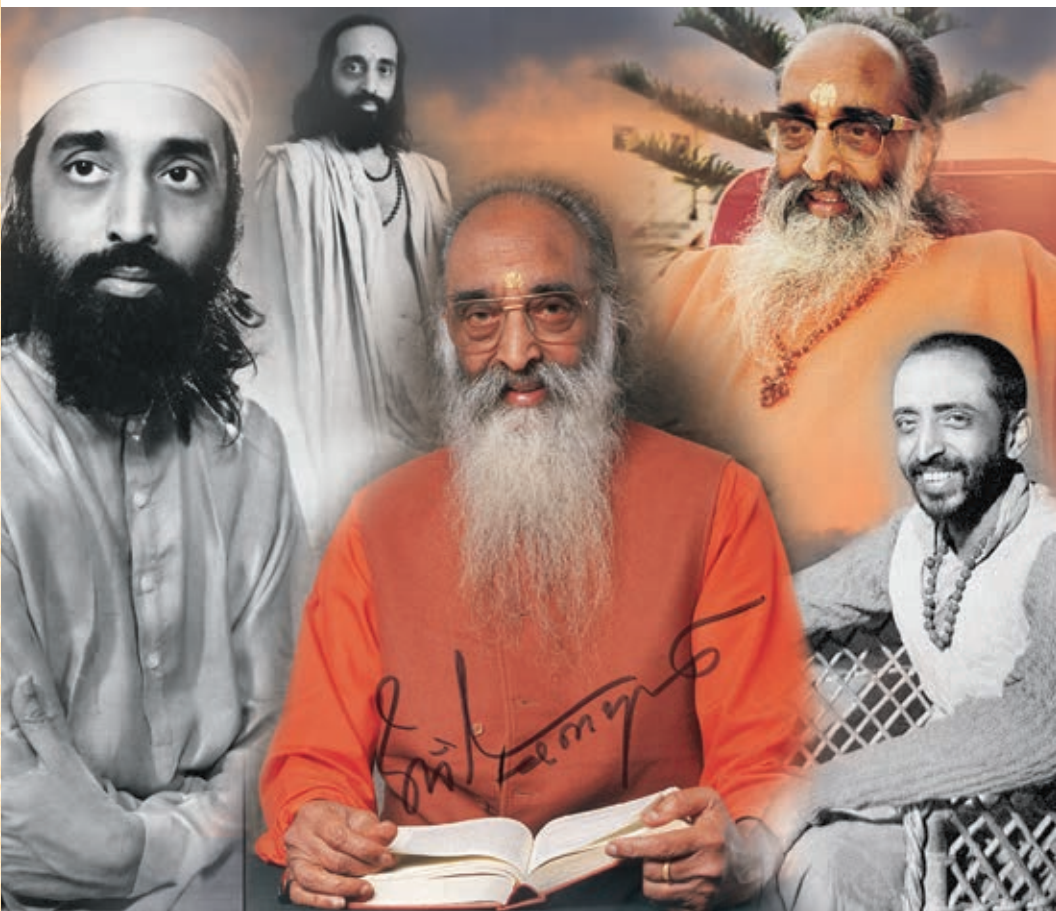




Chinmaya-Tej

January/February 2015

Vol. 26, No.1

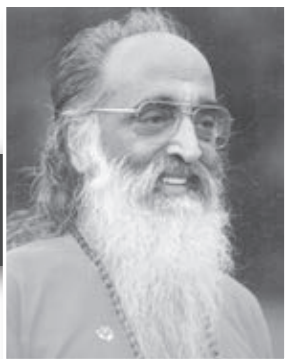


Swami Chinmayananda

CHINMAYA MISSION SAN JOSE PUBLICATION

MISSION STATEMENT

To provide to individuals, from any background, the wisdom of Vedanta and practical means for spiritual growth and happiness, enabling them to become a positive contributor to the society.



Chinmaya Lahari

While Shiva dances, His matted locks hold the sacred river Ganga, the power and the source of all movement in life, with its waters that purify mankind and the crescent moon delicate as a new-born babe with its promise of life in all its radiance and glory.

What is perhaps most significant of all in the image is the combination of this God ascetic, the solitary One, master of meditation, with the frenzied dance - the Yogi and the artist. A dancer becomes the being that he impersonates on the stage. In the dance are aroused the entire energy of body, mind, intellect and soul.. It is a complete surrender to God.

While the body moves in a frenzy, like the world with its tumult, Shiva Himself, is undisturbed by the activity, depicting most wonderfully the mortal life and Divine Self.

Swami Chinmayananda
Art of God Symbolism

CONTENTS

Volume 26 No.1 January/February 2015

From The Editors Desk	2
Chinmaya Tej Editorial Staff	2
The Challenge Part 1	3
Satsang with Pujya Gurudev	8
Maha Shivaratri 2015	10
Sāadhanā	16
Swami Chinmayananda's Visit to Krishnalaya	18
Work.	20
Swaranjali Youth Choir	21
Tapovan Prasad	21
Chinmaya Study Groups	22
Adult Classes at Sandeepany	23
Shiva Abhisheka & Puja	23
Bala Vihar/Yuva Kendra & Language Classes.	24
Gita Chanting Classes for Children.	25
Vedanta Study Groups - Adult Sessions	26
Swaranjali Youth Choir	28
BalViHar Magazine	29
Community Outreach Program	30
Swami Tejomayananda's Itinerary	31

FROM THE EDITORS DESK

Tej, is a bi-monthly publication of Chinmaya Mission San Jose.

Our new facility — Chinmaya Sandeepany — was completed in June 2013 thanks to the strong support of all our members and benefactors. The facility was inaugurated by Swami Tejomayananda, the head of Chinmaya Mission Worldwide, with a Yagna and festivities.

Chinmaya-Tej is mailed to all Sponsors and Chinmaya Mission San Jose Members, and is also available for viewing on cmsj.org. If you're a member and you don't receive your issue of Chinmaya-Tej, please send us an email with your address, using the contact information below. The website also includes information on events and regular updates.

Our thanks to the many Sponsor families. We have room for more Sponsors and Members. Please invite your friends to join the larger Chinmaya Family of the Bay Area.

CMSJ SPONSORSHIP *Annual Contribution \$500*

CMSJ MEMBERSHIP *Annual Contribution \$200*

CHINMAYA-TEJ *Annual CT Sponsors \$300*

CHINMAYA-TEJ *Annual Subscription \$50 (Receive Chinmaya-Tej only)*

CHINMAYA TEJ EDITORIAL STAFF

EDITOR *Uma Jeyarasasingam / umakj@sbcglobal.net*

CO-EDITOR *Rohini Joshi*

ELECTRONIC EDITORIAL ADVISOR *Satish Joshi*

CONTRIBUTORS *Swami Tejomayananda, Swami Chinmayananda, Swamini Saradapriyananda*

DESIGN & LAYOUT *four waters media, inc.*

PRINTING *PigMint Press, Redway, CA*

DATA BASE *Kapil Vaish*

MAILING *Autozip, Ukiah, CA*

CONTACT *cmsj.org / (650) 969-4389*

THE CHALLENGE

PART 1

In a series of three talks Swami Chinmayananda addressed the students of Somayya College, Bombay, on the techniques of success. These talks were originally published in Tapovan Prasad in the year 1968.



SWAMI CHINMAYANANDA

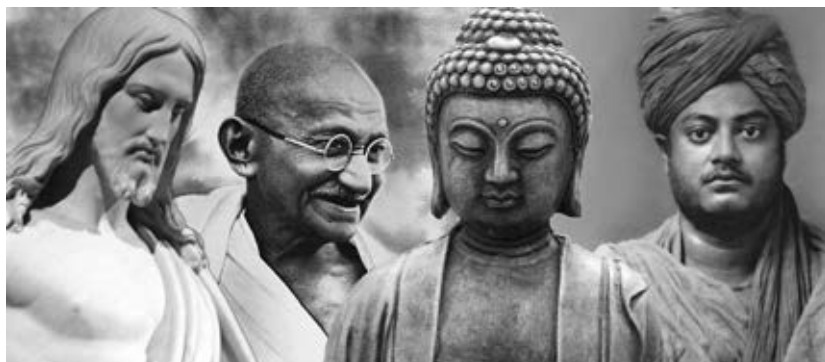
DONKEY CARRYING GOLD

Going along the road, a donkey is carrying half a maund¹ of gold. The donkey thinks, '*Why is this gold unnecessarily on my back?*' To the donkey, it is of no use. It cannot enjoy that gold. It is only a useless weight. But if it were given to us, we would be in the seventh heaven. Similarly, however much knowledge we may have in our intellect, it is an unnecessary load. We cannot make use of it unless we know how to digest that knowledge and make ourselves great in the world. There are mighty men of knowledge giving discourses from all platforms. They cannot become *Vivekanandas*. They cannot become great men. Some of the pundits know more than *Sankaracharya*, but there is no greatness in them. There are people who have studied the *Upanishads*, but they are not great. *Ramakrishna Paramahansa* was illiterate, but how highly people around the world esteemed him!

ASSIMILATE THE KNOWLEDGE

We should make our life worthwhile. It is not merely education or the marks that we get in the classroom which make our life worthwhile. We must be able to manifest those desirable acquirements in our conduct. Such a person we dramatically respect, him we revere. There is music wherever he works, there is a joy, a beautiful fragrance of personality, which attracts us to him.

We are talking of the decency, the culture and personality of a truly great man. Mahatma Gandhi was in no way good-looking. He was not an individual who can attract a larger number of people towards him is viewed as the most successful man. Christ could. *Vivekananda* could. *Ramakrishna* could. Our Buddha could attract great multitudes of people. Similarly, we find that mighty thinkers and politicians also gather around them admiring flocks of people. They are all successful men.



¹ 'A unit of weight used In India, having different values in different localities"',
A common value is 82 pounds or 37 kilograms.

We are preparing now to enter into the world. When we go out of the university, we want to be successful in society; we yearn to achieve something. Many of you may become big businessmen. May be, you will be serving other people. You may even become rich, but if people are not attracted to you in spite of your knowledge, wealth and readiness to serve, you cannot succeed. Even in your small world of college, there are some people who attract other students, while there are others who put us off.

Some people attract others like a centrifugal force. Some repel others with the same force. Those who attract seem to have a special quality in them. It is something we can all develop. A person who has this quality is known to have a dynamic character. It is in this sense of the term I am using the word. I am not using the words 'moral character'. It is also necessary, no doubt, but I am using the term in the larger sense the quality or attitude of mind. Character here is not the external appearance. It is not the house or the courtyard or garden or imported artifacts that attract people. People are attracted by character. Those who can cultivate such a dynamic character are the mighty men, the moulders, the makers of the world. To the extent we develop ourselves, to that extent, we can achieve things in future.



The word '*Krishna*' means: one who can attract everyone towards Him not because of His beauty, not because of His little buttered hand, but because there is something tantalising in Him, something magical about Him. It is this that attracted the gopis. They could not forget Him. He wove a magic spell of love around them.

We find such character in all successful men everywhere. If such a person were to be in business, people would collect around him and invest money in his business. There is something in his inner nature, an inner fragrance,

which makes him irresistible to other fellow beings. A woman with such a dynamic character will be the favourite of the whole household, including the mother-in-law.

RECONSTRUCTION OF PERSONALITY

How do we develop such a personality, such a dynamic character? I want you to understand that it is important to develop such a character; it is more important than your studies, more enduring than your certificate, more valuable than your job. All these things will come automatically if you have character. In order to develop this, you must cultivate a certain attitude in the world.

A typical example is a friend of mine, whom I have known since childhood. I like him, but if he were to come into this room, I would tell him, "*I am busy, we will meet tomorrow.*" He is a nice man, no doubt, I don't dislike him, but he has developed certain unpleasant traits of character. He looks miserable and if you ask him what is wrong, he launches off into a long list of complaints about life. Some people distribute sorrow wherever they go.

There is another boy, who also has his share of problems we all have. He is not very rich. But he wears clean clothes, and as he walks in, he brings in a ray of sunshine. He has laughter in his heart and a smile on his lips. Always self-confident, he wants everybody to smile. Have you ever seen a picture of any God weeping? Even the Elephant God is smiling. This is because our real nature is to be happy.



If you happen to see two or three students holding their bellies, laughing away, will you not stop to ask them, "*What is the matter?*" You also want to share their joy. You, too, want to laugh. But my friends, on the other hand, if you see someone weeping under a tree, you may turn your face away. You may think, *i have no time to weep, I must go to the college.*"

Successful people also have troubles. Everyone has his share of trouble, but the person with character has the ability to rise above sorrow. He is

self-confident. He always draws people towards him, because they come away feeling that they have gained something from him. When you attract others, your success is assured. Such an attractive personality naturally leads to success. This can be cultivated by a habit of correct thinking.

The removal of negative mental habits is called personality reconstruction or character building. It cannot be done by your father or mother, nor by your brother or sister. Each one of us will have to develop ourselves by ourselves. Your brother may be popular, but you are not. You may have the same blood, eat the same food, yet one is very popular, while the other is very unpopular. If it is an inherited quality, then you and your brother must both be successful. Therefore, it is not inheritance. It is a mental habit.

Some of us, from early childhood, through various pressures, have developed wrong channels of thinking. Perhaps, at that time your mother was ill. Auntie came to look after you. You wondered why your mother is not helping you. You may have been frightened by the auntie who told you ghost stories or upset you by a pressure of emotions. There could be a thousand and one reasons. At that tender age, you had not grown up enough to discriminate.

Today, each one of us can watch for different weaknesses in ourselves and remove them. As vigorous youngsters, you have got the will power now. Tomorrow, when you go out, you will have to face a lot of challenges. You will have to earn your livelihood. You will have to shoulder a lot of responsibilities and your will power may not be available to you fully. If you are sincere, it is possible for you to change your mental habits right now. You can strengthen positive habits and learn this technique of self-unfoldment.

BUILD YOUR CHARACTER TO BUILD THE NATION

Today we have seen how a man with knowledge is like a donkey carrying gold. Mere knowledge is useless. We must learn to use that knowledge. We must have an attractive personality to ensure our success in life. In order to court success, we must develop good mental habits. This is the secret power of attracting people. Once this power is acquired, your future is assured.

Remember, in your future, lies the future of your country. Therefore, national character is more important than national wealth. If character is there, you can create wealth! It is not only your personal development, but it is a national development. Ultimately, we are trying to develop the nation by developing each individual. Thus the glory you wrest from within yourself will be reflected in the whole world around you.

Satsang with Pujya Gurudev

MAY 1989

Question:

How can a householder learn to control his body-mind-intellect equipment so that he can be ready for a higher step? Is there a precise method?

Answer:

The path is the same whether one is a householder or a renunciate, so long as our attention is with the flesh, we discover a hundred excuses to run out into the world of objects, seeking gratification. But when the mind gets hooked on to an inspiring goal or ideal, its nature changes; its attention turns towards the higher. When your young child is playing with your new silver-plated pen the only way to persuade him to give it up is to offer him a piece of chocolate candy. In a householder's life, total abstinence is not allowed. But over-ambition must be curtailed, including over-eating and over-sleeping. Prayer in the morning and in the evening and daily reading of at least a few pages of inspiring spiritual literature should be a helpful program for both man and wife. If you still find your mind difficult to control on a given day, take to this only fruit that day. But don't make it a habit; take to this diet only when you feel that your mind is out of control.



Question:

All religions and all schools of psychology say in one form or the other, Live in the present! — Be in the moment! —

Does it mean we should not dream, think and plan for the future?

Answer:

In every activity, there are two stages: the planning and the execution. In the planning stage, you make use of all the memories of the past (your knowledge and your experiences), and in the light of it, you study the present problem and with reference to what you want to achieve in the future, you plan your action.

Once you have decided upon a plan of action and have entered into the field of work, while executing, don't waste your mental energies with anxieties for the future. Live in the present and apply all your conserved mental energies and success will be sure.





MAHA SHIVARATRI 2015

Om Namah Shivaya! When we think, speak, or hear these sacred syllables, the glorious, majestic, and magnificent image of Lord Shiva enters our mind, calming us, bringing us peace, and helping us to focus on the supreme goal. Maha Shivaratri is an auspicious day where the entire universe celebrates the glory of Lord Shiva. Here in our Sandeepany ashram, on Tuesday February 17th, 2015 a large number of devotees came to see the spectacular Shiva puja being performed.

Shivaratri means “*the Night of Shiva*,” and is observed every month on the night before Amavasya (the new moon). Maha Shivaratri is celebrated in the month of Kumbha (February/March). The significance of Maha Shivaratri can be noted in an ancient Pauranic story. On the auspicious day of Maha Shivaratri, a hunter was returning to his house in Varanasi after hunting in the forest. He did not know it was Shivaratri. The hunter stopped to rest on the branches of a tree, which happened to be a Bilva tree. When the hunter woke up, it was dark, and there was a Shiva Lingam under the tree. The hunter plucked a few leaves and dropped them down. That night, dew trickled from his body towards the Lingam. Lord Shiva was

pleased with these involuntary offerings from the hunter. The hunter returned home when the sun rose. In due course, the hunter passed away. The messengers of Yama and the messengers of Shiva both rushed to the hunter, both parties with the same objective; to take the hunter to their master. After a long quarrel, Yama's messengers were defeated and left, to narrate the story to their master. Yama appeared at Shiva's abode. Nandi, Shiva's chief disciple/vehicle reminded Yama of the sacredness of Shivaratri and Lord Shiva's love towards the hunter. Yama surrendered to Lord Shiva, and the hunter became one with the Supreme Being. Such is the power and importance of Maha Shivaratri. On *Maha Shivaratri*, we not only worship the saguna form of Lord Shiva, but we worship the nirguna form too, the Supreme Shivam, or auspiciousness.





To show our love and devotion towards the Lord, an elaborate and beautiful puja was performed at our Sandeepany ashram. Swaranjali groups from San Jose and Fremont sang melodious bhajans at the beginning of the tone for the auspicious event. The singers were accompanied by harmonium, kanjira, tabla, and keyboard.

Panditji and a few devotees performed an elaborate puja with devotion for the Lord with one goal in mind: more devotion to the Lord! The steps performed in the Shiva Puja were as follows:

1. Ganesha Puja: Panditji fashioned a symbolic Ganesha out of turmeric paste, invoked Lord Ganesha into it, and performed pooja to Him in that form.
2. Kalasha Puja: In this step, Panditji placed a silver pot of water, sanctified it, invoked Lord Varuna — Lord of the waters — and performed puja to Lord Varuna.
3. Lord Shiva was invoked into the "*Kumbha*," a large pot of water, and full puja was performed including a round of chanting of Sri Rudram (*Namakam* + *Chamakam*).
4. The Abhishekam:
 - Panditji performed *abhishekam* to Lord Jagadishwara, and the Shiva Lingam
 - The bronze image of Lord Chandrashekara was installed on a separate tray, and *abhishekam* was performed to Him.
 - Water, milk, yogurt, orange juice, coconut water, and vibhoothi were the dravyas used for the abhishekam
 - Sri Rudram, all sookthams (*Purusha Sooktham*, *Narayana Sooktham*, *Sri Sooktham*, *Durga Sooktham*, *Bhoo Sooktham*, *Medha Sooktham*) were the mantras chanted during the *abhishekam*
 - The water in the Kumbham — that the Lord was invoked into earlier — was then used to bathe the deities, to the chanting of Bhaagya Sooktham, and Shanti Panchakam.



5. At this point, the curtains were drawn.
6. Panditji supervised the cleanup of all the deities, and then adorned all the deities with clothes, garlands, and flowers. He also performed an initial Naivedyam (offering) to the Lord. During this time, devotees sang bhajans and stotrams.
7. At this point, the curtains were withdrawn.
8. Archana: Panditji led everyone in the chanting of the Lord's 108 names. Archana was performed simultaneously to Lord Jagadishwara, Shiva Lingam, and Lord Chandrashekara.
9. Naivedyam was offered to the Lord.
10. Offering of Lamps - Deepa Aaradhana: lamps with one, two, three, four, and five flames were offered to the Lord.
11. Final Aarati: Everyone joined in the chant of *Om Jai Jagadeesha Hare* for the offering of the Aarati.

During our Puja, a devotee gave a monologue about the glory of *Maha Shivaratri*, and its importance in Vedantic culture which is summarized as follows:

We know that *Maha-Shivaratri* is very significant from a Pouranic view. However, it is also a very important day in the Vedantic tradition.

In the vedantic tradition, two qualities are very highly regarded: *Jnana* and *Vairagya*. We revere those who possess these qualities. Shivaratri is important because Lord Shiva is the embodiment of these two qualities. In other words, he DOES NOT possess these qualities, He Himself is both *Jnana* and *Vairagya*. Saffron robes wore by Sannyasis symbolize this *Jnana* and *Vairagya*. And therefore in this tradition, Sanyasa Deeksha is given on this auspicious day. A *Deeksha* ceremony was held in our Sandeepany Sadhanalaya in Mumbai where several Brahamcharis received Sanyasa Deeksha. Brni. Arpita ji and Br. Girish ji are now sanyasis whose sanyasa ashram names are Swamini Radhikananda and Swami Shivatmananda.

Bhagavan Tulsidas ji says in Tulasi Ramayana "Bhavani Shankarau Vande Shraddha Vishwasa Rupinau ..." That means he also regards Lord Shiv ji and Mata Parvati as the embodiment of Shradha and Vishwas (or Bhakti here) and without their Grace, realization is not possible.

This day has a special significance in yet another respect too. Lord Shiva has taken different incarnations. Two of his incarnations are as a Guru. He incarnated as Bhagavan Dakshinamurty to impart teaching to the rishis and as Bhagavan Adi Sankaracharya to grace all of us. So, on this day, by offering our prostrations and prayers to Lord Shiva, we offer our gratitude and worship to the entire Guru- Parampara. On this auspicious day, let us all pray that through this wonderful puja ceremony conducted by our own Panditji, that the Lord blesses us with Jnana, Vairagya, Shraddha and Bhakti. May the Grace of entire Guru-Parampara be always upon us.



Sādhana

To reach the pinnacle of peace, fulfillment, and tranquility called Self-realization, we have to work on cleaning away from our real nature the accumulated conditionings that hide its pristine beauty. That process of cleansing is called spiritual practice, or Sādhana.

PROGRESS ON THE PATH

The material world generally accepts quantitative evaluations as measures of prosperity and success:

- How much have you earned?
- How much did you save, produce, sell and acquire?

Material success depends on how much, how many, or how often.

Spiritual seekers habitually apply the same quantitative measures in estimating their own inner achievements.

Automatically they congratulate themselves on the quantity of their “glorious sadhana”.

However, quantitative measures are false indicators of spiritual progress. In spiritual practice —

- It is not how much we read,
- But how much we understand and
- Reflect and meditate upon the concepts that assures success.
- The quality, intensity, sincerity, devotion,
- understanding, and enthusiasm of the heart
- with which we do our sādhana determine the true heights to which we rise in our self-mastery.

Spiritual seekers often suffer chronically from lack of progress on the path.

From their diaries, it is clear that if quantity alone were demanded in spiritual practice, such seekers would have nothing more to do.

And yet their experience is that they find themselves exactly where they were three years ago.

Indeed, it is a painful disappointment.

The cure for such seekers is easy to prescribe, but perhaps more difficult to practice.

What they need is a sharpened tempo in their spiritual seeking:

- a quickening of perception,
- an alertness of the soul,
- and a warmer ardency in their embrace of the goal.

These qualities cannot be developed by themselves, one at a time; but seekers will find themselves, absorbing them when their minds gain a deeper harmony.

Harmony comes as a result of two processes:

1. Discrimination (vivek):

The positive process of gaining a clear picture of the all-satisfying goal and the straight path to it.

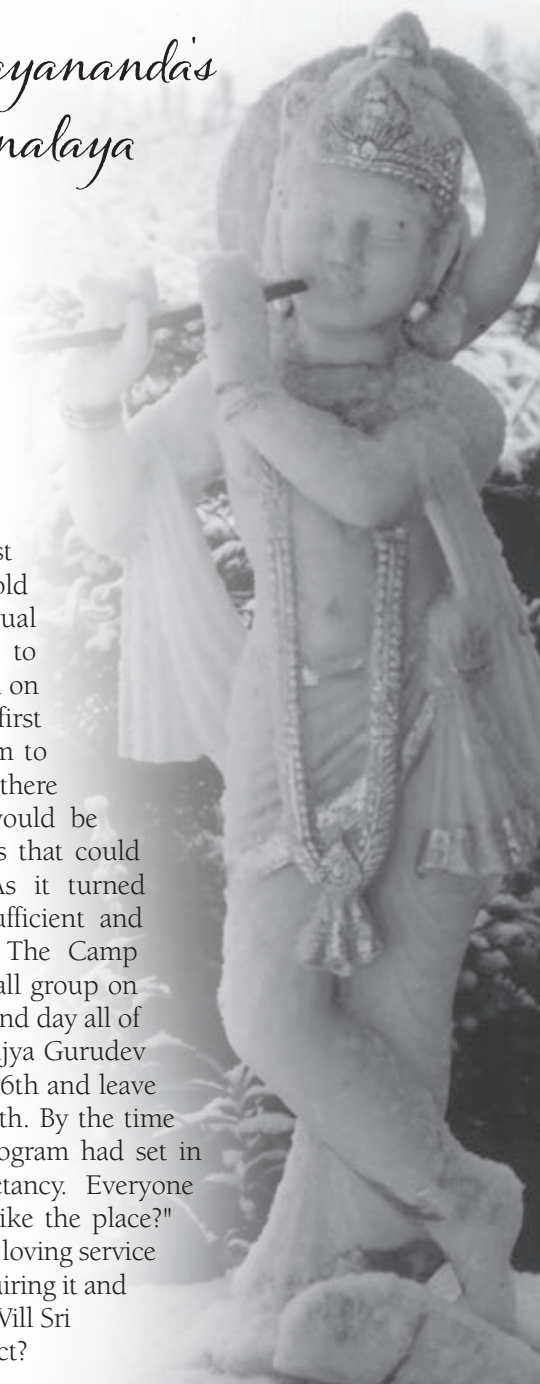
2. Detachment, dispassion (vairagya):

The negative process of detachment from all dissipating urges.

Once these two qualities are carefully cultivated and fully developed — discriminating appreciation of the Real and detachment from the false — the rest of the pilgrimage becomes pleasant and sure, though in no way easy.

Swami Chinmayananda's Visit to Krishnalaya

Pujya Gurudev, Swami Chinmayananda was scheduled to visit Krishnalaya for just one day. In spite of the fact that it would be a very short visit many people wanted to be on hand for his arrival. First idea was conceived to hold Krishnalaya's first spiritual camp. The program was to begin on July 13th and end on July 18th 1978. Being the first large scale Mission program to be arranged at Krishnalaya, there was concern that there would be an overflow of participants that could not be accommodated. As it turned out, facilities were just sufficient and everything ran smoothly. The Camp started off with a fairly small group on the first day but by the second day all of the participants arrived. Pujya Gurudev was due to arrive on July 16th and leave on the afternoon of the 17th. By the time of his arrival the camp program had set in a mood of joyous expectancy. Everyone wondered, "Will Swamiji like the place?" So much time, expense and loving service had gone into locating, acquiring it and preparation of the facility. Will Sri Swamiji approve the project?



The atmosphere at Krishnalaya is very serene. One feels immediately that one is in an ashram. This is due partly to the natural setting, and largely to the attitude of the people who live and work there. Brahmacharini, Radha, resident acharya at Krishnalaya at that time, impressed upon everyone, from the very beginning, that an ashram is created by the way life is carried on; that it is important to make Krishnalaya an ashram before the first Vedanta Course begins in November of 1978 with Swami Dayananda as the chief Acharya who conducted a residential Vedanta Course.



As people arrived, the most frequently heard comment was, "We had no idea that it was so beautiful here. The pictures that were published did not do justice to the place." At the inauguration of the camp program, Bri. Radha gave an opening address which reached the hearts of the listeners. She brought out the point that at last there was a place which represented a home

for Chinmaya Mission members; a place where one could go to be spiritually revitalized and feel the comfort and support of like-minded seekers and teachers. I remember thinking to myself at the time, "Yes, it seems that we have been refugees who have finally found a place of our own." As wonderful as the camps had been on university campuses, it seemed by comparison, much more relaxed and natural at our own place.

The Residential Vedanta Course concluded in June 1981. Krishnalaya was re-constructed, repaired and re-vitalized for future use. In 1984, Pujya Gurudev returned to Krishnalaya and held 6 weeks long residential Family Camp and taught the 18 chapters of the Bhagavad Gita. Henceforth, Nalini and Bill Browning and John Haring moved to Krishnalaya and organized all the programs for Mission devotees from all parts of the country. To-date, Krishnalaya is the only Residential Retreat Center for Chinmaya Mission West.

BY NALINI BROWNING

photo: 1978

Work

*Never complain, about the number
of hours you have put in, to do a job.*

*Your nobility must estimate how much of you
was put into each hour of your daily work.*

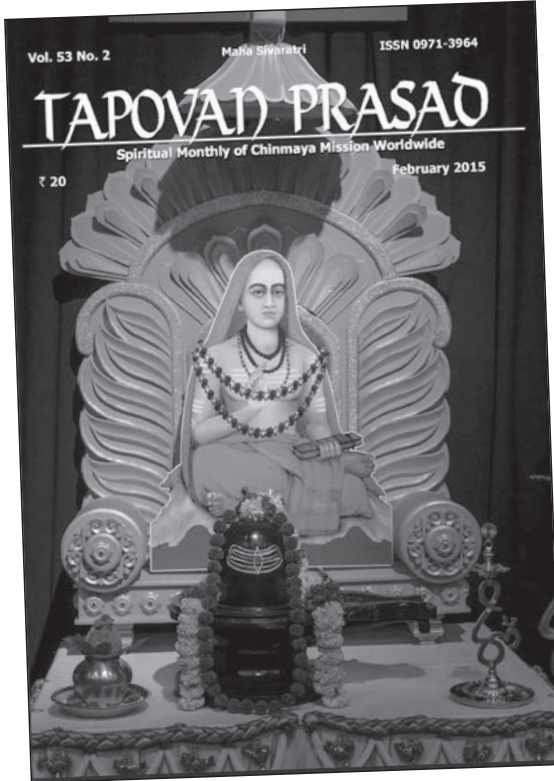
*Work is love made visible. To bring into vivid
expression your love for others is WORK.*

*To drag yourself through each day's schedule,
morose, unhappy and miserable, is LABOR.*

*Work alone brings achievement; never labor.
Grow up to be men of sheer achievement
through loving work.*

SWAMI CHINMAYANANDA

TAPOVAN PRASAD



A MONTHLY SPIRITUAL OF CHINMAYA MISSION WORLDWIDE

Published by Chinmaya Chinmaya Mission Worldwide

It is Internationally acclaimed Publication filled with articles and reports that are inspiring and educational. Hindus living all over the world keep in touch with their spiritual heritage through Tapovan Prasad.

Annual Subscription by Airmail:
US \$25 (12 issues)

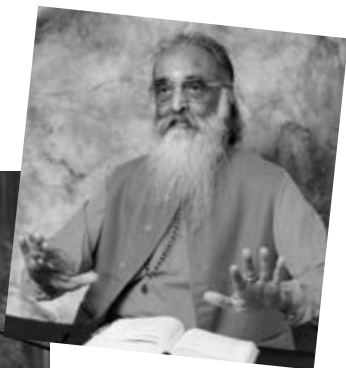
Make checks payable to
Tapovan Prasad, and mail to
Chinmaya Mission
No.2, 13th Ave., Harrington Rd,
Chetput, Chennai, 600 031, India

CHINMAYA STUDY GROUPS

1. Self Unfoldment
2. Tattva bodh
3. Bhaja Govindam
4. Atma bodh
5. Manah Shodhanam
6. Upadesa Saram
7. Narada Bhakti Sutra
8. Meditation and Life
9. Bhagavad Gita Introduction – Ch.1 & 2
10. Jnanasarah
11. Kenopanishad
12. Gita, Ch. 3 – 6
13. Dyanaswaroopam
14. Kaivalya Upanishad
15. Gita, Ch. 7 – 9
16. Isavasya Upanishad
17. Gita, Ch. 10 – 12
18. Bhakti Sudha
19. Gita, Ch. 13 – 15
20. Mundaka Upanishad
21. Gita, Ch. 16 – 18
22. Sat Darshan
23. Vivekachoodamani

*Vedanta Study Groups held in the Bay Area are listed in this issue of Chinmaya Tej
and you may contact them if you wish to join a Study Group.*

ADULT CLASSES



FREMONT

SATURDAYS

2pm-3pm: Video discourses on Bhagavad Gita, Ch 10
by Swami Chinmayananda

SAN RAMON

SATURDAYS

4:30-6:00pm: Video discourses on Bhagavad Gita, Ch. 3 & 4

SAN JOSE

SATURDAYS

1:50pm – 2:50pm: Video discourses Bhagavad Geeta, Ch. 2
By Swami Chinmayananda

SUNDAYS

9:05am – 10:15am: Video discourses on Bhagavad Geeta, Ch. 2
By Swami Chinmayananda

10:30am – 11:30am: Video discourses on Rama Charita Manas
By Swami Tejomayananda

1:50pm – 2:50pm: Video discourses on Rama Charita Manas
By Swami Tejomayananda

Shiva Abhisheka & Puja

at Chinmaya Sandeepany / San Jose

Conducted By Mission Members

Every 2nd Monday of the month - 7:30-8:30 pm

LANGUAGE & BALA VIHAR/YUVA KENDRA CLASSES

We have over 2100 children enrolled in our program, from our three centers, since enrollment started 1980 school year. I wish to thank all the volunteer Teachers, Co-Teachers and Youth Helpers teaching and assisting in the different classes. It takes more than teachers to organize these programs at Chinmaya/Sandeepany, Fremont Washington High, and California High School. Parent Volunteers and CMSJ Volunteers organize setting up, Book-Store, Snacks, Lecture Halls etc.

OUR SINCERE THANKS TO EVERY ONE OF THE MANY DEDICATED VOLUNTEERS.

Adult video courses are also offered during Bala Vihar sessions. The Parking Lot is on Hickerson Drive, and you can walk from the parking lot to the class-rooms.

We are currently using 25 classrooms in several sessions.

I appreciate all the efforts of the parents, some of you are driving your children from as far North as Redwood City to San Jose. You will find it very rewarding as you see your children grow up with Hindu Heritage, moulding them into young adults.

We want the best for our children. All parents will receive email announcements with regard to changes.

For each location, an in-depth schedule is posted on www.cmsj.org, or call the contact listed.

FREMONT

Contact: Lakshmi Prakash / (510) 490-1266

Washington High School

38442, Fremont Blvd., Fremont, CA 94536

12:30pm -4:00pm — *Bala Vihar* classes

SAN JOSE

Contact: Uma / (650) 969-4389

Chinmaya Sandeepany

10160 Clayton Road, San Jose

SATURDAYS

12:30pm -1:30pm — *Gita Chanting*, language classes

1:45pm - 2:55pm — Bala Vihar, KG - 8th Grade

3:00pm - 4:00pm — *Vedic Math*, *Hindi* classes (Intermediate & Advanced)

SUNDAYS

8:00am - 9:00am — *Gita Chanting*, Hindi classes, Yoga

9:15am - 10:15am — Bala Vihar/Yuva Kendra 6th - 12th Grade

10:45am - 11:55am — Bala Vihar, Grade KG - 5th Grade,
language classes, *Gita/Vedic Chanting*

12:30pm - 1:30pm — *Gita Chanting*, language classes

1:45pm - 2:55pm — Bala Vihar, Grade KG - 8th Grade

3:00pm - 4:00pm — *Hindi* classes

2:00pm - 4:00pm — *Swaranjali* (EVERY WEEK)

SAN RAMON

Contact: Meena Kapadia / (925) 680-7037

California High School

9870 Broadmoor Drive, San Ramon, CA 94583

2:00pm -6:00pm — *Bala Vihar* classes

GITA CHANTING CLASSES FOR CHILDREN

SAN JOSE Chinmaya Sandeepany

Every Saturday & Sunday / Contact: (650) 949-4389

FREMONT Washington High School

Every Saturday / Contact: (510) 490-1266

SAN RAMON California High School

Every Saturday 3:15pm - 4:15pm / Contact: (510) 490-1266

VEDANTA STUDY GROUPS

Adult Sessions

CONCORD

BHAGAVAD GITA CH. 18, Sevak: Vipin Kapadia

Time: 7:30 pm (Wed.) Contact: Meena Kapadia (925) 680-7037

CUPERTINO

Atma Bodh, Sevak: Ram Mohan

Time: 7:30pm (Thurs) Contact Ram Mohan (408-255-4431)

EVERGREEN

Tattvabodha, Sevika: Venkatesh Srinivasan

Time: 8:00 pm (Fri.) Contact: Bipin Thakkar, (408) 274-7575

FREMONT

Atma Bodha, Sevika: Lakshmi Prakash

Time: 6:30 am (Sun.) Contact: Hetal Hansoty (510) 707-1788

FREMONT (WHS)

Vedanta Sara, Sevak: Lakshmi Prakash

Time: 3:15 - 4:15 pm (Bala Vihar Time)

FREMONT

Jnana Sarah, Sevika: Priya Batheja

Time: 6:30 am (Sun.) Contact: Priya Batheja (510) 490-1926

FOSTER CITY

Bhagavad Gita, Ch. 8, Sevak: Jayarami Reddy

Time: 7:30 pm (Fri.) Contact: Jyoti Asundi (650) 358-4010

LOS ALTOS

Bhagavad Gita Ch. 4, Sevika: Uma Jeyarasasingam

Time: 7:30 pm (Thurs.) Contact: Ruchita Parat (650) 858-1209

LOS GATOS

Drg Drshya Viveka, Sevak: Sandeep Tiwari

Time: 8:00 pm (Fri.) Contact: Sandeep Tiwari (408) 234-7815

MILPITAS

Vivekachudamani, Sevak: Uma Jeyarasasingam

Time: 7:30 pm (Tues) Contact: Suma Venkatesh (408) 263-2961

MOUNTAIN HOUSE

Tattva Bodha, Sevik: Padmaja Joshi

Time: 9:00 a.m. (Sun) Contact: Padmaja Joshi (209) 830-1295

SAN RAMON

Bhagavad Gita Ch 9, Sevik: Bela Pandya

Time: 7:00 pm (Wed.) Contact: Sireesha Balabadra (925) 804-6102

SAN RAMON CAL HI

Bhagavad Gita Ch 15, Sevak: Meena Kapadia

Time: 3:15 pm (Sat) Contact: Meena Kapadia (925) 680-7037

SARATOGA

Bhagavad Gita Ch. 2, Sevik: Kalpana Jaswa

Time: 7:30 pm (Thurs.) Contact: Kalpana Jaswa (408) 741-4920

WEST SAN JOSE

Bhagavad Gita Ch. 7, Sevak: Krishna Kumari Reddy

Time: 8:00 pm (Wed.) Contact: Krishna Kumari Reddy (408) 806-2876

WALNUT CREEK

Bhagavad Gita Ch. 14, Sevak: Vipin Kapadia

Time: 9:30 am (Sun.) Contact: Rakesh Bhutani (925) 933-2650

SKYPE (ID:PADMAPATRA):

Kathopanishad, Sevak: Padmaja Joshi

Time: 5 pm (Sun.) Contact: Lakshmy Prakash (510) 797-1788

Classes held weekly unless otherwise stated.



SWARANJALI YOUTH CHOIR

*Those who are interested in joining the choir as a vocalist or musicians
please be in touch with the contact for each event.*

SAN JOSE

Choir sessions are held every Sunday between 2:00 - 4:00 p.m.

VENUE: Chinmaya Sandeepany / San Jose

TEACHERS: Prema Sriram, Jaya Krishnan

CONTACT: Prema Sriram: NANSUK@aol.com

SAN RAMON

Choir sessions are held once every two weeks, Saturdays at 2:00pm - 3:00pm

VENUE: California High School

9870 Broadmoor Drive, San Ramon, CA 94583

TEACHER: Shrividhya

CONTACT: Shrividhya: 925-236-2653 / gurucharan11@hotmail.com

FREMONT

Choir sessions are held weekly on Saturdays, 12 noon - 1:00 pm

VENUE: Washington High School / Fremont

TEACHERS: Natana Valiveti and Rajashri Iyengar

CONTACT: Natana: natana@yahoo.com

Just for Kids!

Parents...

This is a monthly magazine published by Central Chinmaya Mission, Mumbai for Children. It is packed with stories, puzzles, arts and craft ideas, children's contributions of essays, riddles, games, and much more.

You can subscribe to it directly. The annual subscription is \$30 and you will receive it monthly by air. We suggest that you subscribe in your child's name so your child will have the pleasure of receiving his or her own magazine from India.

BALVIHAR MAGAZINE

MAKE CHECKS PAYABLE TO:

Central Chinmaya Mission Trust

MAIL TO:

Central Chinmaya Mission Trust

Sandeepany Sadhanalaya,

Saki Vihar Road,

Mumbai 400 072, India



Community Outreach Program

SEVA OPPORTUNITIES

CHINMAYA MISSION SAN JOSE

SAN JOSE

Are You Willing to Volunteer or Just Sponsor the Program?

If yes, please call Krishna Bhamre: (408) 733-4612

or e-mail sbhamre@yahoo.com

We need VOLUNTEERS for preparing and serving Hot Meals for the Homeless. Lunch bags are prepared by Yuva Kendra volunteers on the last Sunday of the month at Bala Vihar locations for approximately 150 homeless people.

All Youth volunteers should contact:

Jayaram Reddy(jreddy80@gmail.com) for more details.

Meals For The Homeless Program: Served at San Jose's Emergency Housing Consortium at Orchard Drive off Curtner Avenue (Adult & Youth Volunteers & Sponsors).

FREMONT

Fremont BV sponsors Sandwiches For The Needy. On the 2nd Saturday/Washington High School in Fremont. Parents of Bala Vihar and the kids prepare 70 Sandwiches, bag them and provide chips, fruit and juice.

The Sandwiches are delivered to the Tricity Homeless Coalition, where they are served to adults and children. The Shelter is located on 588 Brown Road, Fremont, CA. In addition, last Christmas, Fremont Bala Vihar donated new blankets, sweaters, sweat shirts, and infant warm clothes etc. to the homeless at the shelter.

Swami Tejomayananda



ITINERARY EARLY SPRING 2015

DATE	LOCATION / EVENT	PHONE
08 Feb	Karur Trichy	Inauguration of Center
08 Feb - 13 Feb	Vision of Geeta Shri Dipak Shah Trichy 620 001 Tamil Nadu, India	+91 - 431 - 241 4716 +91 - 93451 00545
14 Feb	Nagapattinam Visit	
15 Feb - 19 Feb	Mumbai Sandeepany Sadhanalaya Saki Vihar Road Mumbai - 400072	+91 - 22 - 2857 8647
17 Feb - 17 Feb	Mumbai Mahashivaratri Sandeepany Sadhanalaya Saki Vihar Road Mumbai - 400072	+91 - 22 - 2857 8647
20 Feb - 25 Feb	Surat Shri Kulbandhu Sharma Parle Point, Athva Lines Surat 395 007 Gujarat, India	+91 - 261 - 222 8632 +91 - 98241 11259
26 Feb - 27 Feb	Vadodara Visit	

“There is no god better than Shiva, there is no sacred word better than the name of Shiva.”

Shiva Manhimnah Strotram,
The Hymn on the Greatness of Shiva

JOIN THE CHINMAYA FAMILY AS A SPONSOR:

We invite you to join our Sponsorship program so that you can help us to promote, sustain and continue to teach adults and children, alike, the Hindu

Dharma which is our Heritage. Chinmaya Mission began its service to the Hindu Community some 20 years ago in the Bay Area. We are funded by public contributions. Your contribution, as a Sponsor, goes towards the operation of Sandeepany. Many families who are taking part in the various classes that we offer to adults and children, have enrolled themselves as Sponsors. They enjoy many benefits and become an integral part of the spiritual family at Sandeepany.

Sponsorship is an annual contribution of \$500 per family. The donation is tax deductible and can also be paid bi-annually, quarterly or monthly.

OUR SPONSORS RECEIVE

- All classes offered at Sandeepany Schools for adults and children.
- The journal, *MANANAM* and the bi-monthly newsletters, *Chinmaya Tej* and the *CMW Newsletter*.
- Invitations to attend Weekend Retreats held periodically at Sandeepany.

UNITED WAY CONTRIBUTIONS

Your contributions to United Way can now be designated to Chinmaya Mission San Jose (United Way I.D. No 212100).

The Mission is enrolled to receive such contributions with the United Way Agency in Santa Clara.

CHINMAYA FAMILY WOULD LIKE TO THANK YOU FOR YOUR SUPPORT.



Chinmaya Mission San Jose

Sandeepany San Jose

Non-Profit
Organization
U.S. Postage
PAID
Piercy, CA

1050 Park Avenue
San Jose, CA 95126

Ph. (408) 998-2793

Fax (408) 998-2952

www.Chinmaya.org

DIRECTIONS TO SANDEEPANY SAN JOSE

IF TRAVELLING SOUTH ON 101

Follow US-101 S to E Capitol Expy in San Jose.
Take the Capitol Expressway exit from I-680 N.
Follow E Capitol Expy and Story Rd to 10160 Clayton Rd

IF TRAVELLING SOUTH ON 280

Follow South 280 to E Capitol Expressway in San Jose.
Take the exit for Capitol Expressway from I-680 N.
Follow E Capitol Expy and Story Rd to 10160 Clayton Rd

IF TRAVELLING SOUTH ON 880

Take US-101 S to E Capitol Expy in San Jose.
Take exit for Capitol Expressway from I-680 N.
Follow E Capitol Expy and Story Rd to 10160 Clayton Rd.

IF TRAVELLING SOUTH ON 280

Take the 280 exit to San Jose. Get off at the Meridian North Exit.
Go to Park Ave. and make a right turn to 10160 Clayton Rd.

IF TRAVELLING SOUTH ON 680

Take the exit for Capitol Expressway from I-680 N.
Follow E Capitol Expy and Story Rd to 10160 Clayton Rd