

E-Vichara

Year 9

Remembering to reflect, reflecting to Revel...

1 - Namah Te from Trinidad!

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

Are you using social media? Is social media using you? To know, reflect on these tests:

1. Check your mind by checking your computer's *YouTube* history. What % of the videos encouraged you to be introvert?
2. Check your mind by checking your tablet's download history. What % of the applications encourage you to read, write and reflect?
3. Check your mind by checking your phone's communication history. How many minutes elapse between waking up and checking messages?

i am sure these straight-forward tests disclosed how social media is forcing us to become more extrovert. And the devolution of becoming more extrovert is becoming more lazy.

Humans are communal. Humans are curious. History supports these facts. However, the production and pervasiveness of social media is unprecedented. **The effect of social media on the mind needs to be studied. As insights on this effect are revealed, i predict the following guidelines will be shared...you heard it first with our *E-Vichara*...**

E-Vichara (October 30, 2017) --- The Social Media (SM) Sutras

- *Use SM in AM* - the intellect is strongest between 03.00a-09.00a and so the propensity to use SM productively rather than indulgently is clearest as the sun rises
- *Use SM in public* - by using SM on a computer and not a tablet/phone we will be more visible to others, encouraging us to be more transparent with how we use SM
- *Use SM as prepaid* - any service we pay for by the minute we are careful with, thus we should constantly clock how long we use SM to remind us time is money
- *Distract mind with reading* - whenever our focus is fading instead of 'surfing the web / trolling / etc.' engage the mind by reading a simple and inspiring physical book
- *Distract body with moving* - if we are feeling restless due to immobility instead of 'binging on *Netflix* / creeping / etc.' move the body by engaging in simple and useful physical responsibilities
- *Text to plan* - SM is a most powerful tool, to be used for media (coordinating study groups) and not socializing (endless *WhatsApp* chatter)

Reflection Adventure of the Week (RAW): Test the above techniques by fasting from a entertainment (distraction) medium such as television, radio, *Facebook*, etc.

Laughing Adventure of the Week (LAW): If you understand English, press 1. If you do not understand English, press 2. (recording on a Australian tax help line)

As we commence the 9th year of our *E-Vichara*, gratitude to all the grateful readers. Your support makes the difference between casual experimentation with self development and systematic practice of self development.

"The devotee, who has his mind and senses under control, is not enslaved by pleasure or pain, for him, his home is as good as a cavern in the Himalayas." ~ Swami Tapovanam

Inspire-Love-Be

2 - Namah Te from Kansas City!

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

Teachers who project students to be 'bloomers' or 'dullards' often manifest those results in their students (The Rosenthal Effect). This is bullying.

Friends who spread rumours about people they know, about people they do not know, often hurt those people. This is bullying.

Yet 90% of bullying is not reported due to shaming of those who are bullied and rewarding of those who bully.

Recently i was involved in a beautiful, meaningful, thoughtful Workshop on *Beyond Bullying*. Sadly, every one of us has been bullied and/or knows one who is being bullied. Supportingly, i share some insights from our Workshop through our *E-Vichara*...

E-Vichara (November 13, 2017) --- Beyond Bullying

- *People who bully* - We have all forgotten our Infinite nature and some inflict their smallness by making others feel small, believing this will make them feel big - a systemic practice of bullying was perfected by colonizers who invaded countries and utilized the sense of us and 'them' (othering)
- *People who bully* - A reason people bully is the feeling of incompleteness, creating the feeling of extroversion, creating the feeling of attachment, creating the feeling of fear, creating the feeling of anger - a remedy for people who bully is to be compassionate about their sadness and to provide them with the right role models
- *People who are bullied* - To be human is to be gifted with choice and for some this is taken away - a systemic practice of bullying is perfected by converters who force their ideologies, who forge inhumanity
- *People who are bullied* - A reason people are bullied is the feeling that they are dissimilar (i.e. power differential, sexual orientation, etc.) - a remedy for people who are bullied is to be courageous about their dissimilarities and for them to be supported with the right friends
- A reason for virtual bullying is people's dependency on social media while a remedy for virtual bullying is using social media for fun - a reason for professional bullying is people's confusion about success while a remedy for professional bullying is focussing on contributing not collecting
- Whether one is bullying or is being bullied, isolation only exacerbates the problem - inclusivity creates an environment of possibility and equality, an environment where incompleteness and dissimilarities are deconstructed

Random thought...50 years ago Pujya Swami Chinmayananda 'retreated' to Uttarakashi to tend to resting, to writing, to envisioning. During this period, every 2 weeks he would write a letter to his Bala Vihar sevikas who would then share the same with his Bala Vihar students. These letters were an expression of his love for all, that even though he could not physically be with them, they were in his heart. Later, these letters came to be known as the *I Love You Letters*. i feel the same way about our *E-Vichara*...

Reflection Adventure of the Week (RAW): What are reasons and remedies for familial bullying?

Laughing Adventure of the Week (LAW): My boyfriend and I often laugh about how competitive we are. But I laugh more...

"Whoever gives is rich; the poor cannot give, because he has nothing to give. But one who has got, and yet, is not giving, due to his attachments to his hoards, is also a poor person, indeed." ~ Swami Chinmayananda

Inspire-Love-Be

3 - Namah Te dear All,

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

Tonight i depart for Bharat for *The Chinmaya Inspiration Yatra X*. As we live in our Ashrams in Haridvara, Uttarakashi, Sidhabari, etc., before our meals we will chant *Shrimad Bhagavad Gita's* Chapter 15. This is a tradition not just in Bharat, many of our Centres in North America practice the same.

Why?

Chapter 15 is the second shortest chapter.

Why??

By remembering God our food is transformed into naivedya (an offering) and prasada (a blessing).

Why???

Good question. Let us go deeper than technicalities to transformation with a simple, universal, rememberable meaning for each verse. Nourishment for the body is food, nourishment for the mind is our *E-Vichara*...

E-Vichara (November 27, 2017) --- Gita in a Chapter - Part 1

- *"I have made the Bhagavad Gita as the main source of my inspiration and guide for the purpose of scientific investigations and formation of my theories." ~ Albert Einstein - "In the morning I bathe my intellect in the stupendous and cosmogonical philosophy of the Bhagavad Gita, in comparison with which our modern world and its literature seem puny and trivial." ~ Henry Thoreau*
- Verse 1 - From Oneness separation appears, blinding us into believing Unity is not Absolute, diversity is - Scriptures guide thinkers past illusions to Infinity
- Verse 2 - Our sense of separation is comprehensive, strengthened by our own mind/senses - identifying with limited equipments we feel small, forcing us to act to feel Whole again
- Verse 3 - Separation is most betraying, impeding us from knowing how this feeling began, continues and ends - transcending incompleteness is difficult yet possible with intense independence
- Verse 4 - The Greatest gain is no longer seeking gain, naturally this gain should be our sole purpose - Awareness gives relevance to our experiences thus thinkers focus on Life rather than living
- Verse 5 - One who is free of arrogance, confusion, attachment, will depend on the Self not objects - one who is free from separation such as pleasure/pain is wise and gains the Greatest

Reflection Adventure of the Week (RAW): Memorize the simple, universal, rememberable meanings for each verse.

Laughing Adventure of the Week (LAW): It took a lot of will power, but I finally gave up dieting!

"Religion is not to become a mere practice, but a faithful and constant atmosphere around our head and heart." ~ Swami Chinmayananda

Inspire-Love-Be

4 - Namah Te from Delhi!

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

Tomorrow we begin *The Chinmaya Inspiration Yatra X!* As we live in our Ashrams in Haridvara, Uttarakashi, Sidhabari, etc., before our meals we will chant *Shrimad Bhagavad Gita's* Chapter 15. This is a tradition not just in Bharat, many of our Centres in North America practice the same.

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E-Vichara (December 11, 2017) --- Gita in a Chapter - Part 2

- *"The Bhagavad Gita has a profound influence on the spirit of mankind by its devotion to God which is manifested by actions." ~ Albert Schweitzer - "The marvel of the Bhagavad Gita is its truly beautiful revelation of life's wisdom which enables philosophy to blossom into religion" ~ Herman Hesse*
- Verse 6 - Oneness is of the nature of Awareness, giving 'light' to the sun, moon, fire - rediscovering one's Infinitude one never feels incomplete
- Verse 7 - God expresses as the world and the ego - the mind/senses are created and so naturally are drawn by creation
- Verse 8 - The ego is ever holding/dropping bodies - when the ego moves from a body the body dies, yet the thoughts of the mind continue on in another body, as the wind carries fragrance between flowers
- Verse 9 - The ego energizes the mind which energizes the senses - the pursuit of pleasure is driven by the ego
- Verse 10 - Coming, enjoying, going are all appearances - the ignorant forget Reality, the wise remember Reality

Reflection Adventure of the Week (RAW): Memorize the simple, universal, rememberable meanings for each verse.

Laughing Adventure of the Week (LAW):

Knock knock!

Who's there?

Control freak.

Con...

Okay, now you say, "Control freak who?"

"Turn Godward. In the joy of Life divine, your foolish demands of day-to-day life will drop off from you. With the minimum in life, yours will be the fullness of Life." ~ Swami Chinmayananda

Inspire-Love-Be

5 - Namah Te from Uttarakashi!

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

**Being the yajamans of the mukhya Ganga puja in Haridvara...check.
Reflecting at the samadhi mandir of Pujya Swami Sivananda in Rishikesh...check.
Contemplating in the inner room of Pujya Swami Tapovanam in Uttarakashi...check.
Chanting *Ganga Stotram* at the Gauri ghat in Gangotri...check.
Celebrating the nava varsha at the *Golden Temple* in Amritsar...next.**

***The Chinmaya Inspiration Yatra X* can only be described in 1 word...indescribable.**

We continue extracting a simple, universal, rememberable meaning for each verse of *Shrimad Bhagavad Gita's* Chapter 15 with our *E-Vichara*...

[E-Vichara \(December 25, 2017\) --- Gita in a Chapter - Part 3](#)

- *"The Bhagavad Gita is the most systematic statement of spiritual evolution of endowing value to mankind. It is one of the most clear and comprehensive summaries of perennial philosophy ever revealed; hence its enduring value is subject not only to India but to all of humanity." ~ Aldous Huxley - "When doubts haunt me, when disappointments stare me in the face, and I see not one ray of hope on the horizon, I turn to Bhagavad Gita and find a verse to comfort me; and I immediately begin to smile in the midst of overwhelming sorrow. Those who meditate on the Gita will derive fresh joy and new meanings from it every day." ~ Mahatma Gandhi*
- Verse 11 - The thoughtful are prepared to feel their Self - the thoughtless are unprepared to feel their Self
- Verse 12 - The light of the sun illumines the universe - this light and the moon's and fire's is God's Light
- Verse 13 - God energizes the earth which energizes beings - God energizes the moon which energizes plants
- Verse 14 - God is the heat in the bodies of beings - this heat facilitates our physiological processes
- Verse 15 - God is the Self of all, facilitating the workings of the mind - God is the creator of knowledge, the purpose of knowledge and the master of knowledge

Reflection Adventure of the Week (RAW): Memorize the simple, universal, rememberable meanings for each verse.

Laughing Adventure of the Week (LAW): One night as I was putting my child to bed, I saw a bright full moon in the sky. I let her look at the moon for a minute and then asked, "Who made the moon?"

"God," came her reply.

"And the stars?" I asked. Again the answer was, "God."

I continued with a few more questions: Who made the trees, the flowers, etc. Finally I asked, "Who made Papa?"

She said, "Dadi."

As we complete 2017 and commence 2018, i pray to Bhagavan and the Guru-shishya-parampara that every reader and non-reader of the *E-Vichara* rediscovers once and for all, simple living - high thinking.

Signing off for the year...

"Acquisition of new knowledge presupposes our capacity to give up our false notions. Imperfect knowledge gets weeded out when a person is cultivating new knowledge. A capacity to forget is an essential pre-requisite in acquiring new knowledge." ~ Swami Chinmayananda

Inspire-Love-Be

6 - Namah Te from Sandeepany Sadhanalaya!

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

Shrimad Bhagavad Gita's chapter 15 verses 1-5 focus on the purpose of living.

Shrimad Bhagavad Gita's chapter 15 verses 6-10 focus on the manifestation of the ego which blocks our purpose.

Shrimad Bhagavad Gita's chapter 15 verses 11-15 focus on feeling God through our experiences which blocks our ego.

Shrimad Bhagavad Gita's chapter 15 verses 16-20 focus on the nature of fulfilling our purpose.

We complete extracting a simple, universal, rememberable meaning for each verse of *Shrimad Bhagavad Gita's* Chapter 15 with our *E-Vichara*...

[E-Vichara \(January 8, 2018\) --- Gita in a Chapter - Part 4](#)

- *"The idea that man is like unto an inverted tree seems to have been current in by gone ages. The link with Vedik conceptions is provided by Plato in his *Timaeus* in which it states..."Behold we are not an earthly but a heavenly plant." ~ Carl Jung - "From a clear knowledge of the *Bhagavad Gita* all the goals of human existence become fulfilled. *Bhagavad-Gita* is the manifest quintessence of all the teachings of the Vedik scriptures." ~ Acharya Shankara*
- Verse 16 - The fabric of all our experiences is the lasting Creator and limited creation - the Creator facilitates the changing creation
- Verse 17 - Deeper than the Creator-creation is our Spirit - all our experiences are enlivened by this Existence-Awareness
- Verse 18 - Spirit is the foundation for the Creator-creation - the world and scriptures name this Existent-Aware presence as God
- Verse 19 - Those with vision know God as Existence-Awareness - those with vision only live for God
- Verse 20 - This most sacred science has been shared by God - the pure know this science by which they become Complete

Reflection Adventure of the Week (RAW): Memorize the simple, universal, rememberable meanings for each verse.

Laughing Adventure of the Week (LAW):

A scientist tells a pharmacist, *"Give me some prepared tablets of acetylsalicylic acid."*

"Do you mean aspirin?" asks the pharmacist?

The scientist slaps his forehead. *"That's it!"* he says. *"I can never remember the name."*

The Guru-shishya-parampara has given me Infinity. Grateful, on January 13, 2008 i dedicated my life to sharing the same. Since that beautiful day a decade ago, every coming day has been more beautiful than every passing day. Grateful to Bhagavan. Grateful for bhaktas. Grateful as bhakti.

"Scriptural study convinces us of the higher values of life, and when we live them, we grow from within." ~ Swami Chinmayananda

Inspire-Love-Be

7 - Namah Te from San Jose!

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

At the beginning of each *E-Vichara* i introduce the content with words. No words are needed for this *E-Vichara*...

E-Vichara (January 22, 2018) --- The Chinmaya Inspiration Yatra X

- *Haridvara* is where we learned about *shraddha* (faith) by experiencing Daksha Mandira - the circumstances that led from trying to remember the details of Haridwar as guided by Swami Sharadananda during my Vedanta Course to being able to lead 35 North Americans to the same sacred grounds was beyond any of our efforts
- *Hrshikesh* is where we learned about *krta* (gratitude) by experiencing Sivananda Ashrama - contemplating in the Samadhi Mandir where Swami Sivananda rests in the lotus posture, reflecting in the Bhajan Mandir where the Maha Mantra has been chanted without break for over 75 years, were catalysts to knowing the depth of Sanatana Dharma
- *Gangotari* is where we learned about *titiksha* (endurance) by experiencing Mata Ganga - despite everyone telling us the roads will be closed, the police will stop you, the busses cannot travel there, we were able to revel in the darshan of where Mother Ganga reaches the people, completely by ourselves
- *Uttarakashi* is where we learned about *mauna* (silence) by experiencing Tapovana Ashram - a person most definitely impacts a place as the floors, the walls, the air all around us was infused with the quietude of Swami Tapovanam, forcing the same within us
- *Amritsara* is where we learned about *ashcharya* (wonderment) by experiencing Suvarana Mandira - despite everyone telling us the Golden Temple will be too busy, the distance is beyond comfort, this is not part of the plan, we were able to listen and prostrate to the Guru Granth Sahib on the full moon night of January 1
- *Sidhabari* is where we learned about *bhakti* (love) by experiencing Chinmayananda Ashrama - the discipline, the beauty, the grandeur of *Chinmaya Mission* is the best expression of the clarity, conviction, confidence of Swami Chinmayananda

Laughing Adventure of the Week (LAW): What has 13 hearts and no other organs? A deck of playing cards.

"Life is hollow. Life is full. Un-divine demands end in pain. Divine efforts culminate in joy. Worldly success accompanies all only up to the burning-ghat, Godly success is eternal." ~ Swami Chinmayananda

Inspire-Love-Be

8 - Namah Te from Vancouver!

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

Shreya hi jnana abhyasat jnanat dhyana vishishyate

Greater is knowledge than rituals, greater than knowledge is understanding.

The world recently celebrated Maha-Shiva-Ratri with lots and lots and lots of milk and mantras. Why? Bhagavan Shiva is ashutosha (The most easily pleased). All Bhagavan Shiva wants is bhakti (devotion).

Let our devotion to God be greater by evolving from rituals to understanding with our friend the *E-Vichara*...

E-Vichara (February 5, 2018) --- Ssshhh for Shiva

- Every seeker has 3 birthdays a year, the day God manifests or Mahashivaratri, the day Guru manifests or Gurupurnima, the day we manifest or birthdate - these 3 days are ideal opportunities to reflect on how our past year has passed and how our future year will flow
- To deepen our reflection, on Mahashivaratri one should initiate ratri (disengagement) from all karma (actions) that is not dharma (responsibilities) - our routine experience with ceasing from activities is going to sleep, on Mahashivaratri we have to keep vigil of Chit (Divine Light)
- Practicing upasana (closely sitting) at Bhagavan Shiva's altar we use milk for this symbolizes sattvik vrttis (pure thoughts) - only if there is a akhanda abhisheka (unbroken flow) of reflection towards Shiva (the Egoless) are we able to pierce through tamas (ego) to experience Atita (Transcendence)

- Practicing upasana (closely sitting) at Bhagavan Shiva's altar we use mantras for this symbolizes manah trayate (pure mind) - only if there is a akhanda japa (unbroken flow) of reflection towards Shiva (the Egoless) are we able to sublimate the noisy mind to experience restful Mukti
- Practicing upasana (closely sitting) at Bhagavan Shiva's altar is a yoga (mission) to be lived, not a karma (action) in space and time - by perpetual deep reflection one changes anatma vasanas (extroversion) to atma vasanas (introversion) empowering us to be sugandhi (cheerful) like Bhagavan Shiva
- Practicing upasana (closely sitting) at Bhagavan Shiva's altar is a darshana (vision) to be lived, not a karma (action) in space and time - by perpetual deep identification one grows out of bandha (ignorance) to Moksha (Freedom) empowering us to be abhaya (fearless) like Bhagavan Shiva

Laughing Adventure of the Week (LAW): What happened when one cannibal arrived late to the dinner party? The others gave him the cold shoulder.

"A momentous and sacred obligation rests upon us all - to make perfect use of all our opportunities." ~ Swami Chinmayananda

Inspire-Love-Be

9 - Namah Te dear All,

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

Bhagavati Sita's favourite description of Bhagavan Rama is Karuna-nidhana (the source of compassion). Post restoring Sugriva as the king of the monkeys, Bhagavan Rama encouraged Sugriva to enjoy the pleasures-possessions-positions of the kingdom while He waited out chaturmasya (the 4 months of the rainy season) in the jungle...

Our egos have blinded us to God's world. What does God's world look like? Let us see what Bhagavan Rama saw in the jungle through our *E-Vichara*...

E-Vichara (February 19, 2018) --- The Eyes of God - Part 1

- yatha drshti tatha srshti (as one's vision so one's creation) - a steady and sincere seeker never utters the words 'but', 'busy', 'because', etc., they accept full responsibility for the sorrows and joys in their life
- *An independent householder is like a dancing peacock* - for a householder managing diverse responsibilities cheerfully and dedicatedly, when a devotee of God comes home, this meeting is celebrated like a festival
- *A shallow friendship is like unseen lightning* - friendships based on pleasantries, appearances, exchanges, never prevail hence are not friendships
- *A learned teacher is like a heavy cloud* - the gauge of how much one knows is how much they do not know, a catalyst to humility
- *An inclusive personality is like an unerodable mountain* - the more one practices love the more one will have to endure the judgements and jealousies of those who love less
- *An exclusive personality is like a swelling stream* - those who can count their good actions keep on counting and keep on making noise about the same

Apologies for the sheer tardiness of the *E-Vichara*...i am just following the chaturmasya like Bhagavan Rama hahaha! We will continue trying to lift the veil of the ego to see God's world more clearly in our next *E-Vichara*.

Reflection Adventure of the Week (RAW): Change the background of your cellphone and/or computer to eyes staring back at you.

Laughing Adventure of the Week (LAW): What do you call it when you have your mom's mom on speed dial? Instagram.

"In order to achieve a total inner revolution, we must train ourselves to live our spiritual values at all times - while facing all types of experiences." ~ Swami Chinmayananda

Inspire-Love-Be

10 - Namah Te from New York City!

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

Bhagavati Sita's favourite description of Bhagavan Rama is Karuna-nidhana (the source of compassion). Post restoring Sugriva as the king of the monkeys, Bhagavan Rama encouraged Sugriva to enjoy the pleasures-possessions-positions of the kingdom while He waited out chaturmasya (the 4 months of the rainy season) in the jungle...

Our egos have blinded us to God's world. What does God's world look like? Let us continue to see what Bhagavan Rama saw in the jungle through our *E-Vichara*...

E-Vichara (March 5, 2018) --- The Eyes of God - Part 2

- yatha drshti tatha srshti (as one's vision so one's creation) - a steady and sincere seeker never utters the words 'but', 'busy', 'because', etc., they accept full responsibility for the sorrows and joys in their life
- *An egotistical personality is like rain mixed with the earth* - our nature is Pure yet we feel puny for we simply do not think about where we have come from, why we are here, etc.
- *An Enlightened personality is like water mixed with the ocean* - when we perpetually reflect on who we are, the noise of ego quietens in the Silence of God
- *An extrovert personality is like a firefly at night* - those who make goodness a hobby rather than a lifestyle, are ever advertising their 'goodness' in front of the ignoble
- *A introvert personality is like the sun to clouds* - those who make goodness a lifestyle rather than a hobby, are ever shining through compliments and criticism
- *A Sadguru is like winter to insects* - those with small heads and small hearts are intimidated and run from those with visionary heads and vast hearts

i offer my apologies again for not being steady with our *E-Vichara*...with our Courses complete i will be able to write much more now!

Reflection Adventure of the Week (RAW): Describe each person in your immediate family in three words.

Laughing Adventure of the Week (LAW): Which country's capital has the fastest growing population? Ireland. Every day it's Dublin.

The sole support for all the knowledge and opportunities in my life, is the grace-guidance of Pujya Swami Chinmayananda. Joyous Chinmaya Jayanti to all!

"A problem is never solved by succumbing to it. When we maintain poise, problems and challenges vanish like mist before the rising sun." ~ Swami Chinmayananda

Inspire-Love-Be

11 - Namah Te from Chicago!

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

yajna, tapa, dana. Yajna, Tapa, Dana. YAJNA, TAPA, DANA. Throughout *Shrimad Bhagavad Gita*, Bhagavan Krishna shares the need to engage in these sadhanas (disciplines) for a pure mind, for a Peaceful ego.

Yajna is the cause, tapa the effect. Tapa is the cause, dana the effect. The least known and least practiced is dana. **To make the unknown known, to make the unpracticed practiced is the make of our *E-Vichara*...**

E-Vichara (March 19, 2018) --- Producing More Than What We Consume

- Yajna is most often translated as sacrifice yet a more accurate interpretation would be dedicating - as such yajna is not an action rather dedication is a vision
- Tapa is most often translated as austerity yet a more accurate interpretation would be investing - if one is dedicated to virtues, service, God then one invests in developing their body-mind-intellect to transcend their body-mind-intellect

- Dana is most often translated as charity yet a more accurate interpretation would be supporting - if one has invested in their self they begin to see the Self in all nearby, in all faraway
- Our entire lives we have been taking from our family, society, Divinity, knowing which supporting the same is our responsibility - to have the presence of mind to give without being reminded, without being asked, without being forced is a catalyst to living without conditions
- Our efforts to earn resources creates harm (i.e. to our environment, to our competitors, to our family, etc.) and by supporting the needy with the same resources we create harmony - being supportive encourages the virtues aparigraha (non-materialistic), araga (non-attachment) and anahankara (non-doership) within and without
- Our resources have come from God, actually are God's, knowing which one should never give typically (tamasik dana), one should never give calculatingly (rajasik dana) - according to Vedic Culture 1/3 of our earnings should be utilized today for maintenance, 1/3 of our earnings should be utilized tomorrow for growth and 1/3 of our earnings should be utilized for supporting noble causes

Reflection Adventure of the Week (RAW): Calculate how much of your earnings you are utilizing for maintenance, utilizing for growth, utilizing for support.

Laughing Adventure of the Week (LAW): What is the biggest lie in the universe? "I have read and agree to the Terms & Conditions."

"Even while playing in the world for the benefit of mankind, the wise one who has realized his true identity remains steadfast, with no agitations in the mind." ~ Swami Chinmayananda

Inspire-Love-Be

12 - Namah Te dear All,

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

Presently a group of us are deeply immersed in Vedanta in ? A unique young adult retreat with NO focus on theory, ONLY focus on application. Why? So we can grow up from knowing of God to knowing God.

Keeping with the theme of *Vedanta in ?*, let us listen to a classic song we have heard, finding a deeper meaning with our 'drill' the *E-Vichara*...

E-Vichara (April 2, 2018) --- We Belong

- *We belong to the light, we belong to the thunder* - Acharya Shankara throughout *Atma Bodha* describes God as Light, describes God as Aum
- *We belong to the sound of the words we've both fallen under* - having forgotten God, the teachings of God are our means to remembering God, are our means to returning to God
- *I've invested too much time to give you up that easy* - a steady seeker deepens to a sincere seeker, one who only looks forward
- *To the doubts that complicate your mind* - seeking in a controlled environment is training and God's guidance flows as testing whether we can seek in an uncontrolled environment
- *We can't begin to know it, how much we really care* - Bhagavan Krishna throughout *Bhagavad Gita* describes Infinity as unthinkable and only the faithful are able to let go of logic
- *I hear your voice inside me, I see your face everywhere* - the evolution of faith is trust which is feeling God's presence in the present

Reflection Adventure of the Week (RAW): Only listen to music you listened to growing up.

Laughing Adventure of the Week (LAW): When do you go at red and stop at green? When you are eating a watermelon.

"Unless one knows the scriptures, one can not live perfectly in any department of activity." ~ Swami Chinmayananda

Inspire-Love-Be

13 - Namah Te from Houston!

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

Knowledge is knowing God. Ignorance is ignoring God. We neither know God nor ignore God. We are stuck.

Our Scriptures guide our heads to understand Infinity. We have to guide our hearts to appreciate Infinity.

How? By following the lead of Shri Vibhishana's Sharanagati to Bhagavan Rama. How? By following common sense, another name of which is our *E-Vichara*...

E-Vichara (April 16, 2018) --- Systematic Surrender

- *Thinking of God* - as you think so you develop - before any karma, before any mantra, must be a vritti flowing towards Bhagavan
- *Holding onto God* - thinking of pleasure and Peace is to think of pleasure - holding on to Bhagavan must be supported by letting go of bhoga
- *Trusting in God* - holding back is an expression on antitrust - any perceptive, reflective, deep mind knows the world will never be able to protect one from mrtyu-tamasa-dukha rather only Bhagavan can pilot one to Sat-Chit-Ananda
- *Seeking out God* - vision pervades lifestyle - tapas is to burn comfort zones encouraging one to be vulnerable, encouraging one to be vigilant
- *Surrendering to God* - a gauge of what we love is what we depend on - bhakti is exclusively, unconditionally, perpetually and most critically, comprehensively depending on Bhagavan
- *Being God* - in Oneness there is no otherness - vidya dadati vinaya dadati advaita

Reflection Adventure of the Week (RAW): Write down all you wished for, hoped for, prayed for this week.

Laughing Adventure of the Week (LAW): I bought the world's worst thesaurus yesterday. Not only is it terrible, it's terrible.

We completed our *Chinmaya Inspiration 10 Yatra Reunion* with 75 Yatris from all over North America coming together to complete raising over \$100,000 for our new Chinmaya Vidyalaya in Trinidad!

"All those who allow the engine of life to run over them and crush them down are termed samsarins." ~ Swami Chinmayananda

Inspire-Love-Be

14 - Namah Te from San Diego!

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

With the completion of the real World Cup, the typical citizen is wondering what was the big deal?

The big deal is that football (soccer in North America) is most beautiful! Now get in the game with our *E-Vichara*...

E-Vichara (April 30, 2018) --- The Beautiful Game

- All passionate artists know their talents and the opportunities to express their talents are only possible with God's grace - many football players will touch the ground or kiss the sky in remembrance of their Creator
- Compare the condition of the field (i.e. ice in hockey, nets in basketball, etc.) and complexity of the equipment (i.e. racquets in tennis, gloves in baseball, etc.) to football (grass and a ball) - the simplicity of a game facilitates the universality of a game
- Every one of us can remember an out of shape player in American football, Indian cricket, etc. yet we would not be able to do the same with football - football players run over 10 kilometres a game showing how a game mentality easily and naturally releases our potential

- The more one can see the more one can respond - a football fullback can see the entire field and from that position can practice selflessness by continuously passing the ball/credit
- Our society has a irresponsible habit of remembering most those who make the most noise (i.e. goal scorers, lead singers, etc.) - a football game flows with over 1,000 careful passes, creating the ideally context to score
- Unfortunately the motto, 'Fake it until you make it' works in many environments (i.e. dating, preaching, etc.) - in football, actual as well as artificial fouls happen and whenever a penalty is incurred, whenever a penalty shot is missed, there is no blame culture

Laughing Adventure of the Week (LAW): My boss told me to have a good day. So i went home.

"Having chosen the field, it is up to us to pursue it in a spirit of dedication and reap the harvest of outer success in life and abiding peace within." ~ Swami Chinmayananda

Inspire-Love-Be

15 - Namah Te dear All,

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

asti (existence), jayate (birth), vardhate (growth), viparinamate (maturity), apakshiyate (decay) and vinashyati (death)...this is the fate of each body, of every body. Knowing this, one ages gracefully. Ignoring this, one ages fearfully.

Aspiring to make the unknown known, we pause to think of our grandparent's bodies, our parent's bodies, our bodies through our *E-Vichara*...

E-Vichara (May 14, 2018) --- Aging Parents

- God's catalyst for us to learn we are God's children is our parents - our past parents have guided our past thoughts, our past thoughts have guided us to our present parents, our present parents are guiding our present thoughts
- If our parents were not born, then our experiences would not be born - for every memorable experience let us be appreciative of our parents
- All of creation is subject to change, subject to cessation no matter how constant we feel creation is - if our parents lived forever how would they learn they are God's children
- To help our parent's age on account of decay and not disease we should be as healthy as possible - habits are difficult to break and if our parents have a habit to be unhealthy we should let it be
- The best gift we can give our parents is for them to not have to worry about us, so keep smiling - the next best gift we can give our parents is our undivided time
- The way our parents acceptingly lived for us when they were young, if we are not engaged in serving Divinity-society-community, we should cheerfully live for them when they are old - by dedicating ourselves to our aging parents we ensure the best in us is brought out

Reflection Adventure of the Week (RAW): Schedule a focussed time to have a professional photograph of your family, of course including your parents.

Laughing Adventure of the Week (LAW): How do you know you are old? You and your teeth sleep in separate rooms!

"End of our self is the discovery of our own Self." ~ Swami Chinmayananda

Inspire-Love-Be

16 - Namah Te from Destin!

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

Typically when we think of a leader, followers come to mind. Seems quite superficial.

The great Vishnugupta (also known as Chanakya) was a leader, independent of any follower.

The great Vishnugupta (also known as Kautilya) is a leader, guiding followers with the niti shastra (leadership/political science).

Recently 50 youth gathered in Boston for a Camp focussing on *Holistic Leadership*. One of the most philosophical yet most practical verses we explored is explored in our *E-Vichara*...

E-Vichara (May 28, 2018) --- Content with Context, Discontent with Content

- Be ever content with dhana (articles) - possessions serve the function of allowing the mind to think about the fundamental
- Be ever content with stri (beings) - positions serve the function of testing how much of what is in our head has evolved to our heart
- Be ever content with bhojana (circumstances) - pleasures serve the function of encouraging us to be reflective of how meaningful/meaningless our lives are
- Be ever discontent with adhyaya (dedicating) - the more we study our nature the more we should feel we can be Infinite, we can create Infinity
- Be ever discontent with tapa (investing) - all investments outside our mind will be erased by time whereas the investment inside our mind will lead us beyond time
- Be ever discontent with dana (sharing) - with the purpose of Peace, we work to feel a Oneness with all, naturally leading to us love in all ways

Reflection Adventure of the Week (RAW): Visualize the suggestions, advice, criticism people give to you, as you giving yourself those suggestions, advice, criticism only from a different body.

Laughing Adventure of the Week (LAW):

Parent - "How was your first day at your new school?"

Child - "I don't see any reason to go back to that school, because the teacher had to ask me how to spell cat."

"With the study of the scriptures and meditation, you will know how to go beyond the mind." ~ Swami Chinmayananda

Inspire-Love-Be

17 – Namah Te from Boston!

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

One day Bhagavan Rama and Shri Lakshmana were enjoying the nature of Panchavati. Shri Lakshmana, **sensitive to not waste time, asked Bhagavan Rama 5 questions on Life and living. These answers form *Rama Gita*. How we can subjectify these answers forms our *E-Vichara*...**

E-Vichara (June 11, 2018) --- Unlearning to Learn

- Before Bhagavan Rama answers Shri Lakshmana's questions, He educates him that a faith as strong as a banyan is needed to internalize His answers - reflection is the means to evolve from a belief in to a faith in sat (infinity), shastra (scripture), sadguru (guide), sva (potential), sadhana (growth)
- Q: *What is maya?* A: *Separation* - illusion is a force that makes us feel 'I' is an individual not the Infinite hence we need to unlearn I is the body
- Q: *What is jnana?* A: *Unity* - knowledge is a subject that makes us quieter, makes us feel equality hence we need to unlearn comparing is natural
- Q: *What is vairagya?* A: *Contentment* - independence is a virtue that makes us understand pleasure-possession-position is worth a blade of grass hence we need to unlearn depending on others
- Q: *What is ishvara?* A: *Controller* - God is a presence that makes us/creation and is never limited by us/creation hence we need to unlearn I am in control
- Q: *What is bhakti?* A: *Depending* - devotion is a discipline that makes us live to please God, evolving to depending on God hence we need to unlearn dedication is weakness

Laughing Adventure of the Week (LAW): Why are there gates around cemeteries? Because people are dying to get in.

"What has to be changed is the mind, not the environment." ~ Swami Chinmayananda

Inspire-Love-Be

18 - Namah Te dear All,

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

"Sandalwood, when put in water and allowed to remain in it for a long time, emanates an obnoxious odour from the rotting wood. Ordinarily, it has the most divine fragrance (divyavasana). But when it remains in contact with water for a long time, it starts stinking. If the wood is taken out and rubbed against the stone, the fragrance slowly emerges to waft pleasant satisfaction to all.

Similarly, even though you are the Atman, because of your identification with the body, the stink of your vasanas is coming out at the moment. Lust, anger, greed, etc. contribute their stink at all times. Love, mercy and kindness have no accommodation in the heart. To gain its original status, the personality needs a little 'rubbing'. It should be rubbed against greater knowledge in meditation. The filth and the stink will go away and one's real nature will then be revealed.

By rubbing, we are not giving the smell to the sandalwood. Its fragrance is already in it. It was not available; that is all. Similarly, divinity is not to be given to you from somewhere else. The Upanishad thunders: That Thou Art." ~ Swami Chinmayananda

How many of us feel the sacred words we read are real? How many of us keep a subjective science subjective? How many of us are solely living for Peace? 1 in a 1,000,000?? Why??? Layers and layers and layers of conditionings. Let us dig up these layers with the shovel that is our *E-Vichara*...

E-Vichara (June 25, 2018) --- The Hurt Locker

- The Yoga Sutras of Rishi Patanjali share the pancha klesha-s (five poisons) have infected our faith in the Self - the Self is Infinite, is Beyond, is Untouchable and only authoritative knowledge of limitations will free us from limitations
- *avidya* (amnesia) - ignorance has become a theory not reality, the ramification being we feel the same about knowledge - ignorance is ignoring the Absolute on account of being busy with the relative
- *asmita* (arrogance) - the nature of the relative is separation and the nature of separation is competition (a-smita) - all of creation is drawn to Oneness (i.e. in sleep, in nature, etc.) for their is cheer (smita)
- *raga* (attachment) - ignoring we are already naturally Complete, projecting we need to find Completeness, we attach ourselves to articles-beings-circumstances feeling these will be the source of our Completeness - attachment is ever about getting, Love is ever about giving and to describe attachment as Love is lying
- *dvesha* (aversion) - in separation we do not project Completeness on all articles-beings-circumstances for if we did, this would be the experience of Oneness - the facets of creation we do not want-like-respect, shockingly live in our minds in the form of jealousy-resentment-revenge, more than facets of creation we do want-like-respect
- *abhinivesha* (anxiety) - attachment causes anxiety and anxiety causes anger - all is always changing, remembering (*vidya*) which we live independently, purging all poisons

Reflection Adventure of the Week (RAW): Study the pancha klesha-s and find a synonym for each poison in your mother tongue.

Laughing Adventure of the Week (LAW):

Q - How do vampires start their letters?

A - "Tomb whom it may concern..."

"Man-made calamities have no remedy, except in man himself striving to improve his attitudes and actions." ~ Swami Chinmayananda

Inspire-Love-Be

19 - Namah Te from Iowa City!

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

On Jan 12, 2018 i completed 10 years of serving Sanatana Dharma. On Jan 13, 2018 i commenced my 1 year plan of serving Sanatana Dharma - to lead as many secular workshops as possible. The wind has been at my back...

This year i have shared Sanatana Dharma with:

Amazon in Seattle

The VA in Seattle

Key Bank in Cleveland

Ally Bank in Detroit

The VA in Chicago

Capital One in Richmond

This year plans are to share Sanatana Dharma with:

Highmark in Pittsburgh

Marathon Oil in Findlay

Children's Healthcare in Atlanta

This year prayers are to share Sanatana Dharma with:

TED2019 in Vancouver

Sanatana Dharma as a noun is our Infinite Nature. Sanatana Dharma as a verb is our unchanging responsibility. Our unchanging responsibility is to be our Infinite Nature.

Doing anything else, becoming anything else is being alive yet not living. Sound scary? Walk with me to walk with Shri Tulasidas as He describes the lost, found in our *E-Vichara*...

E-Vichara (July 9, 2018) --- Zombie Nation - Part 1

- The most interesting subject/experience is Peace, all other subjects/experiences being most disinteresting - living for pleasure, possession and position will never complete us hence our perpetual distraction, irritation, exhaustion
- The *cultish* are alive yet not living - engaging in practices believing they are evolving oneself/others yet are actually devolving oneself/others is being a zombie
- The *lusty* are alive yet not living - obsessing over another's skin while overlooking the flesh, fat, muscle, blood, bone and marrow that supports that skin is being a zombie
- The *miserly* are alive yet not living - feeling wealth is stuff, is security, is success one never uses wealth nor allows others to use wealth the same as being a zombie
- The *moody* are alive yet not living - shaking with every passing word, every passing thought there is no foundation for rest forcing one into being a zombie
- The *beggarly* are alive yet not living - living for physiological-safety needs there is no bandwidth to live for esteem-actualization needs thus one is being a zombie

We will continue analyzing the 14 types of zombies in the next 2 E-Vichara-s...

Reflection Adventure of the Week (RAW): On Halloween dress as the scariest zombie, take a photograph and share this in the *E-Vichara* section of *Vichara Gurukula*.

Laughing Adventure of the Week (LAW): Question - How do you spell candy in 2 letters? Answer - c and y.

"Grief and dejection are the price that delusion demands from its victim." ~ Swami Chinmayananda

Inspire-Love-Be

20 - Namah Te dear All,

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

On Jan 12, 2018 i completed 10 years of serving Sanatana Dharma. On Jan 13, 2018 i commenced a 5 year plan of serving Sanatana Dharma - to create 10 professional Workshops (utilizing books, videos, retreats, etc.) focussed on integrating the sacred into the secular. The wind has been at my back...

This period plans are to share Sanatana Dharma through Workshops on:

Face Everything And Rise
Making Sense of Stress
Minute to Mind Management
The Happiness Experience
Wellness Through Work
etc.

Sanatana Dharma as a noun is our Infinite Nature. Sanatana Dharma as a verb is our unchanging responsibility. Our unchanging responsibility is to be our Infinite Nature.

Doing anything else, becoming anything else is being alive yet not living. Sound scary? Continue to walk with me to walk with Shri Tulasidas as He describes the lost, found in our *E-Vichara*...

E-Vichara (July 23, 2018) --- Zombie Nation - Part 2

- The most interesting subject/experience is Peace, all other subjects/experiences being most disinteresting - living for pleasure, possession and position will never complete us hence our perpetual distraction, irritation, exhaustion
- The *disrespected* are alive yet not living - living selfishly repels people, repels opportunities leaving one nowhere, leaving one to being a zombie
- The *aged* are alive yet not living - identifying with weakening limbs, weakening organs one begins to think and talk like a liability, the same as being a zombie
- The *sickly* are alive yet not living - failing to internalize a purpose bigger than the body, every change in the body steals one's energy/enthusiasm depleting one to being a zombie
- The *angry* are alive yet not living - losing thoughts to unmet expectations, to imperfect circumstances, one loses their humaneness thus being a zombie
- The *doubting* are alive yet not living - disbelieving in a Creator one feels separate from creation, a feeling encouraging hostility, encouraging being a zombie

We will continue analyzing the 14 types of zombies in the next 1 E-Vichara...

Laughing Adventure of the Week (LAW): Asked to write a composition on "What I'm thankful for on Thanksgiving?", Vijay wrote "I am thankful that I am not a turkey."

"Live and then speak. Mere prattling will not help either the speaker or the listener." ~ Swami Chinmayananda

Inspire-Love-Be

21 - Namah Te dear All,

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

On Jan 12, 2018 i completed 10 years of serving Sanatana Dharma. On Jan 13, 2018 i commenced a 10 year plan of serving Sanatana Dharma - to build a *Freedom Centre* offering sincere seekers an immersive experience in leadership and liberation. The wind has been at my back...

This period plans are to search for a facility to share Sanatana Dharma in:

Cleveland or
Pittsburgh or
Washington or
etc.

Sanatana Dharma as a noun is our Infinite Nature. Sanatana Dharma as a verb is our unchanging responsibility. Our unchanging responsibility is to be our Infinite Nature.

Doing anything else, becoming anything else is being alive yet not living. Sound scary? A final walk together with Shri Tulasidas as He describes the lost, found in our *E-Vichara*...

E-Vichara (August 6, 2018) --- Zombie Nation - Part 3

- The most interesting subject/experience is Peace, all other subjects/experiences being most disinteresting - living for pleasure, possession and position will never complete us hence our perpetual distraction, irritation, exhaustion
- The *ignorant* are alive yet not living - living in a random way without direction from a scripture/guide is the same as being a zombie
- The *indulgent* are alive yet not living - believing one is the body naturally one's strategy is to find the everlasting from the never-lasting which is being a zombie
- The *gossipy* are alive yet not living - projecting one's ignorance we only see and speak of weaknesses, forcing others to inflict the same on us, a state of being a zombie
- The *sinning* are alive yet not living - deviating from one's responsibilities one dismantles morality, a deplorable condition like being a zombie
- Ravana was a zombie in all 14 ways yet Rama forgave his trespasses, Rama gave him Life - being an introvert is being Rama and being an extrovert is being Ravana, will you choose the path of the Living or the dead

Laughing Adventure of the Week (LAW): Question: Why did the computer show up late for work? Answer: It had a hard drive.

"It is a trick of your mind that makes you a coward in life. Train the mind. Feed it with happy and positive thought currents." ~ Swami Chinmayananda

Inspire-Love-Be

22 - Namah Te dear All,

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

Freddie Mercury, the inimitable singer of the legendary band Queen...was born as Farrokh Bulsara and grew up in India exposed to Zoroastrianism.

A simple yet profound teaching of Zoroastrianism which Freddie Mercury followed: *good thoughts, good words, good deeds.*

The opposite holds true too: bad thoughts, bad words, bad deeds.

Goodness is happiness. Badness is sadness. Let us understand bad thoughts with good thoughts of our *E-Vichara*...

E-Vichara (August 20, 2018) --- Know Negative, No Negative - Part 1

- Verse 30 of Chapter 1 of the Yoga Sutras by Rishi Patanjali teaches us how thoughts are cyclical and one negative thought will cause another more negative thought - there are many shades of negativity our thoughts assume, each constricting our faith in Self-Knowledge, our faith in Self
- *vyadhi* (can't thoughts) - the mind is created extrovert thus if given the chance to not be responsible on account of being 'sick and tired', the mind will capitalize on this 'I can't'
- *styana* (complacent thoughts) - a can't mind expresses as complacency, a state of not wanting to move, not wanting to try, not wanting to change
- *samshaya* (confused thoughts) - a complacent mind uses the weapon of doubt, especially against the possibility of being positive, the possibility of being Peaceful
- *pramada* (careless thoughts) - a confused mind will not have faith and so will not be vigilant about materials, health, etc.
- *alasya* (comatose thoughts) - a care-less mind is purpose-less, without purpose is to be without performance the simplest expression of which is procrastination

We will continue understanding the 9 textures of negative thoughts in our next *E-Vichara*.

Laughing Adventure of the Week (LAW): What word begins with *i* but when you add the letter *a*, a new word with a new meaning is formed yet the sound is exactly the same? *isle* and *aisle*.

"Actions leave reactions. But in the fire of knowledge, all of them get reduced to ashes." ~ Swami Chinmayananda

Inspire-Love-Be

23 - Namah Te from Colombo!

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

Travelling between Canada-Bharat-Sri Lanka, i was able to rest at the feet of my Master, Swami Tejomayananda. He shared with me, "You needing others and others needing you, both are an illusion. No one needs any one."

Imagine the vision! A vision beyond thoughts...

To reach there though we need to evolve from bad thoughts to good thoughts. Let us continue to understand bad thoughts with the good thoughts of our *E-Vichara*...

E-Vichara (September 3, 2018) --- Know Negative, No Negative - Part 2

- Verse 30 of Chapter 1 of the *Yoga Sutras* by Rishi Patanjali teaches us how thoughts are cyclical and one negative thought will cause another more negative thought - there are many shades of negativity our thoughts assume, each constricting our faith in Self-Knowledge, our faith in Self
- *avirati* (carnal thoughts) - a comatose mind can only think within the confines of 'short term' thus pursuing only that which is fast, facile and futile
- *bhramanti darshana* (chimerical thoughts) - a carnal mind tricks itself into believing pleasure is peace, a most destructive psychosis
- *alabdhabhumikatva* (collapsing thoughts) - a chimerical mind is lost about the ends causing the means to be lost causing efforts to be fruitless
- *anavasthitatvani* (crushed thoughts) - a collapsing mind focusses on falls and ignores climbs despite every seeker experiencing steps forwards and steps backwards
- Can't thoughts, complacent thoughts, confused thoughts, careless thoughts, comatose thoughts, carnal thoughts, chimerical thoughts, collapsing thoughts, crushed thoughts are all challenges to ensure we are strong enough for Freedom - as you think so you develop, think of the Creator and develop concentration

Laughing Adventure of the Week (LAW): Q: How many opticians does it take to change a light bulb? A: Is it one or two? One...or two?

"We must learn to be cheerfully silent, gracefully silent and powerfully silent." ~ Swami Chinmayananda

Inspire-Love-Be

24 - Namah Te from Rambodha (Sri Lanka)!

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

According to the *Centers for Disease Control and Prevention* - the 3rd leading cause of death amongst teenagers is suicide...1 American commits suicide every 12 minutes...from 2000 to 2006 the suicide rate in America grew 1% each year...since 2006 the rate has doubled...

These facts are frightening. These facts are saddening. If you think otherwise, try to visualize someone who feels dying is better than living...

Undoubtedly a contributing factor towards suicide is loneliness. For oneself, for others, let us feel secure with the security provided by our *E-Vichara*...

E-Vichara (September 17, 2018) --- Loneliness to Aloneness...

- Loneliness is a sense of separation, Aloneness is a sense of Oneness - this is a feeling and not a fact for one can be physically without others while mentally secure and one can be physically with others while mentally insecure
- All beings are created social with connections facilitated by depth and authenticity - foolishly society is encouraging individuals to devolve from being engaged to being busy, forcing us to be shallow and fake
- The 1st step to grow out of loneliness and in to Aloneness is associate with quality friends - have relationships that are deep and authentic
- The 2nd step to grow out of loneliness and in to Aloneness is focus on quality work - do what you value and value what you do
- The 3rd step to grow out of loneliness and in to Aloneness is invest in quality thoughts - begin to enjoy your own company more
- The 4th step to grow out of loneliness and in to Aloneness is read about Aloneness - read books that are meaningful and subjective

Laughing Adventure of the Week (LAW): Q: What does daylight saving time mean in Portland? A: An extra hour of rain!

As we complete 2018 and commence 2019, i pray to Bhagavan and the Guru-shishya-parampara that every reader and non-reader of the E-Vichara learns from the past, lets go of regrets, makes each moment meaningful.

Signing off for the year...

"Spiritual life is not dependent, except to a very negligible extent, on the place where you live, on the clothes you wear, on how you stand, or on the condition of the hair upon your head. There is only one way of attaining a divine life - be living a divine life." ~ Swami Chinmayananda

Inspire-Love-Be

25 - Namah Te dear All,

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

Did you know this is volume 332 of the E-Vichara?

Did you know this is month 115 for the E-Vichara?

You did not know because time fffllllieesss! And if we do not learn how to use time, we fall. We rise, for we reflect with our E-Vichara....

E-Vichara (October 1, 2018) --- Living takes TIME!

- A sign of busyness is lowering expectations of oneself and raising expectations of others - some time ago paying attention was normal yet now we need popular packaged programs on 'mindfulness' just to focus
- Almost 50% of the time we are physically present yet mentally absent and this distractedness is expensive - time is the supply, fixed and objective for all, our relationship with time is the demand, variable and subjective for all
- The 1st step to balance demand with supply is unitask routine - absorption in activity brings joy, not activity
- The 2nd step to balance demand with supply is utilize planners - fix the 'where' and the 'when' enabling engagement in the 'what'
- The 3rd step to balance demand with supply is undertake more - commit to more to give up the luxury of indecision
- The 4th step to balance demand with supply is say no - prioritize quality over quantity

Laughing Adventure of the Week (LAW): Did you hear about the mathematician who's afraid of negative numbers? She'll stop at nothing to avoid them!

"A liberated person lies dormant in every mortal. As butter is in milk, God is in you. Soured milk is curd; churn the curd and you have butter. When the external life of sense objects has lost its charm, the 'curd' is ready for churning. Divine life churns your life of imperfections and brings up for you the butter, the essence - Truth." ~ Swami Chinmayananda

26 - Namah Te from Flint!

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

One of the final dialogues of the epic *Ramayana* is not between gods, not between saints, not between humans...is between birds. **The eagle Garudaji asks the crow Bhushundiji the greatest philosophical questions. The crow Bhushundiji gives the eagle Garudaji the greatest practical answers.** How fortunate we are to listen in on this divine dialogue through the amplifier that is our *E-Vichara*...

E-Vichara (October 15, 2018) --- Valedictory Address...from a Crow to an Eagle

- Q: *What is the greatest form?* A: The greatest form is of a human for only humans have an intellect that is sensitive enough to inquire.
- Q: *What is the greatest sorrow and happiness?* A: The greatest sorrow is poverty of prioritization and the greatest happiness is company of seers.
- Q: *What is the greatest difference between the noble and ignoble?* A: The greatest difference between the noble and ignoble is the noble will endure suffering so that others will not and the ignoble will endure suffering so that others will.
- Q: *What is the greatest merit and demerit?* A: The greatest merit is living for harmony and the greatest demerit is living for gossip.
- Q: *What is the greatest disease?* A: The greatest disease is confusion of one's Nature.
- Objectively, this epic is Rama's (God's) ayana (journey) - subjectively, this epic is the ayana (Guru) to Rama (Joy)

Reflection Adventure of the Week (RAW): In the spirit of moving from the transactional to the transformational, we continue to evolve Valentine's Day to *Bhakti Anudinam (Devotion Day [Daily])*. Every February 14 we should analyze how we have loved ourselves, how we have loved others. And then grow this daily until the next *Bhakti Anudinam*. In this way we will not fall in love we will rise in love. In this way we will grow up from living for me to we to He to BE!

Laughing Adventure of the Week (LAW): What did the tweenager give to his parents for 'Valentine's Day'? Ughs and kisses!

Support - i apologize for not being able to keep up with writing the *E-Vichara*. Though i am still behind 3 months, this Dipavali celebrates the completion of 9 years of *E-Vichara*-s! 9 years of reflecting together!! 9 years of realizing together!!!

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

On June 22, 2009 the 1st *E-Vichara* was sent to 90 seekers. On November 7, 2018 the 327th *E-Vichara* will be sent to 4,260 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 \$0.10 per lesson or \$0.50 per lesson or \$1.00 per lesson, please donate accordingly.

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

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

Sadly, funds make the world go round. How? Your generosity will help me actualize my 1 year / 5 year / 10 year plan of serving Sanatana Dharma.

The Light of Humanity

We are not humans, we are humanity. The cost of being humans is the feeling of isolation, competition, exhaustion. The benefit of being humanity is the feeling of independence, cooperation, enthusiasm. As you think so you develop. To think small is dark. To think big is light.

Dipavali is an outward expression of an inward journey. We use a central light to bring light to all points of our home, our community, etc. The purpose of this lighting up is not to stay far. The purpose of this lighting up is to come close. The light of God is the thought - *to change*. We see the light of God when we evolve from being self-centred to being Self-Centered.

i pray to Bhagavan and the Guru-shishya-parampara to grace and guide us to return from humans to humanity to Happiness.

Joyous Dipavali to All!

Inspire-Love-Be,

Vivek

"The universe is the visible body of God. Therefore, love of the universe and love of God are one, not two. To love one is to love the other." ~ Swami Tapovanam

Inspire-Love-Be,

v

I Aum Tat Sat I
I Peace is the Truth I