

E-Vichara

Year 8

Yoga is directing the mind to Joy...

1 - Namah Te from Trinidad!

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

We continue and complete our study of the *Kung Fu Panda* Trilogy...that is until *Kung Fu Panda 4* is released in 2018 (!)?

Exploration is a synonym for our *E-Vichara*...

Special E-Vichara (October 31, 2016) --- Kung Fu Panda II

- The most horrific experience for the equipments is to input/output pride - nothing can make one uglier than the ego
- A unhappy beginning need not condition the middle or end - revenge is an impotent fuel
- We are ever engaged in karma and so believe peace is a piece (material) - we all want to be healthier, richer, smarter yet we do not want to work hard for these blessings
- Every Master finds that the path to Peace is tapa (discipline) - all is possible with Peace
- Knowing the purpose of a circumstance one is challenged, not knowing the purpose of a circumstance one is weakened - a circumstance can evolve to a challenge or devolve to a problem, the choice is ours
- By flowing with the multiverse we expand our identification - to love some is attachment and to love all is detachment
- To push us from being enquirers to inquirers, Acharya Shankara perpetually prods us to ask "Whose are you?" - by understanding and appreciating our Divine origin we begin to express the same
- The more avarana (ignorance) the more vikshepa (projection) - the cup of greed has no bottom
- Being right makes one right - most often we experience fear on account of adharmik (selfish) living
- Happiness is not subject to sama (mediation), dana (exchange), danda (force) or bheda (separation) - Happiness is rediscovered when purity of mind meets clarity of knowledge
- Scars heal - all that matters is what we chose to be now
- Peace transcends context - are you willing to die to find the Truth

"The first step in spiritual life is steadfastness in the performance of your duties. This will lead to neutralizing likes and dislikes." ~ Swami Tejomayananda

Inspire-Love-Be

2 - Namah Te from Trinidad!

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

A favourite question/discussion in Vedantik circles is...fate or free-will? And even after insights are shared, the same doubt comes up again and again and again in minds and mouths.

Perhaps fate brings the question? Perhaps free-will brings the answer? Or the other way around? Perhaps clarity is written in our *E-Vichara*...

E-Vichara (November 14, 2016) --- Only God

- To understand Advaita Vedanta (Inner Knowledge of Oneness) one has to explore shruti (scripture), yukti (logic) and anubhuti (experience) to be able to see the full picture – however logic and experience are human based and so subject to flaw, scripture is Creator based and so subject to flawlessness
- *Bhagavad Gita* - Prince Arjuna in a moment of revelation shares with Bhagavan Krishna...*sthane* (all is as all should) - Bhagavan Krishna is the One who instills fear in Prince Arjuna and is the One who systematically distills fear from Prince Arjuna for humanity to universally identify with
- *Vishnu Sahasranama* – when Prince Yudhishtira asks Acharya Bhisma what the essence of life is, he shares 1,000 names of Bhagavan Vishnu – in Infinity, there is no finitude and certainly no possibility of finite arrogation
- *Shri Ramcharitmanas* – Goswami Tulsidas unambiguously shares *Rama rachi rakha* (God's wish happens) throughout 'his' thoughts, 'his' writing, 'his' scripture – lack of understanding of our selves (jiva) and our world (jagat) is not authority to reject the only independent presence, our Lord (Jagadishvara)

- *Shrimad Bhagavatam* – Shri Prahlad shares with his friends, the highest form of devotion is atmanivedanam (offering the ego) – the only aspect of Creation not attributed to the Creator is the ego and this thief is all the Creator wants so that we may be able to once again experience Peace
- *Drg Drshya Viveka* – Acharya Shankara shares maya (illusion) is nama (names) / rupa (forms) and that maya (not is) depends on Satta (Is) - God is the original cause (Absolutely Real) and all else are effects (relatively real), from the gods to a blade of grass, including you...

"The Lord is the sole Giver. Let Him give us the ability, tact and wisdom to run His program for His own glory." ~ Swami Chinmayananda

Inspire-Love-Be

3 - Namah Te from hour 68 of *The Chinmaya Inspiration Yatra VIII!*

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

Our yatri-s were instructed not to bring any:

- reading materials
- writing materials
- ritual materials
- electronics
- valuables
- food

Our yatri-s were instructed to prepare for:

- 40 hours of complete stillness
- 200 hours of complete silence

One of our most demanding yatra-s thus far. One of our most transformative yatra-s thus far. i am proud of our 19 courageous yatri-s.

Demanding and transformative, sounds like a journey. Hey, how about we write about **the evolution of Prince Siddhartha to Gautama Buddha through our E-Vichara...**

E-Vichara (November 28, 2016) --- From Baddha to Buddhva

- Prince Siddhartha was restrained from leaving home by the 'pleasure palace' inhabited by only young people who were ever engaged in song and dance - when our purpose for living is pleasure, possession, position we have no energy, no time and no inclination to inquire into Peace
- Prince Siddhartha was not satisfied with his environment and escaped the 'pleasure palace' to observe what living truly is - articles, beings and circumstances are only distractions if we are distracted by them
- Prince Siddhartha upon leaving the 'pleasure palace' for the first time saw an old man - all that is created will change hence depending on the changing for completion is immature
- Prince Siddhartha upon leaving the 'pleasure palace' for the second time saw a sick man - those who use their body-mind for apakara (selfishly) become sick of their own body-mind and those who use their body-mind for upakara (selflessly) become appreciative of their own body-mind
- Prince Siddhartha upon leaving the 'pleasure palace' for the third time saw a dead man - built into a birth-day is a death-day and not being aware of the latter is a reminder that each breath should flow in the direction of moksha (the end of desires before the end of breaths)
- Prince Siddhartha upon leaving the 'pleasure palace' for the fourth time saw an independent man - only Peace can create Peace, only the Content transcend context

"When the supreme physician, the most merciful and all-loving Lord, exposes you and me to certain calamitous situations or sad circumstances, do you think that He gives us that sorrow deliberately for His own pleasure? Those who have faith in Him, will only say, "O Lord, I know that you are doing it for my own good, but along with the pain, please give me the strength to bear the pain." ~ Swami Chinmayananda

Inspire-Love-Be

4 - Namah Te from hour 148 of *The Chinmaya Inspiration Yatra VIII!*

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

We have practiced continuously keeping the body-breath calm for almost a week.
We have practiced continuously keeping the mind-intellect quiet for almost a week.

In such tapa (burning), the ego becomes still and one is able to listen to Silence. i share with all of you some of the whispers Silence has shared with me through our *E-Vichara...*

E-Vichara (December 12, 2016) --- Renouncing Renunciation

- Vedanta is a vision not a lifestyle (one studies in a Vedanta Course one does not study in a Brahmachari Course) - the scriptures the renunciates of Sanatana Dharma study and share the most are *Ramayana* and *Mahabharata (Bhagavad Gita)*, both involving Divine students learning from a married couple (Rishi Vashishta-Arundhati and Rishi Sandeepany-patni) and proceeding to be married
- Bhagavan Krishna created a colour system (varna) based on a personality's attitude not action - in our intellectual inertia we directly and indirectly interpret this message as caste system, basing a personality on their name-form which means if you change your name-form apparently you can change your personality
- Prince Arjuna scripturally, logically and practically explained to Bhagavan Krishna why they should leave their 'stage' and Bhagavan Krishna responded to Prince Arjuna's justification by not responding - Bhagavan Krishna's silence teaches the strong do not leave their 'stage', they stay to learn from their 'stage', empowering them to be free in any 'stage'
- Articles, beings and circumstances are only distractions if we allow them to be - our distraction is correlated to our dependence, the greater the dependency the greater the capacity to distract
- Ordinary renunciation is giving up dependents, extraordinary renunciation is giving up dependencies - in higher meditation even the idea of renouncing is renounced
- Understanding and appreciating renunciation to be internal why do we externalize this truth - understanding and appreciating Knowledge (jnana) as 'Being' why do we externalize this truth with a ritual (karma) of 'becoming' a renunciate

"Never divorce life from Him. In fact, He alone is that which becomes the world and its play." ~ Swami Chinmayananda

Inspire-Love-Be

5 - Namah Te from Newark!

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

na karmana na prajaya dhanena tyagena eke amrtatvam anashuhu...

Literal meaning: By renunciation alone one gains Freedom, not by action, family, wealth...

Implied meaning: By renunciation of identification with action, family, wealth, alone one gains Freedom...

For followers of ritualistic living (karma kanda), the literal meaning is the highest.

For followers of visionary living (jnana kanda), the implied meaning is the highest.

We study Vedanta, a vision not a prescribed lifestyle. We study renunciation of identification through our *E-Vichara...*

E-Vichara (December 26, 2016) --- Pancha Kosha Viveka

- *The body interacts, the body is not I* - the body is just a means to engage with articles, beings, circumstances and giving more importance to the means than is due is indiscriminate living (aviveka)
- *The breath inputs, the breath is not I* - that which can be controlled is 'my' not 'me' thus we consciously / unconsciously feel 'my-breath' not 'me-breath'
- *The mind interprets, the mind is not I* - the nature of the mind is confusion (samshaya atmika), the mind misinterprets inputs from the senses and again misinterprets instructions from the intellect
- *The intellect instructs, the intellect is not I* - the nature of the intellect is clarity (nischaya atmika), this gift from God is our guide to transcend the ego

- *The ego identifies, the ego is not I* - the nature of the ego is separation from the higher and connection to the lower, forever drowning us in experiences (i.e. perceptions, thoughts, etc.) through the equipments
- *The Spirit is Illumination, the Spirit is I* - I is an expression of our Nature (Existence-Awareness-Joy), a noun beyond any and all verbs

As we complete 2016 and commence 2017, i pray to Bhagavan and the Guru-shishya-parampara that every reader and non-reader of the *E-Vichara* rediscovers once and for all they are not the illuminator, they are ILLUMINATION!

Signing off for the year...

"To a Vedantin, the real Guru is the pure intellect within. The purified, deeply aspiring mind is the disciple." ~ Swami Chinmayananda

Inspire-Love-Be

6 - Namah Te from Houston!

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

**anudvega-karam vakyam satyam priya-hitam cha yat
svadhyayabhyasanam chaiva vanmayam tapa uchyate**
Srimad Bhagavad Gita - Adhyayah 17 - Shloka 15

**Speech which is calming, truthful, sweet, beneficial,
studies and practices self-development alone is disciplined speech.**
The Celestial Song - Chapter 17 - Verse 15

This week, 150 seekers and i began a 20 month course designed by Pujya Swami Tejomayananda on *Bhagavad Gita*. As we explore these sacred words, i share words to prepare us for words with our *E-Vichara*...

E-Vichara (January 9, 2017) --- Learning How to Speak

- *calmly* - by keeping the volume of our voice quiet we encourage the 'volume' of our mind to be quiet - calming words encourage conversation rather than conflict
- *truthfully* - considering we cannot verify all the facts of what we hear and read, we should only share facts we believe - if we are unsure of facts we should exercise silence, failing to do so we are more or less lying
- *sweetly* - when engaging a subjective science, more important than what is said is who is saying - whether a message is happy or harsh by using clean, positive, supportive words absorption will be deeper
- *beneficially* - every day every one is becoming busier so who has the time to waste with being useless - becoming more effective is learning to say no to speaking gossip, learning to say no to hearing gossip
- *meaningfully* - every day every one moves closer to death so has the time to waste with talking about pleasure, possession, position - becoming more enlightened is learning to say no to speaking or hearing any subject that does not revolve around Peace
- *measuredly* - another Scripture adds our speech should be measured for the more we open our mouth the more mistakes we can make - working to say more by saying less pushes the speaker and listener (reader!) to think...

"Silence is the Reality, not the sound that comes over it." ~ Swami Chinmayananda

Inspire-Love-Be

7 - Namah Te dear All,

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

Think about why you woke up this morning.
Think about why you 'ran around' this afternoon.

Think about why you returned home this evening.

Think about why you move...

By thinking, we replace *facing everything and running to facing everything and RISING (F E A R)*! **Let us think about what moves us by moving with our E-Vichara...**

E-Vichara (January 23, 2017) --- F E A R

- *stagnation* - a personality refusing every kind of force is one which simply does not change - such people are tamasik, such people are fear-full
- *provocation* - a personality subject to external forces which push one down - such people are tamasik-rajasic, such people are nervous
- *motivation* - a personality subject to external forces which push one up - such people are rajasic, such people are daring
- *inspiration* - a personality subject to internal forces which push one up - such people are rajasic-sattvik, such people are adventurous
- *love* - a personality subject to internal forces which pull one up - such people are sattvik, such people are courageous
- *Being* - a personality beyond every kind of force is one which simply is Changeless - such people are Brahman, such people are fear-less

"Be alert to act and serve, not anxious to plan and worry." ~ Swami Chinmayananda

Inspire-Love-Be

8 - Namah Te from Collingwood!

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

Nirantara ~ always

Nitaram ~ always

Nitya ~ always

Sada ~ always

Sarvada ~ always

By remembering the Divine always, we live for the Divine always.

By living for the Divine always, we feel Divine always.

Enlightenment demands always. And we can do always without needing to change our context! Let us join Prince Arjuna as Bhagavan Krishna guides him on how to change his content with *Shrimad Bhagavad Gita's* Chapter 4 Verses 24-30. Our guide to the Guide is our *E-Vichara...*

E-Vichara (February 6, 2017) --- Dedicated Living - Part 1

- *drishti yajna* - yajna is traditionally defined as sacrifice though a more meaningful definition is dedication for only then one sacrifices - if we can cultivate the vision that there is only Divinity (Infinity), we will care for humans, animals, plants and stones as we care for ourselves
- *deva yajna* - every yajna has the components of the **offerer** (ego), **offering** (varies), **offered to** (varies) and **dedication** (to Divinity) - by envisioning **sense objects as the offering** and **sense organs as the offered to**, we will be more careful with what we input into our bodies and minds
- *brahma yajna* - yajna only manifests when the ego is being connected to Divinity - by envisioning **ego as the offering** and **Divinity as the offered to**, we will nurture humility with every experience until we no longer feel separation
- *indriya samyama yajna* - operating from sakama (selfishness) creates disturbance (chitta ashuddhi) while operating from nishkama (selflessness) creates quietude (chitta shuddhi) - by envisioning the **organs of perception as the offering** and **discipline as the offered to**, we will conserve physical and mental energy
- *atma samyama yajna* - the more dedicated we are the more we feel that our atma (self) is not the body, is not the ego - by envisioning the **organs of perception and organs of response as the offering** and **discipline as the offered to**, we will be more purposeful and less transactional as we interact with the world

- *dravya yajna* - Bhagavan creates the Veda which creates dharma which creates yajna - by envisioning **possessions as the offering** and the **needy as the offered to**, we will develop the strength to be more with less and dissolve the dependency we have on what we have given

"Let us learn to love each other and work cooperatively, not only for our own individual development, but also for the spread of Hindu culture." ~ Swami Chinmayananda

Inspire-Love-Be

9 - Namah Te dear All,

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

In January, 60 young adults gathered in Houston to explore *Face Everything And Rise*.

In February, 75 young adults gathered in San Jose to explore *Lift Yourself By Yourself*.

What was the vision of these Retreats? By remembering the Divine always, we live for the Divine always. By living for the Divine always, we feel Divine always.

We continue with our remembrance of *Shrimad Bhagavad Gita's* Chapter 4 Verses 24-30. Our guide to the Divine is our *E-Vichara*...

E-Vichara (February 20, 2017) --- Dedicated Living - Part 2

- *tapa yajna* - yajna (dedication) creates varsha (potential) which creates anna (prosperity) which creates praja (people) - by envisioning the **mind as the offering** and **voluntary discipline as the offered to**, we will burn (tapa) our comfort zones, our likes/dislikes, our divisions
- *yoga yajna* - our Upanishad-s expound how dedication is God (yajno vai Vishnuh) - by envisioning the **equipments as the offering** and **development as the offered to**, we will commence perpetually bettering ourselves and cease wastefully comparing others
- *svadhyaya yajna* - the visionary are focussed on the right to actions, in the present and in control, not the right to results, in the future and out of control - by envisioning **the ego as the offering** and **inquiry as the offered to**, we will realize I is not the ever-changing identifier, I is ever-lasting Illumination
- *jnana yajna* - the visionary have a arpana buddhi (dedication of their actions) for this catalyzes a prasada buddhi (acceptance of their results) - by envisioning **ignorance as the offering** and **knowledge as the offered to**, we will rediscover we are not separate, ending the endless game of feeling small, feeling sad, feeling stress, feeling stuck
- *prana yajna* - instinct is to live by a lust for life ever interested on getting, intention is to live by a love for life ever interested on giving - by envisioning one's **physiology as the offering** and **discipline as the offered to**, we will not torture our faculties of inhalation, excretion, digestion, circulation and protection rather we will preserve these precious gifts
- *anna yajna* - sans dedication one is alive, not living - by envisioning **food as the offering** and **discipline as the offered to**, we will treat the growing, preparing and eating of food as functional, nothing more and certainly nothing less

An error in one of the reflections in the last *E-Vichara* is corrected below with the missing words in bold:

brahma yajna - yajna only manifests when the ego is being connected to Divinity - by envisioning ego as the offering and Divinity as the offered to, **we will** nurture humility with every experience until we no longer feel separation

"Teach the mind to smile forth in joy. In a smiling joyous mind, divinity seeks its shelter." ~ Swami Chinmayananda

Inspire-Love-Be

10 - Namah Te dear All,

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

yatha drishti tatha srishti | (As your vision, as is living.)

A scientist, artist and lover would all 'see' a flower differently, no? Well as seekers, all we 'see' should be Divine, no?

To help train our vision to 'see' the Truth, we study the meaning of a famous bhajan (*Palan Hare* from *Lagan*), as sung by our *E-Vichara*..

E-Vichara (March 6, 2017) --- Dear Nurturing Lord

- *O palan hare nirguna aur nyare* (Dear nurturing Lord you are indescribable and limitless) - the fundamental way the Infinite nurtures us is with Existence, with Awareness
- *Yeh gagan hai magan tumhe to diye ho isse tare* (The sky enjoys the stars the Creator has given) - the Infinite is all inside of us, the Infinite is all outside of us, coming and going is only a play of forms and names
- *Bhagavan yeh jivan tumhe na sanwaroge* (God if you do not beautify living who will) - God is of the nature of everlasting virtues, the more of which we invoke the more beautiful we become
- *Dukhi jan ko dhiraj do* (To the sorrowful give fortitude) - All challenges are a form of training if our focus is on virtue development
- *Bhakti ko shakti do* (To the devoted give strength) - The strong rely on the Divine, freeing themselves from dependency
- *Tumare bina humara koi nahin* (Without You we have no one) - Our only relationship beyond space, time, matter, cause for compassion, etc. is our Original Parent whom we all need to make more time for...

"To establish ourselves in contemplation upon the Lord's feet is to enter into a harbour safely away from the tyranny of time." ~ Swami Chinmayananda

Inspire-Love-Be

11 - Namah Te from Orlando!

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

yatha drishti tatha srishti | (As your vision, as is living.)

A scientist, artist and lover would all 'see' a flower differently, no? Well as seekers, all we 'see' should be Divine, no?

To help train our vision to 'see' the Truth, last *E-Vichara* we studied a famous bhajan which can easily fill the mind with thoughts of God. **This week we study a famous song (*Separate Ways by Journey*) which demands concentration to transform the meaning from romance to devotion. Exploration, concentration, transformation, *E-Vichara*...**

E-Vichara (March 20, 2017) --- Separate Ways

- *Here we stand, worlds apart, hearts broken in two* - forgetting the nature of Infinity, we believe we are separate from God, causing us to feel small, sad, stress, stuck
- *Feeling that it's gone, can change your mind* - our identification with the body is so comprehensive, this hallucination has become our reality
- *Troubled times caught between confusions and pain* - if clarity creates conviction and confidence, then confusion creates fear and sorrow
- *If you must go, I wish you love, you'll never walk alone* - even when we follow ignorance, God is looking at us which means God is looking after us
- *Someday love will find you, break those chains that bind you* - the moment we are intensely aware of the nature of sorrow we will run to Joy, or the moment we are intensely aware of the nature of Joy we will run from sorrow
- *If he ever hurts you, true love won't desert you, you know I still love you* - God's ambassador is the Guru, dispatched to free us from dependency, a flow of love expressing as the purest intention whether we understand this or not...

"End the ego, and end the woe." ~ Swami Chinmayananda

Inspire-Love-Be

12 - Namah Te from Morgantown!

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

Whenever we think of parenting, surely an image of a parent instructing a child arises. **Have you ever thought about parenting based on a child guiding a parent? Join us as we listen in on the dialogue between the divine son Pahlada and the demonic father Hiranyakashipu through the amplifier that is our E-Vichara...**

E-Vichara (April 3, 2017) --- The Shreya Parent - Part 1

- Every moment we have choice between following the path of preya which is reactive, sight-based, short-term and shreya which is responsive, vision-based, long-term - being a parent is physical and mental, financial and political, social and spiritual, making being a parent the most comprehensive sadhana, if one has such an understanding
- *shravana* (to listen without judgement) - philosophy: only when we learn about a child can we care for them - practice: every day, week, month we should organize an opportunity for quality time with our child
- *kirtana* (to speak without motive) - philosophy: a sacred parent's only purpose is to guide their child to being independently joyous - practice: instead of falling in the trap of communicating in a passive aggressive manner, be actively calm thereby showing your child that sattva is more effective than rajas
- *smarana* (to think without regret) - philosophy: each child is born with a unique blueprint (vasana-s) designed for their development and sometimes they learn quickly and sometimes they learn slowly - practice: constantly remember how much your child is constantly growing encouraging you to focus on the child rather than the circumstance
- *seva* (to serve without complaint) - philosophy: when a parent is fundamentally connected to a child then one holds on to their responsibilities and lets go of their rights - practice: whenever one is being shaken up, go for a walk to calm down to see the big picture again
- *archana* (to worship without expectation) - philosophy: a dedicated parent naturally sacrifices feeling this purpose as a source of delight (prasada) - practice: by using all we have, we enjoy what we have, realizing how fortunate we are

"The external props, such as temples, idols, and gurus, are all but encouragements. They must be intelligently used to help build up inner perfection. With inner purity, the student comes to be guided more and more by the intellect." ~ Swami Chinmayananda

Inspire-Love-Be

13 - Namah Te dear All,

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

Whenever we think of parenting, surely an image of a parent instructing a child arises. **Have you ever thought about parenting based on a child guiding a parent? Join us as we continue to listen in on the dialogue between the divine son Pahlada and the demonic father Hiranyakashipu through the amplifier that is our E-Vichara...**

E-Vichara (April 17, 2017) --- The Shreya Parent - Part 2

- Every moment we have a choice between following the path of preya which is reactive, sight-based, short-term and shreya which is responsive, vision-based, long-term - being a parent is physical and mental, financial and political, social and spiritual, making being a parent the most comprehensive sadhana, if one has such an understanding
- *vandana* (to love without selfishness) - philosophy: loving begins with oneself and the maturation of self-love is independence, enabling one to focus on the needs of a child rather than being needy - practice: exercise everyday enabling one to be strong enough to care for a child
- *dasya* (to be an ambassador without sheltering) - philosophy: understanding and appreciating we are to protect God's child not possess 'my' child, we support our child as life teaches them - practice: remember *The Beatles* powerful song *Let It Be*
- *sakhya* (to be a friend without escaping) - philosophy: as the body advances, relationships must advance and a parent should have the courage to become a friend, ready to discuss what friends do - practice: tactfully remind your child you are available for them and thoughtfully be available for your child

- *nivedana* (to be the self without ego) - philosophy: the evolution of belief is faith, the evolution of faith is trust, to trust a child as one trusts oneself is great - practice: give greater responsibilities to a child encouraging them to be great
- *Bhava* (to Be) - philosophy: in Advaita darshana there is no parent, there is no child, there are no beings, there is only Being - practice: KEEP SMILING!

"The relationship between the Guru and disciple is about one's relationship with God. Through God's grace, the outer Guru is manifested to help bring the disciple back to the inner Guru." ~ Swami Chinmayananda

Inspire-Love-Be

14 - Namah Te dear All,

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

What is the point of schooling?
 What is the point of working?
 What is the point of marrying?
 What is the point of disciplining?
 What is the point of anything?

The point of everything is to dismantle any and all separation. Satya is Advaita. Oneness is Truth. Philosophical and practical points on how to live ego-free is the point of our *E-Vichara*...

E-Vichara (May 1, 2017) --- Ego Erasers

- **Ego** is an illusion which makes us identify with limitations such as intellect, mind, breath, body - the intellect instructs, the mind interprets, the breath inputs, the body interacts, all the equipments serve a function while the ego just lives off these functions like a parasite
- **God** is that which is most independent and that which is most independent is Infinite - we feel dependent, we feel finite for the ego has deluded us into feeling our core is not independent, is not Infinite and so we are not God
- **Observations** that even when life is 'perfect' that living is lacking, we stop gripping the world - being less worldly is a catalyst to a calm body, natural breath, quiet mind, still intellect enabling us to see through the ego
- **Introspect** steadily and sincerely about who we are and what is the universe - saying 'no' to indulgence, saying 'no' to materialism, saying 'no' to politics creates time in our schedules which creates space in our minds to reflect
- **Silence** the mouth and mind about gain - only when we give wholly do we realize that none of the resources, time and effort we gave even belonged to us that all belongs to God
- **Merge** the ego with God by renouncing any and every idea of individuality - if we are not being an individual we are Being

An error in one of the reflections in the last *E-Vichara* is referenced below with the corrected word in bold:
vandana (to love without **selfishness**) - philosophy: loving begins with oneself and the maturation of self-love is independence, enabling one to focus on the needs of a child rather than being needy - practice: exercise everyday enabling one to be strong enough to care for a child

"Sannyasa means sacrifice. To live in a spirit of sacrifice after renouncing completely one's ego and its desires is true sannyasa." ~ Swami Chinmayananda

Inspire-Love-Be

15 - Namah Te from Los Angeles!

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

Hanuman Chalisa...focuses on bhakti right?
 Advaita Vedanta...focuses on jnana right?

Actually, Hanuman Chalisa is Advaita Vedanta. WHAT?

Let us explore the complete journey from becoming a seeker to Being Svatantra, with our *E-Vichara*...

E-Vichara (May 15, 2017) --- Vedanta in a Chaupai

- For the ordinary personality, knowledge of pleasure, possession and position (outer information of competition) is utilitarian - for the extraordinary personality, Inner (antah) Knowledge (veda) of Oneness (advaita) is the only way to Peace
- *Anjani Putra Pavana Suta Nama* - To evolve from being an extrovert to an introvert, chitta shuddhi (quiet mind / still intellect) is required - our software is presently infected with the virus of selfishness and the program to remove this alien is constant selflessness
- *Atulita Bala Dhama* - The typical measure of strength is physical - the thoughtful measure of strength is mental/intellectual balance, focus and subtlety
- *Duta* - As long as the prerequisite of chitta shuddhi is not developed, jnana (knowledge) will not be pramana (authoritative) - when a seeker has engaged in steady and sincere sadhana, their relationship with the message of Freedom deepens from information (belief) to knowledge (faith) to wisdom (trust)
- *Rama* - The ever present, ever powerful, ever peaceful presence, within and without us is Rama - the difference between karma (action) and jnana (knowledge) is with the former you have to know and do, with the latter you just have to know
- Upon waking up from a dream we do not have to do anything to remove the dream or to build the waking, knowing is becoming - you are Divine, embrace this truth, know this Truth, feel this TRUTH

"It is the repetitive experience of working with the teaching over time that enables us to grow deeper in understanding and to make it our own." ~ Swami Chinmayananda

Inspire-Love-Be

16 - Namah Te dear All,

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

Monday, May 29 returned from Los Angeles post teaching *Gita's* Chapter 14 to our young adults (audio/visual recording will be available soon).

Friday, Jun 2 returned to Pittsburgh to teach *Yoga Sutras* to our young adults (audio recording will be available soon).

Our young adults are fortunate to gain access to these 'inaccessible' scriptures. And so are we as we explore insights into Rishi Patanjali's teachings through our *E-Vichara*...

E-Vichara (May 29, 2017) --- Will the Real Kriyayoga Please Stand Up

- *yogashchittavrttinirodah* - the Yoga Sutras are expounded in 4 sections: the Purpose, the Practice, the Power and the Peace - in the Purpose section, the 2nd sutra shares, transcending thoughts of the mind is yoga
- *tapah svadhyayeshvarapranidhanani kriyayogah* - not having studied this 1st sutra of the Practice section, many teachers and their organizations proclaim kriyayogah is asana and/or pranayama - when our shastras are not carefully examined in a parampara (lineage), naturally individual interpretations will manifest sharing asana is the ends when this is only for outer balance, sharing pranayama is the ends when this is only for inner strength
- *tapah* - discipline is the fire to burn down comfort zones which express as likes / dislikes - when we know there is more to living than studying, working, enjoying, we burn within and this is the catalyst to accepting we need to change
- *svadhyaya* - reflecting on one's limited self one comes to appreciate one's Limitless Self - we naturally and endlessly exert to know more about investments, politics, relationships, and to shift this exertion to knowing oneself is to evolve to a seeker
- *ishvarapranidhana* - tapah is knowing one has to change, svadhyaya is knowing how one has to change and finally ishvarapranidhana is changing by infusing every moment with the presence of Bhagavan - God is the Creator, God is the creation and living with the feeling that all that is received is from the Divine and all that is offered is to the Divine is logical
- *tatah kleshakarmanivrttih* - in one of the last sutras of the Peace section, Rishi Patanjali shares by immersing oneself in discipline, discrimination and devotion one is freed from the sorrow of ignorance - thus kriyayogah is not

a secret, is not a phenomenon, is not a technique, kriyayogah is not a beach, is not beauty, is not a brand, for those seekers who care not for dilution, ease, popularity, kriyayogah is practicing egolessness

"Karma yoga is a way of life, and we have to live it if we want to come under its grace." ~ Swami Chinmayananda

Inspire-Love-Be

17 - Namah Te dear All,

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

The only purpose of life is to develop purity of mind.

Actually when this purpose is realized a new only purpose of life evolves which is to know one's potential.

Actually when this purpose is realized a new only purpose of life evolves which is to Be Joy.

Be Joy...know one's potential..develop purity of mind. Sounds wonderful.

Where do we begin to develop purity of mind? Why at home of course! And so we begin our tour of how to invoke the shat-sampatti (six inner wealths), vital to sync in with the only purpose of life. Our guide is our E-Vichara...

E-Vichara (June 12, 2017) --- Room for Religion?

- *Bedroom - shama* (coolness) is directing the mind towards the long term rather than the mind directing us to the short term - when our alarm clock is ringing, understand we set the alarm for good reasons and we should follow these reasons rather than comfort
- *Bathroom - samadhana* (focus) is concentrating on an entity entirely whereby one 'becomes' one with the entity - by focussing on just grooming we will inhibit thoughts from drifting to the past/future, we will inhibit immeasurable and irreplaceable wastage of time
- *Kitchen - dama* (calmness) is using the body as an equipment for a nobler purpose - by choosing the discipline of only taking a single serving the senses remain as a means never transgressing to become the ends
- *Car - titiksha* (endurance) is not to be rattled by the constant noise around oneself - most often when we drive we engage in all kinds of distractions to avoid listening to the source of noise, the ego, yet to practice endurance involves investing time and energy in dating (listening) the ego to be able to dump (Liberate) the ego
- *Office - uparama* (collectedness) is the expression of a cool mind and a calm body merging - maturity is knowing all that are created have responsibilities to creation and to engage in these responsibilities without complaint
- *Ashram - shraddha* (faith) is exerting to shift the feeling of the Divine from an icon to oneself/others - working with people is the most difficult facet of living and being open to the intentions and ideas of others is a sign of humility, a sign of Oneness

"Without external purity, internal purification will be a vague dream, an idle hope and a despairing vision." ~ Swami Chinmayananda

Inspire-Love-Be

18 - Namah Te dear All,

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

The only certainty is uncertainty. What a frightening truth!

That is, for those who make uncertainty the truth.

Shrimad Bhagavad Gita is a word painting of those who make Certainty the Truth. Let us study this art with our E-Vichara...

E-Vichara (June 26, 2017) --- Transcending Balance

- What is changing - if one reflects on this simple question, one understands names and forms are changing, empowering one to appreciate Existence and Awareness are Unchanging
- *tulya priya apriya* is being balanced with the pleasant and unpleasant, at the physical level - reflecting on what the body goes through, nay what the body is, one does not take happenings at the physical level seriously
- *tulya stuti ninda* is being balanced with praise and criticism, at the mental level - reflecting on the rabid nature of the mind, one knows one cannot keep up with the mind and so one just watches the mind
- *tulya mana apamana* is being balanced in honour and dishonour, at the intellectual level - reflecting on how the ego depends on becoming different from other egos, the ego judges and feels judged, logically nullifying any validity to such judgements
- *tulya mitra ari* is being balanced with friend and foe, at a comprehensive level - reflecting on how working with people is the most difficult facet of living and so the most complete sadhana, one feels the sense to forgive and be forgiven as conflict is inevitable
- What is balance - balance is a pursuit for those who live in separation, balance is not possible for those who live in Oneness

"Success and failure - both are His. Ours is 'to do and die' till the end, where no more is any doing or death." ~ Swami Chinmayananda

Inspire-Love-Be

19 - Namah Te dear All,

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

Just returned from a week in DC! A weekend with 75 young adults revelling in self development followed by the weekdays with 75 youth revelling in self development. Truly the divine life society.

During our annual Retreat and Camp i asked all the students to reflect on their earliest memory...then saddest...then happiest...and finally on the present. The purpose of this exercise is to be clear that all is always changing.

As i reflected on one of my earliest memories, i remembered my 1st concert - my father and uncles took me to experience Michael Jackson (yes the King of Pop!) when i was 3 years old!!! From that defining experience, over the past 3 decades i have enjoyed a 100 concerts. Initially for recreation, later for reflection. **This year has been filled with memories of concerts encouraging mananam on contentment. Join me on this learning tour with our E-Vichara...**

E-Vichara (July 10, 2017) --- Summer Concert Series

- *The Lumineers* in London - though *The Lumineers* are made up of 3 band members, the lead singer is also the lead guitarist and so i learned the **power of independence** - by practicing working hard, one's body would be fit, one's mind would be focussed and one would want/need little
- *Pearl Jam* in New York - the music industry is filled with pleasure, possession and most of all position which is why so few bands last yet *Pearl Jam* has been committed to the art for over 25 years and so i learned the **power of loyalty** - by practicing following dharma, one tunes in to one's responsibilities, unlocking the joy of living for oneself and others
- *Live* in Burlington - they came together beautifully, they broke up bitterly nevertheless *Live* has regrouped and so i learned the **power of resilience** - by practicing offering forgiveness, one understands and appreciates the nature of finitude encouraging one to never give up
- *City and Colour* in Niagara - having begun in Niagara, *City and Colour* is now of international stature still finding time to play locally and so i learned the **power of gratitude** - by practicing paying attention, one realizes every moment is a divine gift enabling one to never take any moment for granted
- *The Tea Party* in Buffalo - the virtue of 'dispassion' is thrown around casually yet if thought about carefully the virtue is a dispassion for getting, *The Tea Party* being a clear expression of real dispassion and so i learned the **power of passion** - by practicing daring generosity, one has no opportunity to be lost in living for getting
- *Ziggy Marley* in Lewiston - the late great Bob Marley changed music forever, his eldest son *Ziggy Marley* is tireless in keeping his father's legacy alive and so i learned the **power of dedication** - by practicing conscious selflessness, one invokes dynamism and if one can be completely selfless one invokes Infinity...

"With eyes fixed on the goal, to strive on in the present, becoming the architect of the future is 'creative living'." ~ Swami Chinmayananda

Inspire-Love-Be

20 - Namah Te dear All,

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

Tulasidasji shares, *binu satsanga viveka na hoi* (without noble-company Reality is unknown). Recently i had the privilege of being in the company of Pujya Swami Swaroopananda as he revealed the brilliance of Gayatri Mantra. This collection of sounds/vibrations is known to be the core of the Veda (which is comprised of over 100,000 mantras!). Insights from this brilliant week is incited through our *E-Vichara*...

E-Vichara (July 24, 2017) --- Essence of the Essence

- *samskarat dvija uchyate* (culture makes one noble) - our culture is one of nitya snana (constant cleanliness), nitya sandhya (constant remembrance), nitya svadhyaya (constant introspection)
- Our culture is to not keep prosperity until we have given back to nature's forces, nature's beings, society, family, Guides - not recognizing one's gifts is equivalent to denying one's gifts
- If everyone is demanding rights who will be providing rights - by teaching individuals to be responsible, rights will naturally flow throughout society
- The rakshasas (selfish) only focus on developing physical strength while the devatas (selfless) focus on developing physical and mental strength - we all want the Changeless yet we ever work for the changing
- An ideal + name/form = an idol - our relationship with an idol should begin with observation, deepen to participation and end in immersion
- A discourse is self-reflection aloud - an *E-Vichara* is self-reflection written

"When we maintain poise, problems and challenges vanish like mist before the rising sun." ~ Swami Chinmayananda

Inspire-Love-Be

21 - Namah Te dear All,

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

From the middle of August to the middle of September almost all our *Chinmaya Mission* Centres in North America will recommence their *Bala Vihar* classes. 20,000 children learning all we need is Peace...awesome!
The success of these classes is the same children studying in our *Junior Chinmaya Yuva Kendra* classes.
The success of these classes is the same youth studying in our *Chinmaya Yuva Kendra* classes.
The success of these classes is the same young adults studying in our *Chinmaya Setu Kari* classes.
The success of these classes is the same transitioning adults living prosperously, living peacefully.

In May 2016 i invoked the sankalpa to rededicate myself to working with the young (see *Youth Alone Can* below). As we complete 2/3 of 2017 i am checking in:

January in Houston --- *Face Everything And Rise* Retreat for young adults
February in San Jose --- *Lift Yourself By Yourself* Retreat for young adults
March in Chicago --- *Spiritual Parenting* Retreat for transitioning adults
April in Portland --- *Understanding Marriage* Retreat for transitioning adults
May in Los Angeles --- *Finding Calmness in Chaos* Retreat for young adults
June in Pittsburgh --- *Going Deep* Retreat for young adults
July in Washington DC --- *Finding the Fundamental* Retreat for young adults / *Greater Confidence* Camp for youth
August in Boston --- *Being Your Best* Camp for youth

Pujya Swami Vivekananda loved the young! Hence his jayanti (January 12) is celebrated as *National Youth Day* in Bharat (India). With this feeling, summarizing what i have shared with the young this year, through the teachings of Pujya Swami Vivekananda, our *E-Vichara*...

E-Vichara (August 7, 2017) --- BYOB (Being Your Own Best)

- *"Neither seek nor avoid, take what comes."* - **always learn** for every moment has been specially designed by our Creator for our comprehensive development
- *"The brain and muscles must develop simultaneously. Iron nerves with an intelligent brain and the whole world is at your feet."* - **always exercise** for the body is precious and a maintained body is a catalyst for a meaningful mind
- *"By doing well the duty which is nearest to us, the duty which is in our hands, we make ourselves stronger."* - **always commit** for the world is shaky and to be able to bestow balance one has to be balanced
- *"Each work has to pass through these stages: ridicule, opposition and then acceptance. Those who think ahead of their time are sure to be misunderstood."* - **always remember** for if our purpose is clear we clear our path
- *"All condemnation of others really condemns ourselves. Adjust the microcosm which is in your power to do, and the macrocosm will adjust itself for you."* - **always lead** for when one's mind follows one's intellect, others will begin to believe such inner leadership is possible for them too
- *"The great secret of true success, of true happiness, is this: the man or woman who asks for not return, the perfectly unselfish person, is the most successful."* - **always smile** for not smiling is confusing the relative for the Absolute

"Each desire that arises in us is a vain attempt of the false intellect to give the delusory ego the infinite sense of fulfillment it is seeking." ~ Swami Chinmayananda

Inspire-Love-Be

22 - Namah Te from Phoenix!

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

On Vighneshvara Chaturthi 2017 the 17th Vedanta Course at *Sandeepany Sadhanalaya* commenced under the guidance of Mukhya Swami Swaroopananda. **This utsava made me realize on Vighneshvara Chaturthi 2007 the 13th Vedanta Course at *Sandeepany Sadhanalaya* was completed under the guidance of Guruji Swami Tejomayananda. i was a student in this Course. i left *Sandeepany Sadhanalaya*, physically, 10 years ago...**

10 years ago the city of Niagara Falls, Canada was graced with *Chinmaya Dhara*. To celebrate this beautiful expression of longevity Pujya Swami Shantananda shared insights into love and life through a Shrimad Bhagavata Saptah. Insights from this lovely week flow through our *E-Vichara*...

E-Vichara (August 21, 2017) --- Bhagavata Dharma

- Shrimad Bhagavatam begins in Naimisharanya which is the abode of Animisha, the One who is never *tamasik/lazy* - Bha (Bhagavan) + ga (gamana) + ta (tarini) + va (visheshena) = Bhagavata (the special means to reach God)
- *kali* (selfishness) felt as *kala* (disharmony) lives in *dyuta* (gambling or deceit), *kanchana* (gold or enmity), *pana* (alcohol or pride), *striya* (sensuality or lust) and *sunu* (violence or cruelty) - the one who never gives is said to have *shava hasta* (corpse hands)
- Creators becomes creatures when attached to their creations - we are ever engaged in self-harm by succumbing to *shoka* (regrets) of the past, *bhaya* (anxieties) of the future and *moha* (confusion) in the present
- In Kali Yuga (the age of distraction) all is fast, including Bhagavan's (God's) grace, remembering His name we will be Freed fast - no ritual can remove our *papa* (sin), only Bhagavan can
- Bhagavan wants an excuse to grace us - *kenapi upayena manah krshne niveshayet* (by any means the mind should live in Bhagavan Krshna) including *krodha* (anger) like Shishupal, *bhaya* (fear) like Kamsa, *sambandha* (affection) like Vrishnis, etc.
- Appreciating a Higher power one surrenders - the literal meaning of *vimana* is aerial car, the implied meaning of *vimana* is beyond ego (*vigata + mana*)

"There is a Powerhouse within us and yet we live in a state of permanent power failure." ~ Swami Chinmayananda

Inspire-Love-Be

23 - Namah Te dear All,

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

What makes a teacher of a subjective science strong? Training.

Between *Chinmaya Mission Niagara* (including our Centres in Kitchener and London) and *Chinmaya Mission Pittsburgh* (including our Centre in Cleveland) we have over 100 *Bala Vihar* Teachers. They are all seekers who are trained to teach. Teach who? Themselves.

Though named *Bala* (Kids) *Vihar* (Place), this movement is designed for those who teach, for those who administrate, for those who coordinate, etc. And what does such a design achieve? Balance.

Training themselves to be balanced. Sounds like Bhagavan Krishna guiding Prince Arjuna to be centred. For only the centred can be confident. For only the confident can be Content. Interesting? If yes, ground yourself in our *E-Vichara*...

E-Vichara (September 4, 2017) --- The Message is Balance

- The fulfillment of contemplation is transcending sorrow, is transcending separation - deeply appreciating this is the greatest reward would also mean deeply appreciating the greatest qualifications needed to experience this reward
- With a vision to be a contemplator, one's lifestyle should be comprehensively and uncompromisingly directed towards cultivating purity - one will know their vision/lifestyle is aligned with contemplation by experiencing a deepening calmness of body, a deepening quietude of mind and a deepening stillness of intellect
- *yukta ahara* is being balanced with our diet, nay with all we input through the sense organs - to cultivate balance with our diet, commit to consuming single servings, thereby encouraging the understanding that food is functional
- *yukta svapna-avabodha* is being balanced with our sleep, nay with being awake too - to cultivate balance with our sleep, commit to chanting before sleeping, thereby encouraging the understanding that higher quality sleep will create higher quality wakefulness
- *yukta vihara* is being balanced with our play, nay with all downtime - to cultivate balance with our play, commit to watching clean shows, thereby encouraging the understanding that active sadhana should be supported by passive sadhana
- *yukta cheshta* is being balanced with our work, nay with all exertion - to cultivate balance with our work, commit to investing 1% of time to serving an Ashram, thereby encouraging the understanding that worldly responsibilities are relative

"Be entirely honest. There is a sweet sense of fulfillment in being honest." ~ Swami Chinmayananda

Inspire-Love-Be

24 - Namah Te from Atlanta!

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

Previously on *E-Vichara* - the message is to be balanced in diet, in sleeping/waking, in recreation and in exertion. Such preparation for contemplation will enable one for the process of contemplation...

**Contemplation is most simple!
Yet contemplation is most difficult!!
Still contemplation is most worthwhile!!!**

Let us contemplate with our *E-Vichara*...

E-Vichara (September 18, 2017) --- Contemplation to Meditation

- *Relax* - the ego identifies with the body causing us to forever interact - redirect this extrovert identification by keeping the body completely calm and mentally massage the body from the toes to the head

- *Enjoy* - the ego identifies with the breath causing us to forever input - redirect this extrovert identification by keeping the breath completely natural and mentally participate in every inhalation/exhalation
- *Chant* - the ego identifies with the mind causing us to forever interpret - redirect this extrovert identification by keeping the mind completely quiet and mentally repeat a Divine name
- *Inquire* - the ego identifies with the intellect causing us to forever instruct - redirect this extrovert identification by keeping the intellect completely still and just watch the thoughts enter and exit, like a parade
- *Observe* - the ego identifies, having no intrinsic function at all - just watch the ego as it fights to survive by reasserting the extrovert identification with the equipments
- *Be* - the Self is Illumination, the Self does not illuminate - just Be the ever present, ever potent, ever peaceful Existence-Awareness-Joy free of all movement, free of all change, free of all effort

"Love is the very basis for Hinduism. If you know how to love, you are a great Hindu. All great people have become great because of their love for others. They gained greatness because they learnt to love." ~ Swami Chinmayananda

Inspire-Love-Be

25 - Namah Te from Minneapolis!

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

Satya Narayana Katha...taunh taunh taunh (my efforts at communicating scary sounds in words hahaha!)

A story about man's fear. A ritual about God's anger. Wrong and more wrong.

***Satya Narayana Katha* is a guide to develop faith and acceptance. How...**

Let us begin the katha that is our *E-Vichara*...

[E-Vichara \(October 2, 2017\) --- The Satya of Satya Narayana Katha \(SNK\)](#)

- *Chapter 1* - The vision of *SNK* is expressed by the question the Rishis ask Sutaji, how do we transcend karma (worldliness) to rediscover Ananda (Godliness) - the mission of *SNK* is expressed by the answer Bhagavan offers Naradaji, gather family/friends and offer puja (becoming) to the Purna (Infinite) on purnima (the full moon), deterring us from being luna-tics
- *Chapter 2* - When the brahmana (student) is engages in bhiksha (sincere for knowledge), the vrddha (God) guides the student to live by satya (nobility) enabling the brahmana to be content and finally Complete - the lakarhara (student) learns and follows the same disciplines from the brahmana (now a guide) enabling the lakarhara to be content and finally Complete, revealing that prayer and Peace is the right of all varnas (personality types)
- *Chapter 3* - Raja Ulkamukha (us) has pleasure, possession, position yet for higher blessings (a child / selfless love), dedication to the Highest is needed - sadhu (student) learns the same disciplines from the raja (now a guide) but was too busy to follow the disciplines despite being reminded by his sahadharmacharini (encourager of responsibility) and being blessed with Kalavati (a child)
- *Chapter 3* - Sadhu and his family have their pleasure, possession, position confiscated by Bhagavan (our well-wisher) - sadhu's child sees those dedicated to the Divine, sadhu's wife follows those dedicated to the Divine and graciously the Divine forgives sadhu for his forgetfulness with freedom and funds
- *Chapter 4* - The tapasvi with trident (the egoless One) tests sadhu's sadhana (growth) and sadhu fails on account of being a krpana (miser) however sadhu's son-in-law is suhrd (generous) in asking the tapasvi for forgiveness - sadhu ultimately follows discipline and Kalavati (us) being attached to family forgets to, forcing Bhagavan to confiscate her funds/family until she corrects herself and then all are enabled to be content and finally Complete
- *Chapter 5* - Being arrogant, Raja Thungadhvaja (us) refuses the prasada (Peace) of the gopas' discipline causing him to lose his pleasure, possession and position - being reflective, Raja Thungadhvaja (student) accepts his vice and prioritizes the same disciplines as the gopas (guide) enabling the raja to be content and finally Complete...

"Blast the fear complex with the dynamite of faith in nirbhayoham - I am fearless. That is my real nature." ~ Swami Chinmayananda

Inspire-Love-Be

26 - Namah Te from Ann Arbor!

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

What did you say on May 24, 2013 at 09.18a? Why?

What will you think on Jul 16, 2018 at 04.16a? Why?

Our words are led by our thoughts. And our thoughts are led by...? The Divine.

Let us be led from our words to the Whole with our *E-Vichara*...

E-Vichara (October 16, 2017) --- The Flow of Speech

- We all hear we are experiencing Bhagavan's lila, well how does Bhagavan facilitate this, by directing our thoughts, just as a automatic software download directs hardware - understanding the source of our thoughts is Ishvara (the Total Mind), the careful will appreciate the quality and quantity of their thoughts
- *Para* - The Infinite is known as Para (Highest), the Infinite is of the nature of Sat-Chit (Existence-Awareness) - Existence is felt as 'I', Awareness is felt as 'Know' and this feeling never changes
- *Pashyanti* - The Infinite is the cause from which all thoughts (vani) emerge and the same Infinite enables us to 'see' (pashyati) these thoughts - what pashyati feels like, is knowing a change in the mind yet not knowing any more feeling, clarity, details
- *Madhyama* - as the thought gathers more feeling, clarity, details, we come to know the thought for ourselves yet cannot communicate the same to another - understanding this phase of speech development, the mindful will appreciate the direction the Creator is giving, will appreciate the nature of their personality, will appreciate that thoughts are the centre (madhyama) of their life
- *Vaikhari* - at a relative level our karmas (actions) are sourced from our eshanas (desires) and our eshanas are sourced from our avidya (incompleteness) - at a tactile level our karmas (actions) are an expression of our vaikhari (words) and our vaikhari is an expression of our vrittis (thoughts)
- More practical than being a political analyst, an economic analyst, even an environmental analyst is being a mental analyst - a mental analyst is one who directs their thoughts back to the Transcendental, becoming a conduit of Peace

Gift -



The greatest himsa (harm) is living selfishly. The greatest himsaka (harmer) is ourselves against ourselves.

Outer darkness is not as intimidating as inner darkness. Those who do not think, those who partially think, those who wrongly think, are those filled with fear (avichara krto bandah).

Vedanta is the Science of Light. This most illumining science guides, those who rightly think, are those filled with freedom (vicharena nivartate).

Dipavali is an annual reminder for us to think about thinking! Where have we come from? Where are we going?

Our relationship with Dipavali must grow - out of a reminder and in to a presence. Those who have opened their hearts to Rama (Happiness), they shine as the Awareness that transcends freedom and fear (na muktih na bandhah).

i pray to Bhagavan and the Guru-shishya-parampara to grace and guide us to emerge from using lights to Being Light.

Joyous Dipavali to All!

Inspire-Love-Be,

Acharya Vivek



Gratitude -

With this sharing we celebrate the completion of 8 years of *E-Vichara*-s! 8 years of reflecting together!! 8 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 leaders with material for their classes, offices, etc. Still, filled with gratitude and fulfillment a student seeks to give back.

My last appeal to all of you to donate any amount towards helping me **publish books on self empowerment, build classrooms for self development, create programs for evolving adults to be self inspired.** Your generosity will enable 'me' to publish, to build, to create.

Credit Card

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

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

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

"True non-injury is only in our minds, which is not to think ill of anyone or anything." ~ Swami Chinmayananda

Inspire-Love-Be

AV

I Aum Tat Sat I
I Peace is the Truth I