic culture, upon waking, before we even shift from our bed we study our hands to invoke our daily purpose, to evoke our divine potential
- *Karagre vasate Lakshmi* - at the tip of our fingers lives the Goddess of Wealth - to run the world we need outer wealth (prosperity), to rule the world we need inner wealth (Peace)
- *Karamule Sarasvati* - at the base of our fingers lives the Goddess of Knowledge - if we need knowledge to treat patients and buy groceries, we definitely need knowledge to reach prosperity and realize Peace
- *Karamadhye tu Govinda* - in the middle of our fingers lives the God of Effort - with the sadhya/destination (Wealth) and the sadhana/path (Knowledge) set, the way to connect these is hard work and there is no alternative

- *Prabhate karadarshanam* - in the morning our hands give us the vision of living - by introspecting we can know if we are visionary: dedicating ourselves to standard of Life (being Independent), or if we are visionless: dedicating ourselves to standard of living (being insecure)

Soon we will study *The Purity Prayer*, *The Input Prayer*, etc.

Reflection Adventure of the Week (RAW): Practice *The Purpose Prayer*.

Laughing Adventure of the Week (LAW):

Why did the dinosaur cross the road?

Because the chicken joke wasn't invented yet...

"Discover the subtle courage necessary to say 'No' to all unethical and moral compromises." ~ Swami Chinmayananda

Inspire-Love-Be

8 - Namah Te to All,

i hope this message finds all my fellow seekers unconditionally well...

September has been a solid month...filled with quality bringing out quantity:

- on Tue Sep 8, we commenced our *Advanced Vedanta Course* with 98 students (including 49 CHYKs!) committing to *SD3* (Sanatana-Dharma expressed as Self-Development expressed as Study-Discipline)
- on Sun Sep 13, we commenced our Spiritual Semesters with Chinmaya Mission Niagara-Pittsburgh with 1,000 students committing to *SD3* (Sanatana-Dharma expressed as Self-Development expressed as Study-Discipline)
- on Thu Sep 17, we commenced our *Self Unfoldment Course* with 23 Study Groups (including 13 CHYK focussed!) committing to *SD3* (Sanatana-Dharma expressed as Self-Development expressed as Study-Discipline)

September has been a demanding month...filled with the pushes and pulls of:

- vain community-members
- critical parents
- passive administrators

When we are exposed to the constant strain of quality, quantity, pushing, pulling, **keeping one's balance is challenging. However, falling is not an option. Hence we reflect, reactively and proactively. This is the programming of our *E-Vichara*...**

E-Vichara (September 7, 2015) --- The Program for Balance

- *Concentrate* (reactive reflecting in the short-term) - when we are feeling imbalanced, a short-term stabilizer is to concentrate on our perceptions (i.e. sounds, sights, etc.) which gives distracted thoughts a productive direction - we all have the ability to concentrate, this only evolves to capability (*captured ability*) when we are interested in the experience
- *Collaborate* (reactive reflecting in the mid-term) - when we are feeling imbalanced, a mid-term stabilizer is to collaborate with the One who is truly responsible for 'our' responsibilities which quietens the distracted mind - chanting the Creator's name helps us to understand and appreciate the work, the working and the worker are all being guided by Him/Her
- *Contemplate* (reactive reflecting in the long-term) - when we are feeling imbalanced, a long-term stabilizer is to contemplate on the nonsensical nature of all negativities which disempowers

distracting vices - the deeper we go within the more objective we become without, then we cease owning thoughts and cease being owned by thoughts

- *Run* (proactive reflecting physically) - before we lose ourselves in our work, school, home affairs exercise (creating sweat) for 30 minutes in the morning - a body that voluntarily exerts (tapas) is a body that can voluntarily endure (titiksha)
- *Read* (proactive reflecting mentally) - before we lose ourselves in our work, school, home affairs read (inspirational books) for 20 minutes in the morning - just as a vehicle needs the right fuel to be efficient so too the mind needs the right inspiration to be efficient
- *Research* (proactive reflecting intellectually) - before we lose ourselves in our work, school, home affairs research (inquire independently) for 10 minutes in the morning - with sincere questioning, sincere answers are revealed and then we stop losing ourselves for we start finding our Self

Reflection Adventure of the Week (RAW): Begin engaging in the proactive program for balance (30 minutes of running, 20 minutes of reading and 10 minutes of researching in the morning) by 06.00a.

Laughing Adventure of the Week (LAW): Why did the fool get excited after finishing the puzzle in 6 months? Because the box said '2-4 years'!

"Lift the mind. Expand the mind. Sublimate the mind. Purify the mind. Spiritualize your existence." ~ Swami Chinmayananda

Inspire-Love-Be

9 - Namah Te from Calgary!

i hope this message finds all my fellow seekers unconditionally well...

Volkswagen cheating the environment with deceptive software...

Syrian refugees being denied asylum in Hungary...

A needy family praying for a break on rent instead are given an eviction notice...

Reading about these circumstances one feels sad, one feels frustrated, one feels *WHY!*

There is a *why*. Are we READY for that *why* though? We will try to ready ourselves by 'seeing' circumstances not through the lens of our eyes rather through the vision of our minds. Let us open our hearts by opening our *E-Vichara*...

E-Vichara (September 21, 2015) --- Why Do Good People Suffer?

- *Vision of Jnana* – from this perspective there is no creation, there is no Creator, there is only Existence-Awareness-Joy hence labels like suffering, good, even people are just not present – if there is any semblance of creation, whether suffering or satisfied, this is an illusion
- *Vision of Bhakti* – from this perspective our Creator who is all-pervading, is logically looking at us and is all-powerful, so naturally is looking after us – a child often does not understand and appreciate the complexity of parenting, still the child feels the love of her/his parents and knows all that emanates (softness, sternness, etc.) from his/her parents is infused with love
- *Vision of Karma* – from this perspective the law of actions creating associated reactions directs all of creation to the exact circumstances to be experienced – our Pujya Swami Chinmayananda forever declared, "*In life, one gets what one deserves and not what one desires.*"
- *Vision of Learning* – from this perspective we will live through 1,000,000,000 embodiments (more if we do not live intelligently!) and the singular purpose of each embodiment is to learn that we are not that which is living rather we are that which is Enlivening – almost all of us, almost all of the time, learn more in adversity than in prosperity and so suffering is 'learning in disguise'

- *Vision of Identification* – from this perspective one accepts that only those who go through an experience can empathize with the experience and all else can only sympathize – who we believe to be a good person may not be and what we believe to be suffering may not be
- *Vision of Surrender* – from this perspective if one is not moved to do their best by the suffering of oneself and/or others then tears, fears and sneers are meaningless – the ones who are truly moved by the sufferings of beings do their best by offering their resources (donations), time (prayers) and effort (self-development) to prevent suffering and to respond to suffering

We pray for all beings –

sarve bhavantu sukhinaha sarve santu niramayaha
May all be happy, may all be healthy

Reflection Adventure of the Week (RAW): When praying, do not bring yourself into the picture at all. Pray for the wellbeing of those who know and pray even more for those you do not know.

Laughing Adventure of the Week (LAW): If practice makes perfect, and nobody's perfect, why practice?

"When all activities of the mind cease, what remains, what shines by itself, is the Truth, the Self, the Supreme Self." ~ Swami Tapovanam

Inspire-Love-Be

10 - Namah Te from Raleigh (host for the 100 Devi-s who have gathered for the 2015 *Divya Shakti Retreat*)!

i hope this message finds all my fellow seekers unconditionally well...

The Creator brought me back to Kananaskis, Alberta last week. **i saw mountain goats, i saw waterfalls and most importantly i 'saw' insights** from *HIP (His Infinite Presence) Tour*.

While Sheela and i were journeying, objectively we travelled for 25 days from Niagara Falls to Whitehorse and back crossing 6 provinces and 12,500 kilometres. While Sheela and i were journeying, **subjectively we travelled across countless experiences, countless questions and most importantly countless reflections.**

For hours we were without a radio station, a telephone signal, an internet connection, presence of cars, exposure to humans...all we were with was silence. A deep, disciplined, Divine silence. Our research into Life during this silence is shared in our *E-Vichara*...

E-Vichara (October 5, 2015) --- The HIP Tour Diaries

- In the Infinite there are no verbs other than *being* - every verb, even serving, loving, meditating demands movement, change, effort and so is in the field of duality, a field of/for the ego
- The experience of *I* is an experience of Existence, an experience of Awareness, an experience of Truth - the experience of *I am* is an experience of a form, an experience of a name, an experience of fiction
- 'I' is identifying with one's Absolute Self, 'I am' is identifying with one's relative self - any self less than the Infinite should naturally be given only a finite value
- By being no-one or being every-one there is no separation and so no problems - by being some-one there is separation and so problems
- Negativity, regardless of direction and degree, is nonsense - the most impractical way to live is unhappily
- We should immerse ourselves in nishkama buddhi (vision of selflessness), evolving to arpana buddhi (vision of dedication), evolving to prasada buddhi (vision of joy) - the purpose of living is to be the best worker for Guru, for Bhagavan, for Brahman for this is the **ONLY** means to free ourselves from the prison of purposelessness...

HIP Tour II is scheduled for next year from Friday, July 29 - Wednesday, August 17...20 days journeying through Eastern Canada...

Reflection Adventure of the Week (RAW): Everyday write down 108 times - *What is Life?*

Laughing Adventure of the Week (LAW): What is the difference between a 'smart' person and a stupid person? Nothing, they both think they know everything!

"The art of meditation is the art of shifting the focus of attention to ever subtler levels, without losing one's grip on the levels left behind. In a way it is like having death under control." ~ Nisargadatta Maharaj

Inspire-Love-Be

11 - Namah Te from Ann Arbor!

i hope this message finds all my fellow seekers unconditionally well...

I N T E R S T E L L A R...E-Vichara...

Special E-Vichara (October 19, 2015) --- Insights into *Interstellar*

- When an individual wants all, they end up feeling like nothing - such carelessness causes individual and collective carnage (Earth became uninhabitable)
- Sans research there is only execution not development - research in any direction/degree should be understood and appreciated as an investment not an expense (the need for *NASA*)
- Only we can help ourselves - all that happens is supposed to happen (Cooper directs himself to *NORAD's* coordinates)
- The Creator is of the nature of Love - Love focuses on need, ignoring whether we feel blessed or slighted (the blackhole was not a natural phenomenon rather was purposefully placed)
- As our vision so is our creation - we experience apparently objective dimensions in a highly subjective way (the passing of time, the distance between points, the importance of materials, etc. is different for all the astronauts)
- Pujya Swami Chinmayananda forever taught, "*Knowing is not doing, doing is doing.*" - making decisions in a controlled environment with no repercussions is a world apart from making decisions in a real environment where living, dying, etc., is at play (Brand trying to think for the species rather than an individual)
- Love is dimensionless - this is proven in how people remember and celebrate the presence of people they knew and in some cases have never met (Brand trying to reunite with Wolf)
- Attachment is not a light vice - attachment is a virus which corrupts a personality inhibiting objectivity, clarity, generosity, etc. (Mann falsifying data to survive)
- We do not fear failure, we fear the sorrow that arises from failure - despite all that we learn about Happiness being the Highest pursuit, our ego is more willing to give up the body than to give up itself (Mann is ready to die yet not ready to fail)
- The one who does not listen is the one who does not learn is the one who does not live - by ignoring the advice of the wise we suffer and inflict the same on others (Mann turning off his audio system)
- Purpose pulls performance - Love is an altar which alters the multiverse in a way that the same Love can be shared (Cooper's Love for Murphy creates the *tesseract* enabling him to communicate with her)
- The impossible becomes possible when necessary - to be able to go somewhere we have to leave somewhere (Cooper guides Murphy firstly with *stay*, secondly with *coordinates* and thirdly with a *solution*)

***Interstellar* is not about gravity between bodies. *Interstellar* is about gravity between beings...this is called Love.**

Reflection Adventure of the Week (RAW): Create time every afternoon to sleep for 15 minutes (using an alarm clock).

Laughing Adventure of the Week (LAW): Why is Christmas just like a day at the office? You do all the work and the guy with the suit gets all the credit!

We have now explored *E-Vichara-s* on *Inception*, *The Dark Knight Trilogy* and *Interstellar*. Next on my agenda, i have a contact with *Syncopy Films* who shared they would give these *E-Vichara-s* to Christopher Nolan!!!

"Love is its own fulfillment." ~ Swami Chinmayananda

Inspire-Love-Be

12 - Namah Te from Albany!

i hope this message finds all my fellow seekers unconditionally well...

As the whole world begins preparing for Dipavali next week, everywhere we read and everywhere we write *shubha* (Peace) and *labha* (prosperity)...

Do we mean it though?

Do we actually want shubha?

If we could trade in shubha for more labha would we?

Maybe we need to think more thoroughly about what our relationship with materials is. Our REALITY CHECK...err...our *E-Vichara*...

E-Vichara (November 2, 2015) --- Vedanta IS Antimaterialism

- *Vedanta* says focus on being Purusha (Spirit) which is Purnatva (Complete) - *worldliness* says focus on being prakriti (materials) which is alpa (incomplete)
- *Vedanta* says focus on following the path of light which is built with values - *worldliness* says focus on following the path of darkness which is built with valuables
- *Vedanta* says focus on choosing shreyas (Peace) which is a long-term investment - *worldliness* says focus on choosing preyas (pleasure) which is a short-term expense
- *Vedanta* says focus on raising the standard of life encompassing the upper portions of Maslow's Pyramid - *worldliness* says focus on raising the standard of living encompassing the lower portions of Maslow's Pyramid
- *Vedanta* says focus on developing independence which is not about possessing or not possessing rather is about projecting or not projecting - *worldliness* says focus on developing independence by possessing more regardless of the inevitability of becoming possessed and possessive
- *Vedanta* says focus on understanding how comforts (power, possession and pleasure) are just means to Contentment (Peace), the end - *worldliness* says focus on understanding how comforts (power, possession and pleasure) are the means and the end

Are you being, following, choosing, raising, developing and understanding shubha or labha...?

Reflection Adventure of the Week (RAW): Finish reading this paragraph. Now open the website of a charity you feel is doing pure work and donate an uncomfortable amount. In the message field write, *"Simple living, high thinking."*

Laughing Adventure of the Week (LAW): I asked God for a bike but I know God doesn't work that way. So I stole a bike instead and asked God for forgiveness!

Expect my Dipavali gift on your desk soon...

"A true devotee has no charm in the objects of the world, as his entire attention is engaged in the pursuit of the eternal Enchanter Sri Narayana." ~ Swami Chinmayananda

Inspire-Love-Be

13 - Namah Te from Trinidad!

i hope this message finds all my fellow seekers unconditionally well...

A few weeks ago, the *National Kidney Foundation* invited me to speak at their Symposium. My subject, *Our Life's Purpose in Living with a Chronic Disease*. i was happy to be able to share Vedanta in a atypical forum! Reflecting on atypical forums for Vedanta, in a few weeks i will be speaking at the *Institute of Chartered Accountants of Ontario* on *Managing the Mind!!!*

Vedanta is synonymous with vision. And a most profound teaching on vision is found in *Mundaka Upanishad* (Chapter 1 - Section 2 - Verse 12). **Engaging the teaching is the vision of our *E-Vichara...***

E-Vichara (November 16, 2015) --- Examining Experiences

- *parikshya lokan karmachitan* (having examined the fields of experiences produced by action) – all of us are always working yet only a few of us reflect on the higher purpose of working
- *brahmano* (one striving to know the Infinite) – striving is following a uncompromising lifestyle revolving around the highest altar
- *nirvedam ayan-nasty-akrtah krtena* (may this seeker be Content reflecting on the impossibility of the Unproduced being produced) – understanding and appreciating that no combination/permutation of the finite can create, sustain, destroy the Infinite one evolves to be an introvert
- *tad vijnanartham sa gurum evabhiyacchet* (to earn this Knowledge this seeker should only approach a Guru) – our schools and teachers, our offices and employers, our homes and parents, encourage us to be successful in a relative reality while our Ashram-s and Guru-s encourage us to be Joyous in a Absolute Reality
- *samit panih* (with wood in hand) – our identifications, our conditionings, our judgements all have to be exposed, all have to be accepted, all have to be surrendered
- *shrotriyam brahma-nishtham* (who is established in scripture and experience) – only one who is practicing burning their own ego knows how to guide and grace us to experience the same Emancipation

i pray we take back the original meanings of words like pariksha, brahmana, guru, etc. empowering us to lift our vision from the functional to the Essential!

Laughing Adventure of the Week (LAW): What did the janitor say when he came out of the closet? "Supplies!"

"Contract no attachment to anything. Welcome what comes, willingly give up what goes. There is no need to worry about either." ~ Swami Tapovanam

Inspire-Love-Be

14 - Namah Te from Sidhabari!

i hope this message finds all my fellow seekers unconditionally well...

Purpose pulls dedication.

Dedication pulls sacrifice.

Sacrifice pulls performance.

Pujya Swami Chinmayananda, affectionately known as Gurudev, was born in 1916. **And the vision of 2015-2016 has been to remember and celebrate the purpose, dedication, sacrifice and performance Gurudev has invoked and evoked for 100 years.**

My first real exposure to Chinmaya Mission was in 1997 and so I was never able to 'meet' Gurudev...

Still, since then I have been meeting Gurudev yearly and monthly. And since *Sandeepany Sadhanalaya* I have been meeting Gurudev weekly and daily. **And this year I have been trying to meet Gurudev every moment.** This purpose has made 2015 a performance year. More details in our *E-Vichara*...

E-Vichara (November 30, 2015) --- The Phala of 2015 is the Karma of 2016

- Independent Ashram-s - *happened this year*...the miniature city of Niagara has strived and succeeded in elevating *Chinmaya Dhara*, an ashram whose value is exponentially more than a million-dollar asset, to debt-free on *Dhara's* 8th Anniversary – *happening next year*...the small city of Pittsburgh continues to search for a Religious-Retreat Centre, a potential home for a potential *Chinmaya Leadership Foundation*, hoping to gift this new ashram to Pujya Swami Tejomayananda on Guru Purnima while he is in Pittsburgh
- Comprehensive Outreach - *happened this year*...working to bring inspiration to the people, by using *Instagram* too, through social media every day 1,500 seekers follow *Reflection Adventures of the Day* and with more students subscribing to the *E-Vichara* every bi-week 4,500 seekers follow *Electronic Reflections* - *happening next year*...appreciating different people appreciate different portals to invoke inspiration, a webpage is being developed where podcasts on how to *Live Vedanta* will be consistently populated, encouraging seekers to turn away from a screen and to just listen
- Specialty Retreats - *happened this year*...the greatest source of joy and sorrow in our lives is people hence the vital need to have retreats that focus on loving oneself and loving others, the *Understanding Marriage Retreat* and *Divya Shakti Retreat* which were an experiment are now established Annual National Retreats hosted by different Centres in the spring and fall - continuing to experiment with unique Retreats to nurture unique aspects of who we are, a *Spiritual Parenting Retreat* and a *Silence Retreat* are being organized hoping these too will become established opportunities for seekers to gather to engage in self development, in societal development
- International Yatra-s - *happened this year*...India is a country while Bharat is a spirit and so with the soon to be completed *Chinmaya Inspiration Yatra V*, 150 tourists who have only vacationed to cities and homes in India, by evolving to become yatri-s, have experienced the preciousness of exploring villages and ashram-s in Bharat which radiate purpose, dedication and sacrifice - *happening next year*...persevering to uncover the spirit of a country, resources and time and effort are being directed to growing *The Chinmaya Inspiration Yatra* in Trinidad to a movement (annual) instead of being satisfied with this being an event (single) and planning is in place for *The Chinmaya Inspiration Yatra* in Canada (through the Rocky Mountains)
- Online Courses - *happened this year*...there is no substitute to studying in a physical gurukul yet for the majority for whom this is presently not possible, a virtual gurukul is an ideal substitute thus between the *Advanced Vedanta Course* and the *Self Unfoldment Course* over 300 students are engaged in individual and group study every week - *happening next year*...continuing to build a platform for seekers to lose themselves in Vedantic thoughts only to find themselves in cheerful dynamism, 3 levels of Online Courses will be offered on different weekdays at different times
- Application Books - *happened this year*...though far behind schedule, though moving very slowly, editing of *The Significance of our Samskaras* is proceeding - *happening next year*...though far behind schedule, though moving very slowly, writing of *From Strength to Strength* is in progress

Sidhabari is the land of siddha-s (the Enlightened). In this sacred ground our Gurudev is 'buried' in the lotus posture. i came to Sidhabari in 1999 fascinated by his presence. i have returned 16 years later fuelled by his presence...

Reflection Adventure of the Week (RAW): Every morning take a long hard look in the mirror for 5 minutes and reflect on the purpose of the reflection you see.

Laughing Adventure of the Week (LAW):

Father: In my day mathematics was easy!

Son: That's because you figured it out in your head. Today, we have to use a stupid computer!!!

"A jnani enjoys Brahmananda or supreme bliss without interruption, not after death, but in this life itself." ~ Swami Tapovanam

Inspire-Love-Be

15 - Namah Te from Kolwan!

i hope this message finds all my fellow seekers unconditionally well...

In Ashram-s all over the world, before seekers, workers, visitors eat, a special verse from *Shrimad Bhagavad Gita* (Chapter 4 - Verse 24) is chanted.

This mantra is a reminder that **eating is a sacred experience, not a casual pleasure.**

This mantra is associated with eating because the symbolism is so apparent...**the offerer is Divine...the offering is Divine...the offered to is Divine...the purpose is Divine.**

This mantra is not for reflection just before eating, rather is for **reflection before we do everything.**

This mantra is elaborated upon in our *E-Vichara*...

E-Vichara (December 14, 2015) --- The Input Prayer

- *brahma arpanam* (Infinity is the general offering) - i remember, the possibility and propensity to give is by the grace of the Creator
- *brahma havih* (Infinity is the specific offering) - i remember, the Creator and creation are One
- *brahman agnau* (Infinity is offered to) - i remember, the receiver is the Creator
- *brahmana ahutam* (Infinity is the offerer) - i remember, the giver is the Creator
- *brahma eva tena gantavyam* (Infinity alone they realize) - i remember, I am the Creator
- *brahma karma samadhina* (Infinity is acted for) - i remember, the only purpose of living is for the Creator

Reflection Adventure of the Week (RAW): Refrain from speaking ANY negative words towards people.

Laughing Adventure of the Week (LAW): Why are frogs so happy? They eat whatever bugs them!

"Attachment is mental bondage." ~ Swami Chinmayananda

Inspire-Love-Be

16 - Namah Te from Veliyanad!

i hope this message finds everyone unconditionally well...

Sheela/i are have returned home...that is Bharat.

We visited my parents in Sidhabari. They are healthy and happy! And will be returning to Canada at the end of September.

Now we are journeying across the nation as part of *The Chinmaya Inspiration Yatra V*. With us are 72 seekers from 24 cities and 6 countries. A yatra is an outward expression of an inward journey. We are not trying to visit anywhere but to find ourselves.

And how will this manifest? Join us on our yatra through our *E-Vichara*...

E-Vichara (December 28, 2015) --- The Chinmaya Inspiration Yatra V

- Mathematically Infinity includes all numbers, scientifically Infinity includes all spaces, philosophically Infinity includes all beings – anyone who fundamentally understands and appreciates Infinity will understand and appreciate their nature is the same
- At *Sandeepany Sadhanalaya* one learns to 'try' God - anyone exposed to a lifestyle revolving around the Divine, *changes* in a subtle way
- At *Chinmaya Vibhooti* one learns to 'feel' God - anyone exposed to insights into the nature of the Divine, *follows* the inclination to want to know more
- At *Chinmaya Gardens* one learns to 'see' God - anyone exposed to personalities who treat all as Divine, *serves* others with a renewed potential
- At *Adi Shankara Nilayam* one learns to 'be' God - anyone exposed to the silence intrinsic to the Divine, *invokes* a deep contentment
- The difference between motivation and inspiration is the former is forced, temporary, unsubstantiated while the latter is natural, lasting, internal - anyone who embraces dvaita (finitude) deeply, rediscovers advaita (Infinity) fully

For the *E-Vichara (December 14, 2015) --- The Input Prayer*, a spelling correction:
brahman agnau **should** be *brahma agnau*

Reflection Adventure of the Week (RAW): On a scale from 1 (the least) to 10 (the most) identify how much faith you have in:
the Infinite
the Scriptures
the Guru
religious practices
oneself

Laughing Adventure of the Week (LAW):

Mom: Cindy, you must live each day as it were your last!

Cindy: I tried that last week and you grounded me!!!

And though i tried to share this before the new year, my travels prevented me from doing so...**i pray to Bhagavan and the Guru-shishya-parampara that every reader and non-reader of the *E-Vichara* has a joyous completion to 2015 and an even more joyous commencement to 2016!**

Signing off for 2015...and signing on for 2016...

"Temperance is the law of all spiritual students." ~ Swami Chinmayananda

Inspire-Love-Be

17 - Namah Te to All,

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

One of the most common questions people ask me is, 'How do I know if what I am doing is right?'

The answer is simple, 'WWW?' The *World Wide Web*? NO! 'What Would the Wise do?'

And one of the wisest is Shri Rama. Come with me as we observe Rama's ayana (path) through *Balakanda* through our *E-Vichara*...

E-Vichara (January 11, 2016) --- WWW? - Part 1

- A real school (kula) and a real educator (guru) will teach roles/responsibilities (dharma) - when educated personalities (saksharah) are not directed higher, they devolve to egotistical personalities (rakshasah)
- *The ornament of humans is beauty, the ornament of beauty is virtues - the ornament of virtues is knowledge, the ornament of knowledge is forgiveness*
- In the forgetfulness of God, the ego is born - the vision of a saint is more captivating than the innocence of a child
- When our minds are remembering God, our minds are protected by God - accompanying a Rshi is the most sublime training
- A perfectionist invokes much pain and naturally distributes the same - 'deafness' is when we do not listen to advice
- We cannot help God, we can only serve God - actually, how can the finite ever serve the Infinite, still He encourages us to feel we are serving for He is karuna nidhana (the source of compassion)

Laughing Adventure of the Week (LAW):

Two toddlers went into their parents' bathroom and spotted their father's weight scale in the corner...

"Whatever you do," said the first tot to the second, "don't step on it."

"Why not?," asked the second.

"Because," replied the first, "every time Pa steps on it, he screams!"

Since the winter of 2011, 144 seekers from 38 cities and 6 countries have explored Bharat and Trinidad like never before, through our 5 *Chinmaya Inspiration Yatra-s (CIY)*. All of the yatri-s who journeyed to Bharat have also journeyed to the *Chinmaya Organization for Rural Development* in Siruvani. **Feeling the struggle of the villagers, feeling the selflessness of the volunteers, the CHYKs from our CIY I/II/III have raised nearly \$70,000 USD for CORD Siruvani without ANY significant donations from an Acharya nor Centre. They have INDEPENDENTLY reached deep into themselves to reach far for support. i am levelled by their efforts. i am proud of their success. And now as we celebrate the 100th Birthday of our inspiration, Pujya Swami Chinmayananda, all of us yatri-s have set an aspiration to complete raising \$100,000 USD for CORD.**

Finally and most importantly, as we celebrate the Republic Day of India, our Pujya Swami Tejomayananda is celebrated by the Government of India with one of the highest civilian honours - the *Padma Bhushan* award.

"Self-perfection alone can pave the way for world perfection. In our own redemption lies world redemption." ~ Swami Chinmayananda

Inspire-Love-Be

18 - Namah Te from Saint Louis!

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

i am sitting at a kitchen table, drinking a fresh cup of black coffee, watching two children engage in imaginary games, thinking of all of you and enjoying winter.

ENJOYING WINTER??? Yes, enjoying winter...

There is so much art in winter. Let's take a slow walk together through the museum of winter, with our *E-Vichara*...

E-Vichara (January 25, 2016) --- A Winter Wonderland

- Winter is *harsh* - intense heat is annoying, intense cold is painful - winter creates a condition of precariousness encouraging us to be more proactive (i.e. warming one's car), more aware (i.e. walking carefully), more disciplined (i.e. not complaining, not criticizing, not crying)
- Winter is *uniform* - when a neighbourhood is covered in snow, big houses and small houses evolve to just be houses - when a downtown is covered in snow, better physiques and worse physiques disappear underneath hats and boots, coats and gloves
- Winter is *fresh* - stepping outside for the first time in the day one breathes in energy - feeling outside for the first time in the day one invokes toughness
- Winter is *clear* - the pinks of the sunrise and the purples of the sunset are accentuated by the cold air holding the clouds still - the light of the stars and moon is brighter in winter, as if these celestial bodies are closer to us allowing us to see their smiles more fully
- Winter is *soft* - sitting inside near a window, observing winter unfold outside, the mind becomes quiet as if one is watching a movie - the snowflakes falling down and around us are ever in motion yet we never really feel them
- Winter is *quiet* - as we walk on the snow or even just stand outside, the snow absorbs all of the noise of the world - experiencing winter, our gratitude for all the seasons grows

Winter is alright...

Reflection Adventure of the Week (RAW):

You know what i am going write (hahaha!)...try to experience all the sights and sounds of winter described in our *E-Vichara*.

Laughing Adventure of the Week (LAW):

Nicky: Now that I have a new baby brother, my parents say we have to move.

Ricky: What's the use, he'll follow you anywhere.

Finally, Sheela/i have been happily vegan (or as Indians pronounce this, *vagan* hahaha!) for a couple of weeks now. Actually, many of you have emailed me sharing you are taking up the cause (vegan is not consuming any animal products for someone had asked if we can still eat soy sauce hahaha!) too. Awesome...

"Live, live in the present. Think not of the past or the future. If one attains this state of dispassion, one's mind will get fixed upon God." ~ Swami Tapovanam

Inspire-Love-Be

19 - Namah Te from Milwaukee!

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

When Hanumanji meets Sitaji, He calls Her janani (mother).
When Sitaji meets Hanumanji, She calls Him suta (son).

Our shastra-s (constitutions) are the source of knowledge that guide us to be well (sam) connected (bandhah) to our relatives rather than be well (sam) bound (bandhah) by our relatives.

When a mother and son meet for the very first time, what does a mother say to her son? Let's listen to this most precious dialogue through our *E-Vichara*...

E-Vichara (February 8, 2016) --- The Parental Powers - Part 1

- Sitaji, moved by Hanumanji's sacrifice and service, feels overwhelmed with gratitude and blesses Hanumanji with the ashta (eight) siddhi (phenomenal powers) - being able to manipulate one's body for battle is super, being able to manipulate one's mind for family is sadhana
- *Vashitvam* (the power to control) - philosophy: possible only through love - practice: remember God for He/She is the original Parent and this encourages us to rise to love rather than fall to attachment
- *Ishitvam* (the power to rule) - philosophy: possible only through leadership - practice: regular self-development for to evoke a healthy behaviour first we have to invoke the same behaviour
- *Prakamyā* (the power to transcend) - philosophy: possible only through adaptability - practice: consciously connect for a child is always changing in all ways and the more mature personality has to adapt in order to continue to be supportive
- *Prapti* (the power to fulfill) - philosophy: possible only through effort - practice: arise earlier for we can work smarter/harder in the morning and when we try our best we are freed of any regrets of the past, anxieties of the future and excitements of the present
- Situations become problems and problems become crises when we limit our vision of religion to a country or time or person - practice mind over matter without exception

We shall complete our study of *The Parental Powers* in the next *E-Vichara*.

Reflection Adventure of the Week (RAW): Fast from a drink or food that you consume immoderately. And every time you feel the pang of the drink or food remember to *practice mind over matter...without exception*.

Laughing Adventure of the Week (LAW): One of the kids in my neighbourhood is so foolish...he got stranded on the escalator during a power failure!

And with the past *E-Vichara*, we have passed 100,000 views on the *Chinmaya International Foundation - Discussion Forum*...awesome...and thank you...

"He who reigns supreme as a master of himself alone becomes a servant of light unto others." ~ Swami Chinmayananda

Inspire-Love-Be

20 - Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

When Hanumanji meets Sitaji, He calls Her janani (mother).
When Sitaji meets Hanumanji, She calls Him suta (son).

Our shastra-s (constitutions) are the source of knowledge that guide us to be well (sam) connected (bandhah) to our relatives rather than be well (sam) bound (bandhah) by our relatives.

When a mother and son meet for the very first time, what does a mother say to her son? Let's continue to listen to this most precious dialogue through our *E-Vichara*...

E-Vichara (February 22, 2016) --- The Parental Powers - Part 2

- Sitaji, moved by Hanumanji's sacrifice and service, feels overwhelmed with gratitude and blesses Hanumanji with the ashta (eight) siddhi (phenomenal powers) - being able to manipulate one's body for battle is super, being able to manipulate one's mind for family is sadhana
- *Laghima* (the power to be light) - philosophy: possible only through joy - practice: create space for when we clean, organize and plan our cars, closets, computers, etc. we will be able to do the same with our mind, specifically letting go of useless thoughts
- *Garima* (the power to be heavy) - philosophy: possible only through confidence - practice: stop blaming for when we accept the outcomes of our decisions we come to accept our decisions, encouraging us to not be shaken by success, failure and every emotion in between
- *Mahima* (the power to be large) - philosophy: possible only through attitude - practice: think positive for what precedes creation is a thought of creation, what precedes destruction is a thought of destruction thus believing we can fulfill our responsibilities helps us to fulfill our responsibilities
- *Anima* (the power to be small) - philosophy: possible only through humility - practice: admit mistakes for this simple acknowledgement conveys one is ready to listen, one is ready to learn, one loves
- Situations become problems and problems become crises when we limit our vision of religion to a country or time or person - practice mind over matter without exception

Reflection Adventure of the Week (RAW): Clean, organize and plan your car. When finished, be fully aware of the difference in how you feel about your car.

Laughing Adventure of the Week (LAW): Hillbilly Bob bought his first cellular phone and decided to try it out. He hopped into his pickup truck and when he reached the freeway he dialed his wife, Hillbilly Mae. "Hey honey," said Hillbilly Bob proudly into his new cell phone, "I'm on the freeway!"

"You better be careful," his wife cautioned him. "I just heard on the radio that there's one nut driving the wrong way."

"One nut," exclaimed Hillbilly Bob. "Are you kiddin' me? There's hundreds of 'em!"

"Think that 'I am only the instrument in the Lord's hands and my reward is in the mere fact that I am being used by Him in His lila'." ~ Swami Chinmayananda

Inspire-Love-Be

21 - Namah Te from Tampa!

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

When i was growing up, i was always **aware of other kids who would get into trouble** because they used the *s-word...the b-word...the f-word!*

While i am growing within, i am now **aware of other seekers who get into trouble** because they use the *s-word...the b-word...the f-word!*

To make sure no one gets into trouble, **we need to openly discuss these weakening words through the empowering words of our *E-Vichara*...**

E-Vichara (March 7, 2016) --- Vedantic Swear Words

- In Vedanta the a-word is "I'm **alright**" - being a good person creates ordinary goodness whereas striving to be the best person creates extraordinary goodness
- In Vedanta the b-word is "**But**" - Vedanta is the science of all we want (prosperity) and all we need (Peace) thus what possible pursuit, what possible excuse could take priority to engaging this most fundamental science
- In Vedanta the c-word is "Studying is too **complicated**" - on account of our extroversion we only know objective sciences (i.e. history, medicine, cooking, etc.) and when we try to 'change direction' by studying the subjective science (i.e. your Self) we are too conditioned to open our minds
- In Vedanta the d-word is "Practicing is **difficult**" - every field is impractical when not practiced and every field becomes practical when we begin (i.e. the habit of not going to the gym growing into the habit of going to the gym, the indiscipline of being impatient evolving to the discipline of being patient)
- In Vedanta the f-word is "I **forgot**" - when we go to restaurants we like we remember their menus, when we read books we like we remember their characters and so "I forgot) is camouflage for 'I am not interested'
- In Vedanta the s-word is "The scriptures are just a **story**" - every day documentation intentions, formats and standards change (i.e. in Vedic culture philosophers/scientists/inventors, etc. did not 'own' their findings for their belonged to humanity whereas today many researchers try to 'own' as much as possible) and to use today as a standard to measure yesterday is illogical

Reflection Adventure of the Week (RAW): Be mindful to apologize to all those you swear at, including yourself.

Laughing Adventure of the Week (LAW): My home town is so small our zip code is a fraction!

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

Inspire-Love-Be

22 - Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

A *RAW* i often share with **students is to visualize that everyone they make eye contact with can read their mind...**

Imagine!

Well *Disney Pixar* has done much of the imagining for us in a wonderful, powerful insightful movie called *Inside Out*. Let us feel out our feelings through our *E-Vichara*...

Special E-Vichara (March 21, 2016) --- The Inside Out on INSIDE OUT

- Our experiences are what create our vasana-s (personality blueprint) - the impact of an experience (positive, negative, etc.) determines the weight (light, medium, heavy, etc.) of the vasana
- Our vasana-s direct the flow of our desires, thoughts and actions - put differently, the unconscious manifests as the subconscious which manifests as the conscious
- Understanding and appreciating how deep our personality is we have no right to judge others nor ourselves - understanding and appreciating how deep our personality is we have to be ever conscious to be able to purify the subconscious which will then refine the unconscious
- Whatever we focus on becomes interesting - whatever we decide is interesting we focus on
- If we genuinely focus on others we will engage in self development to be able to smile more - we can only share what we have

- What the waking mind is exposed to becomes the content for the dreaming mind - when the body dies, the details of what caused the mind to change in that embodiment is forgotten, yet the changed mind lives on in a new embodiment
- Every one is trying to be happy forever yet no one is trying to be happy today - if one is happy for every moment one is happy forever
- A mother's mind is presented as being predominantly sad, is this true - a father's mind is presented as being predominantly angry, is this true
- When our interests change, the value of our memories change accordingly - hence a most efficient means to forgetting about pain and sorrow is to create new memories of comfort and joy
- Emotions are simply thoughts which we empower and then come to believe are more than just thoughts - evidence of this is how facts and opinions are continuously being interchanged
- When we are young we have a great capacity to imagine yet are unable to engage in abstract thoughts - as we age our great capacity should shift from being able to imagine to being able to engage in abstract thoughts
- As long as we have a body we will have a mind, as long as we have a mind we will have thoughts - directing the ego to identify with Awareness we transcend the limits of the body, mind, thoughts, all

The mind is most complex isn't it...

Reflection Adventure of the Week (RAW): Determine which emotion (anger, disgust, fear, joy or sadness) dominates you.

Laughing Adventure of the Week (LAW): My home town is so small we only have one Yellow Page!

In the *E-Vichara (January 11, 2016) --- WWW? - Part 1*, i had asked all of you to join all 144 of our *Chinmaya Inspiration Yatri-s* to raise \$40,000 to complete raising \$100,000 for the *Chinmaya Organization Rural for Development* for Pujya Swami Chinmayananda's 100th Birthday. **At CM Niagara's Annual Family Retreat a couple of weeks ago we raised \$40,000 to reach our aspiration...gratitude to Gurudev...gratitude to our Yatri-s...gratitude to all of you.**

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

Inspire-Love-Be

23 - Namah Te from the *SILENCE Retreat (we are in hour 68 of 100)!*

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

Thousands of seekers around the world were offered the opportunity to be part of this unique Retreat. **In the end, 18 peaceful warriors from 8 cities and 3 countries are here fighting their way through avidya with the weapon of nididhyasana...**

An idea of what was shared with them before the Retreat:

-i am not going to share many details with all of you before the Retreat as i do not want to condition your experience.

-each day there will be approximately 12 hours (4 X 3 hour periods) of intense contemplation/reflection practice. The intensity is in you will not be able to move, you will not be able to speak, etc.

-you will come, live and go as a monk. As such there will be NO charge for the Retreat. You may offer whatever you want post the Retreat. And what is written on the poster is only to encourage the interest of serious seekers.

-no altar (this includes all religious icons i.e. japa mala, etc.)

-no reading materials (at all)

-no writing materials (at all)

-no electronics (anything you need to bring can stay in your car - this includes phones)

-no valuables (anything you need to bring can stay in your car and/or be given to me in faith - this includes jewellery, car keys, etc.)

-no food

-no comfort zones

-no fear...

If one studies the lives of all the greats, secular and certainly sacred, they were not born great. They evolved from ordinary to extraordinary! And this **evolution was often catalyzed by being with themselves. Let us chart the path we need to take to grow from good to great through our E-Vichara...**

E-Vichara (April 4, 2016) --- Evolution Creates the Revolution

- *Exploration* is wanting to know about all one can experience (i.e. finding out what cuisine is specific to a city, etc.) - this is a natural direction (strongly seen in infants, children, etc.) as our sense organs and mind are created extrovert
- *Observation* is wanting to learn from all one is experiencing - an observer is mindful that more powerful than the experience is how the experience can change the experiencer (i.e. reading an obituary column, an observer would think about the trajectory of their own life)
- *Introspection* is wanting to understand and appreciate who the experiencer of experiences is fully (i.e. who is actually reading this sentence right now) - when one introspects there is a shift in focus from pursuing objective sciences (what is the jagat - multiverse) to the subjective science (what is the jiva - i)
- *Reflection* is wanting help to navigate the unknown territory of the mind, intellect, memory, ego - help in the form of a scripture and guide exposes a seeker to their purpose, their potential and by reflection, doubts on these matters are purged
- *Contemplation* is wanting to practice living one's purpose and so one's potential - this highest vocation is the means to raise one's identity from dependent (endless verbs) to Independent (one noun)
- *Meditation* is not wanting, for Meditation is not a verb, Meditation is a noun - our nature is infinite, constant, unconditional Joy (hence my above daily prayer for all) and this is felt when we let of becoming and start Being...

When we initiate the evolution in our inner world we simultaneously initiate the revolution in our outer world. Where are you in your evolution? i say, let the R-EVOLUTION begin!

Reflection Adventure of the Week (RAW): Tomorrow morning take 1 full hour to eat 1 full banana (this is what i just did before writing this *E-Vichara*).

Laughing Adventure of the Week (LAW): How is losing money in a pay phone like a football game? If you don't get the quarterback, you hit the receiver.

"When an individual develops his subtle discrimination enough to recognize the depth of life's weaknesses, he develops a pressing urgency from liberation." ~ Swami Chinmayananda

Inspire-Love-Be

24 - Namah Te from the deepest depths of my heart 'where' our Swami Chinmayananda (Gurudev) lives...

i hope this message finds all my fellow **bhakta-s** infinitely, constantly and unconditionally Joyous!

"The spirit of advaita is not to keep away from anything, but to keep in tune with everything." ~ Gurudev

Our Gurudev lived freely amongst we the bound. And His leadership was His teaching...

For all the less fortunate seekers like myself who were unable to see Gurudev, i think He lived like *Shrimad Bhagavad Gita's Chapter 5 Verse 10*. ??? Dedicated to Gurudev, we try to understand how He lived in our *E-Vichara*...

E-Vichara (April 18, 2016) --- Like a Lotus

- Dvaita (duality) does not teach us how to live in dvaita nor does vishishta advaita (modified non-duality) - only advaita (non-duality) teaches us how to live in dvaita
- *Brahmanyadhaya karmani* (Divinely dedicated to responsibilities) - perfectionism is a disguise for doership whereas one who lives each experience solely for self development creates the best
- *sangam tyaktva karoti yah* (dependence renounced, a seeker performs) - one who has nothing to gain is one who has nothing to lose, said differently, such a being is fearless
- *lipyate na sa papena* (tainted not, a seeker from sin) - sin is feeling separate, sin is feeling small, and one who is not dependent on actions quietens thoughts, quietens desires, quietens propensities
- *padmapatram ivambhasa* (a lotus's leaf in water) - if one lives each moment in a meaningful way one will never ever be shaken
- Using one's eyes (sight) one is lost in duality, using one's mind (vision) one is vigilant in unity - keeping one's eyes on the functional (names / forms) and one's vision on the fundamental (Existence / Awareness) is being liberated while living

Reflection Adventure of the Week (RAW): Think deeply about Gurudev's contribution to humanity, contribution to you.

Laughing Adventure of the Week (LAW):

Chemist: The medicine you are asking for is related to stress. We cannot give this medicine with a doctor's prescription.

Student: Madame, please treat my report card as a prescription.

"The Infinite and the Eternal is not 'there' and at 'some other time'. It is here and now." ~ Gurudev

Inspire-Love-Be

25 - Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

This past month has been filled with unique speaking engagements:

London Police Department on *Being Calm in the Chaos*

Western Medical School on *Making Sense of Stress*

Namaste Radio on *Inspiration*

Sringeri Bharatiya Vidya Foundation on *Relevance of Sanatana Dharma to Western Youth*

Kerala Hindus of North America on *Mind Your Dharma*

And though each of these outreach opportunities were different, what i shared was not. My observation: whether one is interacting with a child or a committee or a corporation, all face the same problems. And this simple truth teaches us that our problems are within not without. Being aware that we create our problems we are empowered to be responsible to uncreate our problems. Aspiring to offer more light on our problem is the challenge of our *E-Vichara*...

E-Vichara (May 2, 2016) --- From Serenity to Mediocrity

- **Supreme** - Our nature is Existence-Awareness-Joy which is immune to death-ignorance-sorrow - just as the svadharma of sugar is unchanging so too our Svadharma is unchanging which makes a relationship between Existence and death, Awareness and ignorance, Joy and sorrow, impossible
- **separate** - Existence-Awareness-Joy is One and not knowing (a-vidya) our nature we believe we are separate (dvaita) - the primary expressions of separation are 'I am doing' implying you are not and 'I am deserving' implying you are not
- **small** - proof that our nature is Infinite is the innate and perpetual feeling to need to complete ourselves - when we feel 'small' countless enemies (i.e. insecurities, doubts, faithlessness, etc.) emerge to envelop us
- **sad** - desires for pleasures, possessions and positions only make us more desirous only make us more sad - sociologists have shared we should not shop when we are sad for what we buy does not satisfy us rather makes us more frustrated
- **stress** - when we are in balance with our equipments (body, mind, intellect), and our experiences (time, money, people) we are healthy - our equipments and experiences are limited yet our expectations of these are limitless hence the imbalance, the weakness, the stress
- **stuck** - if positivity brings positivity then negativity breeds negativity - no mantra, no karma, no upasana can create the Infinite, only dharma (responsible living) can guide us past being stuck, being stressed, being sad, being small, being separate to being Supreme...

Laughing Adventure of the Week (LAW):

Examiner: Tell me the name of the bird.

Student: I can't sir.

Examiner: You should know by looking at it's legs. Tell me what is your name?

Student: Sir, you tell me by looking at my legs.

"Man dissipates all his energies by trying to solve specific problems without handling the fundamental. Be spiritual." ~ Swami Chinmayananda

Inspire-Love-Be

26 - Namah Te from Los Angeles!

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

When i was growing up my parents would take my sisters and i to Mandir-s inside and outside of Niagara. **As a child i noted that the average age of those at these Mandir-s was ~ 50. Fast forward 25 years, i now speak at Mandir-s around the World. As a young adult i note that the average age of those at these Mandir-s is now ~ 55.**

Does this mean if we fast forward another 25 years the average age of Mandir goers will be ~ 60? Are Mandir-s just for the 'retired'...?

i am sure the same trend is manifesting in churches, mosques and temples. In fact the area of *Chinmaya Mission* demanding the most strengthening is our Youth and Young Adult programs.

On January 13, 2008 i began serving Sanatana Dharma through Advaita Vedanta through *Chinmaya Mission*. i was 26 and empathized with the young, hence i focused most of my efforts on working with them, working on them. Over the years responsibilities with marriage / parents, Niagara / London and Pittsburgh / Cleveland has pulled my efforts towards adults and administration.

Pujya Swami Chinmayananda believed in the youth, had faith in the youth, trusted the youth. And so on His 100th Jayanti i resolved to rededicate myself to working with youth, working on youth. What will this rededication look like? Let's see through our *E-Vichara*...

E-Vichara (May 16, 2016) --- Youth Alone Can

- **Page** - thousands of our youth are dependent on *Facebook* which often is a catalyst to being distracted, suffering from the fear of missing out (*FOMO*), etc. - i am in the process of creating a Junior *Chinmaya Yuva Kendra (JCHYK) Facebook Page* which will be filled with regular inspiration and insight i hopes to make this powerful online forum less social and more spiritual **(the link will be shared in the next *E-Vichara*)**
- **Camps** - thousands of our youth are enrolled in religious classes yet too many of them have become desensitized to the classes and / or newcomers are intimidated by their lack of understanding, lack of experience, etc. - every August in Washington DC i will facilitate a week long Youth (ages 13-17) Camp focused on understanding and experiencing Sanatana Dharma (2014 - *Heroes: Past, Present and Potential* / 2015 - *Decoding Dharma* / **2016 (August 22-26) - CONFIDENCE: In One Self, In One's Faith**)
- **Yatra-s** - thousands of our youth travel to Bharat, to the Caribbean, to their home countries as tourists engaging in pleasures / possessions thereby missing out on exploring simple living, high thinking - a yatra is an outward expression of an inward journey and there are many opportunities to be part of *The Chinmaya Inspiration Yatra-s (VI to Canada from September 9-18 for ages 17-40 / VII to Trinidad from November 18-27 for ages 17-40 / VIII to America from December 16-25 for ages 17 and older)*
- **Course** - thousands of our youth do not have access to authentic opportunities to study our scriptures and / or want to study more than they are on 'Sundays' and if there is a *No Child Left Behind Act* for secular schooling even more important is a *No Child Left Behind Plan* for sacred schooling - if the young are not coming to religion then religion must be brought to the young hence the aspiration to create a virtual gurukula **(the *Moha Mudgara [The Hammer to Fear] Course will commence on September 1 from 07.30p-09.00p EST and registration details will be shared in July [with the following disciplines]*)**
 - Groups who have been given permission by their local Centre can be part of our Course
 - Groups need a minimum 5 students to be part of our Course --- anyone high school aged and older can be part of a Group
 - Groups need to have their audio and video working and on --- everyone seeing everyone is inspiring and creates a sense of equality
 - Every student should have their own copy of the text --- by reading ahead and making notes mananam is encouraged
 - Pets, laptops, tablets, phones, eating, any potential distraction will not be tolerated --- to engage in a subjective science demands a higher dimension of focus
 - The only connection to the Class should be through our Coordinator/me via *Zoom* --- alternative connections are lower in quality and lower the incentive to attend the class live
 - The only condition for which a Class can be recorded is if the student does so while present in Class and does not share this with anyone --- to study a subjective science, context is important and shared recordings does not account for this
 - If a student misses a Class, the content is still in the text --- request other students to make notes for you
 - The maximum number of Groups that will be part of our Course is 40
 - Study Group Coordinators discuss these disciplines with your Group --- clarity creates conviction and conviction creates confidence
- **Satsanga-s** - thousands of our youth do not have access to role-models who not only guide them from above as teachers but also guide them close by as friends - every month i visit Cleveland/London/Niagara/Pittsburgh i will create time to interact with the youth in those Centres and am imposing the same requirement for any Centre wishing to invite me to engage adults
- **Training** - thousands of our youth are taught by teachers who do not have the same traditions and this gap inhibits relationship building, a decisive factor for learning a faith based subject - every August in Pittsburgh i will facilitate a weekend Seva Training with the Saturday focused on working with Kids

Teachers / Adult Coordinators and the Sunday focused on working with Youth Teachers / Young-Adult Coordinators (**August 13-14 [the Sunday training is open to ALL youth / young-adults in addition to Teachers / Coordinators to make the training more thorough and comprehensive as the longer term plan is to develop a youth based Curriculum / Guide for Teachers / Parents]**)

Please join me in supporting those who are not careless rather are cared less. We need this...for youth alone can...

Reflection Adventure of the Week (RAW): Reflect on one personality who believed in you the most when you were young. Now step away from the screen you are looking at and go and meet them, go and call them, go and share with them how grateful you are for them...

Laughing Adventure of the Week (LAW): What did the Hindu say to the veggie-dog vendor? Make me 'one' with everything.

"Catch them young, and give them your love. Inspire them to lead a higher life of noble values and self-dedicated service. You can then be sure of the nation's glorious present and a brighter future." ~ Swami Chinmayananda

Inspire-Love-Be

27 - Namah Te dear Seekers,

i hope this message finds all of you infinitely, constantly and unconditionally Joyous!

In October 2015 i shared thoughts on *Finding Your Balance* in the context of 100 devi-s who gathered in Raleigh.

In May of 2016 i shared thoughts on *Finding Your Balance* in the context of 50 young adults who gathered in Los Angeles.

Finding Your Balance...a most precious subject. So what causes us to be imbalanced? Why the guna-s (characteristics of the finite) of course! Guna-s...let's study *Shrimad Bhagavad Gita's* Chapter 14 Verse 12 through the lens of our *E-Vichara...*

E-Vichara (May 30, 2016) --- To Compare is To Implode

- **aggressive** - the guna-s are ropes which pull us to think, speak and act in specific ways - the guna of rajas propels us to be extrovert for we seek completion through pleasures, possessions and positions
- **compare** - one of the gates to hell is greed, a vice most of us associate with possessions - yet if we think more honestly most of us are not greedy for possessions rather we are greedy for positions (i.e. attention, recognition, etc.) hence the incessant tendency to compare ourselves with others and others with ourselves
- **create** - though external perfection is impossible, if we compare we are hypnotized to create an image of others that is imperfect and an image of ourselves that is perfect - by observing the quality / quantity of thoughts that erupt when we compare we would also observe the defeating mind games we end up playing with ourselves
- **act** - the most powerful force is a thought for a thought precedes tactile creation / destruction - having an insincere image of oneself one has to continuously act to protect and promote that fabrication
- **tire** - hell is a condition where there is no rest - the more mentally tired we become, the more intellectually tired we become, the more indiscriminately we live

- **long** - the guna of rajas tricks us into believing completion can be discovered in articles, beings and circumstances hence the aggression in our vision, the aggression in our lifestyle - a rajasik personality can never introspect, can never feel Peace

Reflection Adventure of the Week (RAW): Turn your cell phone OFF for 12 hours a day.

Laughing Adventure of the Week (LAW): What is red and smells like blue paint? Red paint.

"Rich in a faith born of understanding, learn to smile away your sorrows. Be unaffected by the play of sattva, rajas and tamas." ~ Swami Chinmayananda

Inspire-Love-Be

28 - Namah Te dear Seekers,

i hope this message finds all of you infinitely, constantly and unconditionally Joyous!

If we are extrovert we will compare. If we compare we will create. If we create we will act. If we act we will tire. If we tire we will long...and long...and long...

Unless we are immersed in calmness (nitya sattva staha). Calmness in vision, calmness in lifestyle. And despite believing this we do not live this...

Sat-tva is the expression of Sat (the *ART* [Absolute-Relative-Tactile] of Sat is Existence-Truth-Nobility). And **only when we hear, feel and see someone who knows and lives the vision of Existence-Truth-Nobility does our belief evolve to faith. This 'someone' we call a Sadguru.**

Some days ago i was able to serve Pujya Guruji Swami Tejomayananda. This experience was intensely demanding. This experience was indescribably rewarding. Aspiring to share insights into those cherished memories i write our *E-Vichara*...

E-Vichara (June 13, 2016) --- Serving One's Sadguru

- Serving One's Sadguru demands being **prepared** - a Sadguru can reveal Enlightenment and so a disciple should envision every move of their Sadguru, freeing them from worldly work (i.e. driving, laundry, etc.), enabling them for spiritual work (i.e. teaching, guiding, etc.)
- Serving One's Sadguru demands being **disciplined** - a Sadguru's presence is immeasurably precious and so a disciple should be willing and able to sacrifice the functional (i.e. sleep, food, etc.) to focus on the fundamental (i.e. listening, observing, etc.)
- Serving One's Sadguru demands being **vigilant** - a Sadguru acts out of fulfillment as compared to acting for fulfillment and so a disciple should be ready to do whatever is needed (i.e. organize, chant, etc.) to facilitate this flow of Love
- Serving One's Sadguru demands being **balanced** - a Sadguru can destroy the ego and so a disciple should be aware that any insult, any inquisition, any indifference is solely to transform the i to I
- Serving One's Sadguru demands being **cheerful** - a Sadguru's beauty is not rooted in form/name rather is rooted in Joy and so a disciple should be respectful of the crowds of devotees who interact with the Sadguru in varied ways
- Serving One's Sadguru demands being **humble** - a Sadguru's tapas (asceticism) is the sole source of pleasure, possession, position, Peace and so a disciple should be ever calm physically, ever quiet mentally, ever still intellectually to recognize one's insignificance...

Aishvarya (joyous), dharma (responsible), yasha (revered), shriya (virtuous), vairagya (independent) and jnana (wise). This is the nature of Bhagavan. If one thinks carefully, a Sadguru encourages us to be God...

Reflection Adventure of the Week (RAW): Beginning on Mon Jun 27 and ending on Wed Jul 13, everyday post a *Reflection Adventure of the Day (RAD)* on my Facebook Wall in the same format i use.

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

Finally, His Infinite Presence (HIP) Tour II begins tomorrow. Last year Sheela/i explored Western Canada, driving from Niagara Falls, Ontario to Whitehorse, Yukon and back over 25 days. This year we will be driving from Niagara Falls, Ontario to Saint John's, Newfoundland and back over 17 days. During this period i will not send any *E-Vichara*-s, post any *RADs*, use any social media. This will be a intense period of *sadhana* (running, reading and researching) to encourage *samadhi* (Realization)...

With this, i leave you all with a parting *RAD*:

Reflection Adventure of the Day (RAD): "Until you have it all, you won't be free. Society, you're a crazy breed. I hope you're not lonely without me." ~ Eddie Vedder

See you all virtually on Jul 14 and physically on Jul 16...

"If you do not have the right knowledge, the experience is useless!" ~ Swami Chinmayananda

Inspire-Love-Be

29 - Namah Te from Corsicana (it is 115F as i write!)

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

Innocent partiers killed in Orlando...
Innocent travellers killed in Istanbul...
Innocent civilians killed in Baghdad...
Innocent officers killed in Dallas...
Innocent tourists killed in Nice...
The list is endless.....

Why??? Why are people killing people.....

We fear that which is different. Some people fear those of a different orientation, of a different ethnicity, of a different religion. Are these differences worth fearing each other, worth hating each other, worth killing each other? i know they are not.

Earlier this year an animated children's movie about animals was released. That is if you watched the movie with your eyes. **If you watched the movie with your intellect you would have realized this was a visual message for humanity about the unity of creation. Please join me in letting go of superficiality, in holding on to roots, through our *E-Vichara*...**

Special *E-Vichara* (July 25, 2016) --- Zootopia

- Complacency is recognizing who one is and choosing not to grow - acceptance is recognizing who one is and working to grow
- The typical person likes the fruit that comes from effort and not the effort - the conflict of 'knowing when to quit' only applies to those who do not love what they do
- If we do not try to be happier how will we know how happy we can be - by trying we keep making new mistakes in other words we keep learning

- A fine line exists between self-criticism which is objective and self-deprecation which is subjective - by remembering tomorrow is another day we inhibit ourselves from getting stuck in the past
- There is nothing to fear but fear itself - as long as we hold fear thoughts we will be afraid and the moment we release fear thoughts we will be able to focus on what is in front of us
- We only fear that which is different, hence we do not fear ourselves at all - our fear of death, ignorance and sorrow reveals that our nature is Existence-Awareness-Joy
- Living by the belief of duality (dvaita) we will be led by our eyes - depending on sight we will only see differences and so we will believe we all cannot get along
- Living by the belief of Unity (advaita) we will be led by our intellect - depending on vision one will see differences as functional, one will see Oneness as fundamental and so we will believe we all can get along
- In the biological classification framework of life / domain / kingdom / phylum / class / order / family / genus / species, by moving left our perspective of a being deepens and by moving right our perspective of a being surfaces - in the Vedantik classification framework of Life / forms / names by moving left our perspective of a being deepens and by moving right our perspective of a being surfaces
- Acharya Shankara defines maya as forms / names and as long as one gives maya reality, one will never think one is important, one will never think one should/can change - doubting oneself is on account of not understanding oneself and this often leads to aggression
- No one consciously chooses their colour, gender, age, etc. hence any judgement towards these factors is baseless, is base - by understanding the role of our Spirit (Atman) and our inclinations (vasana-s) we come to accept everyone, we come to appreciate everyone's nature is Divine
- By looking within we come to realize change starts with oneself - Self Knowledge is a catalyst for educating antagonists

His Infinite Presence (HIP) Tour II was as transformative as last year. We listened to discourses, we observed animals in the wild, we invoked national pride. **Over the past 2 years we have travelled across Canada for 40 days, driving 18,000 kilometres and loved the experience! Hence we would strongly encourage all of you to create time to engage in such road-trips.** For *HIP Tour III* next year we are hoping to explore Washington and Oregon.

Reflection Adventure of the Week (RAW): The past month Sheela/i have been blessed to be with Pujya Swami Tejomayananda for what feels like many weeks, many many days, many many many hours! A message we understood from Guruji overtly and covertly is the need to understand the vision of Pujya Swami Chinmayananda more. An ideal way to do so is reading the *Chinmaya Birth Centenary Celebration Series* by *Mananam*. And so beginning on Sep 22 (1st day of Autumn [in North America]) Sheela/i have decided to read an edition (in order) every season. Within 3 years we would have read all 12 editions (by the end of this year the final edition will be released) and would have served our Guru-shishya-parampara in a most important way - acharya upasanam (striving to 'see' what the Guru 'sees'). Now if you would like to join our 'book club' let us know. We can inspire each other! And keep in mind we have to follow the same order and timeline without any excuses (even if we have already read some of the editions). For this week, go out and buy the 1st edition - *He Did It*.

Laughing Adventure of the Week (LAW):

An atheist, a crossfitter and a vegan walk into a restaurant.

I *know* because they told me!

"It is easy to develop the intellect, but it is difficult to develop the heart." ~ Swami Chinmayananda

Inspire-Love-Be

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

A couple of weeks ago i was at Cape Spear - the easternmost point of North America. As i observed the endless turquoise waters of the Atlantic crash onto the ever changing rocks of Newfoundland i was thinking...is cheese-cake ice cream better than cookie-dough ice cream...should i downgrade my cellphone...i wonder if i will be sitting beside a loud person on the plane...and countless other MUNDANE thoughts.

To understand MYSTICAL thoughts, we must look to and up at the noble Yudishthira. He and all of Bharata Varsha know he will be the future king of the land. However, he does not know how rule...he does not know how to lead. **Yudhishtira's nobility shines by his insight to approach the noblest Bhisma and asking him the most fundamental questions, the most functional questions. Anyone who works with people will be wise to tune into this question session facilitated by our E-Vichara...**

E-Vichara (August 8, 2016) --- How to be Royal

- *Who is the one illuminator of all?* - if people know every being is born of the Original Parent, people would see themselves in others more, people would be more affectionate
- *Who is the one purpose of all?* - if people know every being is pursuing their Joyous Nature, people would see themselves in others more, people would be more supportive
- *Whose praise creates auspiciousness for all?* - if people know every being is an expression of Infinite Oneness, people would see themselves in others more, people would be more humble
- *Whose invocation creates auspiciousness for all?* - if people know every being is of Divine Potential, people would see themselves in others more, people would be more devout
- *Who is the highest responsibility for all?* - if people know every being is part of the Loving Creator, people would see themselves in others more, people would be more inclusive
- *Whose remembrance frees all?* - if people know every being is Forever Free, people would see themselves in others more, people would be more accepting

And the answer to ALL of the above questions...Bhagavan Narayana...the means (ayana) for man (nara) to be Royal.

Laughing Adventure of the Week (LAW):

Two cows are standing in a field.

One says to the other, "Are you worried about Mad Cow Disease?"

The other one says, "No it doesn't worry me, I'm a horse!"

"Make a grave for all problems, do not make a grave of problems for ourselves! Even the grave is no problem for those who know how to meet it." ~ Swami Chinmayananda

Inspire-Love-Be

31 - Namah Te from Banff!

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

Dallas, Cleveland, Frederick, Pittsburgh, Toronto, Saint Johns, Niagara, Chantilly and Washington DC...August's travel.

Tattva Bodha, Sadhana Panchakam, Annual Seva Training, Youth Seva Training, Hanuman Chalisa, Puja Vidhi, Vibhishana Gita and Nirvana Shatakam...August's teaching.

i travel a lot!

i teach a lot!

BUT

am i learning a lot?

am I growing a lot?

What is the purpose of traveling, teaching, working, studying, caring, breathing, any verb we are engaged in, if we are not evolving?

We have all heard Acharya Shankara's *Bhaja Govindam* 100s of times.

We have all chanted Acharya Shankara's *Bhajan Govindam* 10s of times.

BUT

Have we all evolved with Acharya Shankara's *Bhaja Govindam* even 1 time?

Purpose is the purpose of our *E-Vichara*...

E-Vichara (August 22, 2016) --- Growing into Bhaja

- *to sing* - whenever we enjoy a certain experience, a certain art, a certain subject, naturally we express this enjoyment with others and/or oneself – some people sing about the Higher prompted by culture, some prompted by entertainment, some prompted by profession and in all cases the prompting is not independent interest
- *to seek* - seeking demands thinking about our lower-self for then we better understand our Higher-Self – by appreciating we are not capturing our ability (cap-ability) we invoke inspiration to change
- *to serve* - seekers who apply their mind to the Higher will naturally grow from living for 'me' to living for 'we' – Hanumanji's golden ear-rings teach us to be endlessly engaged in shravana (seeking) and His golden wrist-rings teach us to be endlessly engaged in seva (serving)
- *to worship* - evolving from a passive experiencing of bhajan-s to actively using our software/hardware, we can deepen our bhaja by following an ideal – Pujya Swami Tejomayananda shares "*An altar in life alters one's life.*", and this dedication is felt in our courageous willingness to sacrifice any/all lower pursuits which stealthily inhibit our potential
- *to love* - more demanding than a lifestyle revolving around the Higher is a vision of the Higher - to love is to identify with Infinity (Spirit) and synchronously to dis-identify with separation (ego)
- *to Be* - every verb implies a subject engaged in some movement, some change, some effort, some becoming, that is except Being - Being is most natural, Being is our Nature, Being is the fulfillment of Bhaja

+ carvaning with 30 foot RVs

+ gathering yatri-s from 13 cities

+ sleeping in a different 'spot' (spot = little to no water, electricity [including heat!] and connectivity) for 10 days

+ contemplating, reading and hiking in 1 powerful (we need to carry bear bells and be alert for wolves) national park

= *The Chinmaya Inspiration Yatra VI* is definitely immersed in bhaja...

Laughing Adventure of the Week (LAW): Experience is a wonderful thing. It enables you to recognize a mistake when you make it again!

"Only if there is hate in the heart does one tired of people. Do you ever get tired of your arms and legs? Do you ever want them to go away?" ~ Swami Chinmayananda

Inspire-Love-Be

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

"Look deep into nature, and then you will understand everything better." ~ Albert Einstein

A blessed group of young adults were able to intimately experience the import of this message by exploring *Banff National Park / Jasper National Park*. What we learned on our Yatra is the message of our *E-Vichara*...

E-Vichara (September 5, 2016) --- The Chinmaya Inspiration Yatra VI

- what we learned from the *Mountains* is natural humility - humans can create bricks to build, bombs to destroy and all in between yet humans cannot come close to the art of the Creator expressed as the grandeur of the sun, ocean, etc.
- what we learned from the *Snow* is powerful serenity - snow absorbs noise, snow enforces toughness, snow inspires quietude and all of these lead to contentment
- what we learned from the *Falls* is tireless persistence - waterfalls cut solid holes into solid rock by being relentless, similarly Bhagavan Krishna guides Prince Arjuna to be *nischaya* (determined) and *anirvinnachetasa* (inspired) in order to work with the mind
- what we learned from the *Lakes* is beautiful independence - the lakes assimilate the rock flour from the mountains to turn blue, the fallen trees from the forests to turn green and this acceptance is more enchanting than any combination/permutations of cover-up and cover-letters
- what we learned from the *Forests* is purposeful connection - the trees, shrubs, flowers are indescribably still, ever listening to each other and when the ground, rain, wind move these beings they softly speak to each other with no frustration, with no force
- what we learned from the *Animals* is universal freedom - we all know humans should not use humans for their own benefit and being with animals in the wild one comes to know that humans should not use animals for their own benefit either, the homes for animals are the lakes, forests, etc.

Laughing Adventure of the Week (LAW): My friend thinks he is smart. He told me an onion is the only food that makes you cry, so i threw a coconut at his face.

Finally, many of you noticed there was an error in how i wrote Pujya Gurudev's quote in the last *E-Vichara*. Below is the corrected quote with the missing word bolded:

*"Only if there is hate in the heart does one **get** tired of people. Do you ever get tired of your arms and legs? Do you ever want them to go away?" ~ Swami Chinmayananda*

And Pujya Gurudev's quote for this *E-Vichara*:

"You can save a lot of pain, unhappiness and failures in life, if you go to the Lord as the first resort, instead of making it the last resort." ~ Swami Chinmayananda

Inspire-Love-Be

33 - Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

Master Oogway (MO)

Master Shifu (MS)

Master Po (MP)

The Guru-shishya-parampara of the *Kung Fu Panda* Trilogy.

We have explored Part 1 on March 24, 2014.

We will explore Part 2 on October 31, 2016 (saving the most insightful sharing for last).

We will explore Part 3 right now...yin, yang, *E-Vichara*...

Special E-Vichara (September 19, 2016) --- Kung Fu Panda III

- The more you take the less you have (*MO* to *Kai*) - Life expressed as energy (chi) is that which enlivens
- Before any physical battle there is a mental battle, with oneself and then others - if we defeat our inner enemies we will not need to defeat our outer enemies for we will have rediscovered Oneness
- There is always something more to learn, even for a Master (*MO*) - if wisdom instills humility (*vidya dadati vinayam*) certainly humility instills wisdom
- People only see from their limited view - if one cannot see the whole picture one is not qualified to judge
- Teaching a subjective science can be humiliating for one becomes aware of the separation between what one believes in and what one has faith in - we can only do what we can do
- A Master can see a Master within a disciple - for a disciple to see the same, a disciple must dedicate themselves fully to the Higher enabling a natural sacrifice of the lower
- A Master aspires to strengthen us by transforming us into the best us - honesty in who we are reduces retardants to our growth such as comparisons, jealousies, insecurities, etc.
- *MO* contemplated in isolation on the question "Who am I?" for thirty years - our scriptures guide us within to find all the answers we need
- What happens is what the Universe needs not what I think - regardless of whether we understand this truth or not, in life we get what we deserve not what we desire
- We do not realize our potential until we revolve around those who are striving to unleash their potential - the deeper we identify with ourselves the greater the powers we manifest
- There is nowhere to run - the only direction is towards our responsibilities
- The ideal way to live is like the Sadguru without being a Sadguru - *MP* still bows to *MS*

Stay tuned for the *E-Vichara*-s on *The Lord of the Rings* Trilogy coming to your inbox in 2017!

Reflection Adventure of the Week (RAW): Set up a simple bed (sheet, pillow, blanket) on the floor and as you prepare to sleep in this simplicity, fill the mind with thoughts of Mohandas Karmachand Gandhi, our immortal Mahatma.

Laughing Adventure of the Week (LAW): Reaching the end of a job interview, a Human Resources manager asks a young engineer fresh out of college, "And what starting salary are you looking for?" The engineer replies, "In the region of \$100,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, full medical and dental coverage, and a company car, say a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yes, but you started it."

"When there is devotion in the heart and readiness to work hard, how can success ever escape such an individual?" ~ Swami Chinmayananda

Inspire-Love-Be

34 - Namah Te from Raleigh!

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

Yoga is a vision not a business. Rishi Patanjali understood this ancient philosophy and so has been able to share how make this a modern practice.

The only way to slow and stop the dilution of philosophy-practice which we are experiencing individually and institutionally, is knowledge of the truth at the relative level. **This training will prepare us for Knowledge of the Truth at the Absolute Level.**

We do our part through our *E-Vichara*...

E-Vichara (October 3, 2016) --- Yoga is Transcending the Thoughts of the Mind - Part 1

- Purpose pulls performance - Rishi Patanjali unambiguously shares the purpose of the Yoga Sutra-s is yogah chitta vritti nirodah (yoga is transcending the thoughts of the mind)
- *yama* - the mind has been created extrovert hence the need to use abstinence to guide the mind inward - by following ahimsa (non-harming), aparigraha (non-collecting), asteya (non-stealing), brahmacharya (non-indulging) and satya (non-lying) we will quieten the mind
- *niyama* - the mind has been created extrovert hence the need to use observance to guide the mind inward - by following Ishvara-pranidhana (devotion), santosha (contentment), saucha (purity), svadhyaya (introspection), tapasa (discipline) we will quieten the mind
- *asana* - when the body is controlled in postures, mental energy is conserved - just as a rocket needs sufficient escape velocity to be free of the Earth's gravity, we need sufficient energy to change
- *pranayama* - when the breath is controlled in flows, mental energy is concentrated - we lack interest not concentration and this practice trains us to be interested in more than the material
- The conflict between humans, religions, etc., is because we live at the surface where the only meaning is literal - if we study more and reflect more, we will listen more and think more, we will go deeper than the literal to the intention of a human, a religion, etc.

In our next *E-Vichara* we will explore how the above means are continued and lead to the ends - *samadhi*.

Reflection Adventure of the Week (RAW): Bathe (safely) with the lights off. Post bath turn the lights on and post dressing write all you thought about.

Laughing Adventure of the Week (LAW):

A son asks his father, "Dad, are bugs good to eat?"

"That's disgusting! Don't talk about things like that over dinner," the dad replies.

After dinner the father asks, "Now son, what did you want to ask me?"

"Oh nothing," the son says. "There was a bug in your soup, but now it's gone."

"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

35 - Namah Te dear All,

i hope this message finds all my fellow seekers infinitely, constantly and unconditionally Joyous!

Yoga is a vision not a business. Rishi Patanjali understood this ancient philosophy and so has been able to share how make this a modern practice.

The only way to slow and stop the dilution of philosophy-practice which we are experiencing individually and institutionally, is knowledge of the truth at the relative level. **This training will prepare us for Knowledge of the Truth at the Absolute Level.**

We do our part through our *E-Vichara*...

E-Vichara (October 17, 2016) --- Yoga is Transcending the Thoughts of the Mind - Part 2

- Jina means conqueror, not of man rather of mind - by following the means of yama (abstinence), niyama (observance), asana (controlled postures) and pranayama (controlled breathing) one is preparing for Silence by calming the body / breath
- *Pratyahara* - after dis-identifying with the food / physiological sheaths, we have to be vigilant to not let our identification be usurped by the mind and forced to the senses - by practicing prati (lessening) + ahara (inputs) an environment is created where the mind is disengaged allowing for identification with the intellect
- *Dharana* - the body interacts, the breath inputs, the mind interprets and the intellect instructs - the evolution of our efforts is to shift our concentration from the earlier verbs to holding on to the Awareness illumining the verbs
- *Dhyana* - steady and sincere efforts to call the intellect to Awareness naturally grows to become effortless - establishing one's self as Awareness is the only way to breaking one's self from ignorance
- *Samadhi* - the ego is ever converting us to become this, to become that - with our identification dha (placed) + sama (fully) in the Self, the noise of the ego is silenced
- Rishi Patanjali unambiguously shares the purpose of the Yoga Sutra-s is yogah chitta vritti nirodah (yoga is transcending the thoughts of the mind) - such Freedom is only possible if we are engaged in yoga full-time...

Laughing Adventure of the Week (LAW): A fool and a simpleton have a ranch. They have just lost their bull. The men need to buy another but only have \$500. The simpleton tells the fool, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." He goes to the market and finds one for \$499. Having only one dollar left, he goes to the telegraph office and finds out that it costs one dollar per word. He is stumped on how to tell the fool to bring the truck and trailer. Finally he tells the telegraph operator to send the word 'comfortable.' Skeptical, the operator asks, "How will he know to come with the trailer from just that word?" The simpleton replies, "He's a fool so he reads slow: 'Come for ta bull.'"

With this sharing we celebrate the completion of 7 years of *E-Vichara*-s! 7 years of reflecting together!! 7 years of realizing together!!! In Vedantik tradition teachings are given freely. No price can be tagged to the guidance an Acharya offers to seekers to live more purposefully, to kids to try their best, to workers with materials for their classes, offices, etc. Still, filled with gratitude and fulfillment a student seeks to give back.

We need more infrastructure so we can do more work. In 2008 i was assigned as the Acharya of Chinmaya Mission Niagara. Since then we have initiated satellite Centres in London and Kitchener. In 2013 i was assigned as the Acharya of Chinmaya Misson Pittsburgh. Since then we have initiated satellite Centres in Cleveland, South Hills and North Hills. i want you to visualize all our Courses, Classes and Camps as the 'mind' of a Centre. And to support the health of the mind we offer dakshina (regularly). Now i want you to visualize all our Ashram-s as the 'body' of a Centre. And to support the health of the body we offer donations (less regularly). This Autumn our London, Niagara and Pittsburgh Centres are ALL having fundraisers. And as their Acharya i need to help ALL these Centres.

London is facilitating a fundraiser to be able to mature from renting a school for our programs to purchasing our own Ashram. In time my parents, Acharya-s Madhu and Vijay, will live in the city and lead the Centre.

Niagara is facilitating a fundraiser to be able to build a safety fence around our Ashram so that our kids/youth can play on our property without anyone needing to worry. In time, we will establish a play area for kids and a sports court for youth.

Pittsburgh is facilitating a fundraiser to be able to build a Religious Centre on a soon to be acquired ten acre property. In time, we will build a Retreat Centre for the *Chinmaya Leadership Foundation*.

On June 22, 2009 the 1st *E-Vichara* was sent to 90 seekers. On October 17, 2016 the 281st *E-Vichara* will be sent to 4,118 seekers (not including Groups, Forums, etc.). If the subscribers, readers, students of the *E-Vichara* invest one hour in understanding/appreciating these diverse insights on Life and living, they are engaged in a Course on self-development. If you feel this Course is worth \$0.38 per lesson, please donate \$108 to the noble work in London (for our October Hanuman Chalisathon

with the aspiration to raise \$10,000). If you feel this Course is worth \$1.78 per lesson, please donate \$501 to the noble work in Niagara (for our November Dipavali Celeration with the aspiration to raise \$50,000). If you feel this Course is worth \$3.59 per lesson, please donate \$1,008 to the noble work in Pittsburgh (for our December Development Banquet with the aspiration to raise \$250,000). Between our Chinmaya Mission Niagara Centres and our Chinmaya Mission Pittsburgh Centres, every week over 1,000 students study how to realize joy, how to radiate joy. Is there a higher service?

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

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

Gratitude to you for supporting the infrastructure (physical) of these Centres. With strong bodies we will be able to focus on encouraging independence (mental) in these Communities.

"The search for Truth is not a sign of cowardice, laziness or lack of intelligence. On the other hand, it is the mark of bravery, enthusiasm and intelligence." ~ Swami Tapovanan

Inspire-Love-Be,

AV

I Aum Tat Sat I
I Peace is the Truth I