

Chinmaya Smrithi



A Bi-Monthly News Magazine of the Chinmaya Mission Washington Regional Center (CMWRC)

Volume 32, Number 5, September 2022



Chinmayam Jagadeeshwaram Pranamaamyaham

Foreword: Swamiji's Message



Editor's Note: [Our beloved resident Swamiji, Swami Dheerananda is continuing his weekly classes on Vivekachoodamani. Please find below an excerpt from his class on verse 22].

विरज्य विषयव्रताद्दोषदृष्ट्या मुहुर्मुहुः ।

स्वलक्ष्ये नियतावस्था मनसः शम उच्यते ॥ 22 ॥

*virajya viṣayavrātāddoṣadr̥ṣṭyā muhur̥muhuh̥ |
svalakṣye niyatāvasthā manasaḥ śama ucyate || 22||*

Meaning: The peaceful state of the mind when it rests constantly upon the contemplation of the goal after having, again and again, detached itself from the chaos of the sense objects through a process of continuous observation of their defects is called "Shama".

Adi Shankaracharya continues the description of the specific qualifications necessary in a spiritual seeker. Having elaborated upon Viveka, the ability to discriminate between the real and the unreal, the Acharya has explained how Viveka leads to Vairagyaa or dispassion. The question naturally arises as to how the spiritual seeker can establish himself in Vairagyaa in this world of constantly changing objects, fears and attachments. This verse expounds on the first of the six-fold qualities "Shama" or peacefulness of the mind which helps the seeker stay established in Vairagyaa.

Shama would literally mean a peaceful mind. But how does the mind get peaceful and stay focused on the goal? In this context it is interesting to note that any worthwhile achievement, whether it be in the field of secular activity or the spiritual realm, depends on having this focused mind. In this verse, Acharya gives us a great technique. When we are drawn towards (or have aversion or fear towards) worldly objects, one should constantly observe their defects. By reminding the mind again and again about the defects of the objects in the material world, the mind can gradually be trained to focus on the Self which is the goal for the spiritual seeker. A mind, which is thus

focused on the goal will become peaceful. By looking at the pros and cons or both sides of an issue (rather than evaluating it from one side only), one can develop the ability to better understand the issues.

Who should practice Shama? This practice is for the seeker who is still identified with the Perceiver, Feeler, Thinker (PFT). In this stage, one should carefully evaluate the objects and by the process of observation of defects, one will be able to detach oneself from the chaotic world of objects, emotions and thoughts. This leads to a peaceful mind, as described earlier, which will then enable the seeker to focus on the spiritual goal.

In the next verse, Acharya goes on to describe two more of the six qualities required in a spiritual seeker viz. Dama and Uparati.

Calendar and Upcoming Events

Upcoming Events

- Oct 7th to Oct 9th: Divya Shakti retreat based on Finding your Faith – the original Bhagavata led by Vivekji and Vilasiniji.
- Oct 16th – Oct 20th: Hamsa Gita from Srimad Bhagawatam – Discourses by Swami Ramakrishnananda online via Zoom from 8:30 p.m. to 9:30 p.m. EST.
- CMWRC Annual Fund Raiser: November 19th Saturday evening from 3:36 p.m. at Olney. Look for additional details during the weekly announcements and the special celebrations to commemorate Swami Dheerananda's 60th birthday.

Study Groups

- Please contact Sri Sangamesh Konaraddi by email at sang.kona@gmail.com, if you are interested in learning more about study groups.

Bookstore/Library

- Browse Books, CDs, DVDs, etc. online at www.chinmayapublications.com. Contact Sevak to order (Vijay Singh at Chinmayam, Subbarao Kari at Chinmaya Somnath and Bijay Dash at Frederick)

Next Edition of Chinmaya Smrithi

- Articles for the next regular bi-monthly edition – Nov 2022, are due by Nov 15, 2022
- Email submissions to smrithi-editor@chinmayadc.org.
- Browse Past editions at www.chinmayadc.org/Smrithi/Smrithi.htm

Useful Links:

Central Chinmaya Mission Trust www.chinmayamission.com

Chinmaya Mission West www.chinmayamission.org

Chinmaya International Foundation, E-Vedanta Courses www.chinfo.org

Chinmayam Chapter – Silver Spring MD website <http://chinmayam.chinmayadc.org/chinmayam-chapter/>

Chinmaya Somnath Chapter – Chantilly VA website www.chinmayasomnath.org

Chinmaya Frederick Chapter – Urbana MD website <http://www.frederick.cmwrc.org/>

Chinmaya Richmond Chapter – Richmond VA website www.chinmayarichmond.org

CMWRC – Washington Regional Center www.chinmayadc.org

Please Note

The opinions expressed here are those of the authors and do not necessarily represent the official views of Chinmaya Mission or CMWRC

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BV students – Please contact the editorial staff if interested to volunteer.

Please contact us if you are interested in joining the editorial staff!

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News & Tidbits

Swami Swaroopananda's visit to CMWRC

Mukhya Swamiji Swaroopananda visited Chinmayam, MD and Chinmaya Somnath, VA over 4 days from September 2 to September 5. He interacted with Sevaks and visited the trail at Chinmayanandam, the recently acquired land adjacent to Chinmayam. At Chinmaya Somnath, he gave discourses at a family camp on Maha Mryutunjaya Mantra. The family camp featured talks and programs led by several Vedanta teachers and Brahmacharini Shubani Chaitanya. After a gap of over 2 years, the camp provided a great opportunity for the CMWRC family to meet in person and interact with each other. Swami Swaroopananda's powerful discourses on the power and efficacy of the mantra and the way he was able to seamlessly connect it to the concepts of Yagna and its practical applications held the audience of over 500 attendees spellbound. A sample collection of pictures has been included in a Collage section in this edition and a full set of pictures will be available shortly on the website.

Gurudev's Mahasamadhi

From July 29 to Aug 3, the Mahasamadhi camp was hosted by the Dallas Fort Worth chapter this year. It featured discourses by Swami Swaroopananda and Swami Tejomayanada. The CMWRC chapters also held events locally at each chapter to observe this occasion which included Paduka Puja for Gurudev.

Resumption of in-person Bala Vihar classes

After more than 2 years, the chapters have resumed full fledged Bala Vihar classes including common time for the Bala Vihar students with Swamiji at Chinmayam. The registration for Bala Vihar has rebounded back to pre-pandemic levels and the entire Chinmaya family eagerly looks forward to another fulfilling year.

Bhajan Sandhya

On Saturday September 10th, our Chinmayam members Deepti and Krushanu Majnumdar offered a devotional evening filled with mellifluous music.

Trichur Brothers Concert

An evening of Carnatic classical music was conducted by the Trichur brothers at Chinmaya Somnath on Saturday September 24th at 4 p.m.

Monthly Grocery Drive

In order to alleviate the distress caused due to the pandemic and in keeping with the spirit of giving back to the local community, CMWRC will continue to work with local food banks to ensure that the assistance goes to the truly needy families. Please review the flyers and weekly announcements to get more information on details of how you can help and contribute to this noble cause. This monthly drive aims to donate a minimum of \$2500 each month and we appeal to all members to contribute towards this noble endeavor.

Arpanam

Please refer to the CMWRC website to learn more about this exciting new consolidated fundraising initiative. It offers the Chinmaya family an opportunity to donate at various levels on an on-going basis to support the current and future growth of CMWRC. Inspired by Gurudev's message that true loving is not in passive taking but in dynamic giving, the program is expected to help the mission pay down its debt while also positioning it for future growth to continue to spread the spiritual message of Vedanta. Donors making an Arpanam pledge may fulfill the pledge during the calendar year, and all tax-deductible offerings, such as Gita chanting registration, membership, Bala Vihar, enrichment, Guru Dakshina, event sponsorship, etc. are recognized towards the fulfillment of the pledge.

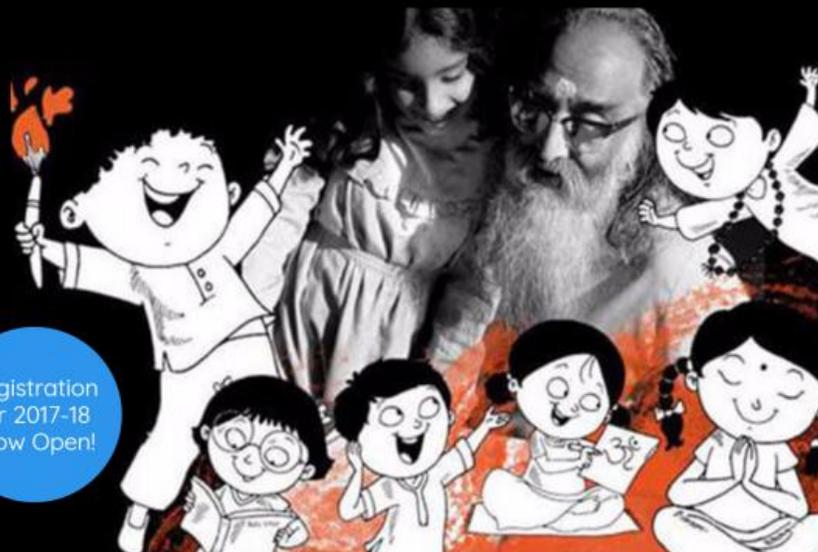
Please make your pledge today.

Bala Vihar

Enriching our children with the great knowledge of Sanatana Dharma through scriptural stories, games and activities. Join us every week as we learn about values and ideals with laughter and joy!

'Children are not vessels to be filled, but lamps to be lit.'
- Pujya Swami Chinmayananda

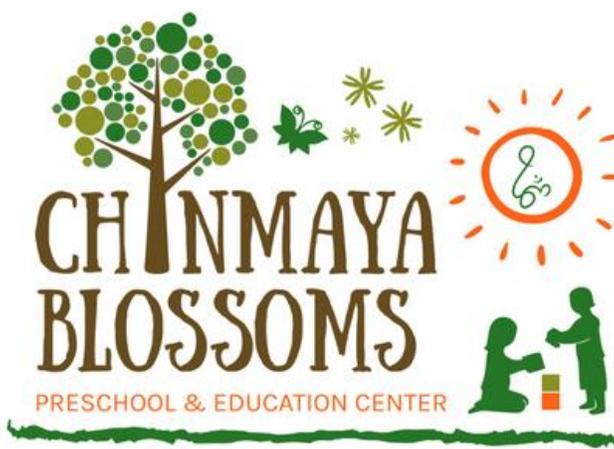
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us on  www.chinmayablossomsva.org

Chinmayam is Now Offering Amruta Vihar Class!

Chinmayam is pleased to offer an Amruta Vihar class for our children with special needs. It is a special program tailored for children, who are differently-abled, to come together for social interaction, special yoga, spiritual growth, and learning. The children are introduced to stories from our Puranas, taught how to chant shlokas and sing bhajans, along with art & craft activities, yoga, breathing exercises, and group discussions.

At this time we are offering this class for children between the ages of 4-11 years. Interested families or if anyone has any questions please reach out to Sudikshanimishe@gmail.com (Sudiksha Nimishe) or rkkirkire@gmail.com (Raja Kirkire).

Tuesday Meditation

"Like the butter hidden in the cream, Pure Consciousness resides in every Being. It is to be constantly churned, with Mind as the churning rod.... Knowledge of the Self is gained through meditation." -- Svetasvatara Upanishad

**With Gurudev's Grace and Swamiji's Blessings,
Sankaran Nayarji leads Meditation sessions using
the technique Pujya Gurudev adopted from
Kathopanishad for Chinmaya Mission.**

**Every Tuesday
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Arpanam Pledge Levels



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\$1,800 and above

Offer with devotion like a fresh leaf with enthusiasm and vitality



Pushpam (Flower)

\$5,400 and above

Offer with devotion like a beautiful and fragrant flower



Phalam (Fruit)

\$10,800 and above

Offer with devotion fruit, the results of your endeavors by the grace of GOD



Toyam (Water)

\$21,600 and above

Offer with devotion like pure water with a golden sparkle

"If one offers to Me with devotion a leaf, a flower, a fruit, or even water, I delightfully accept that article offered by the pure-minded with devotion."

The Bhagavad Geeta | Chapter 9, Verse 26

Chinmayam Virtual Suggestion Box We want to hear from you!

**What are we doing well?
Where we are falling short and
can do better?
Where we are totally missing the
mark?**

**Please send your suggestions to
suggestionbox@chinmayadc.org**



Now Accepting Monetary Donations to Support Local Food Banks!

With Gurudev's divine grace and blessings, our chapter distributed approximately \$135,000 worth of non-perishable food to families in need through monthly grocery distribution drives at our facility over a period of 22 months from June 2020 through April 2022. We thank all the sevaks and donors for their support in serving our community and making the monthly food drives a success.

We will continue our monthly food distribution initiatives from hereon by working directly with our existing partners, Manna Food Center and Howard County Food Bank. We plan to make monthly monetary contributions to them at the end of each month to continue this service to our community.

We sincerely hope that you will continue to support this cause by donating monthly to allow us to make these contributions. This approach will help us serve a larger number of the less fortunate as these food banks can purchase and distribute food items more efficiently as well as target those in need more accurately. While the pandemic-related needs have reduced, food banks are still struggling to meet demands because of the cost of living crisis brought about by high inflation. In case of any questions, please contact fooddrive@chinmayam.org.

Our goal is to donate \$2,500 or more to them at the end of each month to continue this service to the community, We request you all to continue to support this cause.

[Click HERE to Make a Donation Today!](#)

Yoga Classes at Chinmayam!

Adult YOGA classes (In-person) are being offered on Saturday (Iyengar Yoga) and Sunday (Hatha Yoga) Sundays from 12:15 pm to 1:00 pm.

We will start the classes only if a minimum of 7 participants are registered for a class.

The teachers are

Saturday : Vanaja Jaligam

Sunday : Ramdas Jadhav and Amita Jain

Please sign up online through Chinmayam Registration.

Language Class Orientation THIS Weekend
September 24-25, 2022



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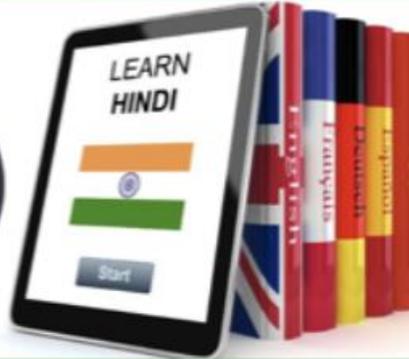
ॐ

OPEN TO
STUDENTS
GRADE 1 &
ABOVE

Join Now

Email us:
hindi@chinmayam.org

www.chinmayam.org



Language Orientation

Language classes open house will be held the following weekend. The information is below.

Telugu Saturday, September 24 - 12:00 pmET (online)

Hindi Sunday, September 25 - 8:45 amET - 9:45 amET (in person) & 12:25 pmET - 1:15pmET (online)

Zoom links and details of the open house will be shared directly to participants.

Virtual Monthly Chinmaya Setu Kari Discussion Starting
Sunday, September 25, 2022



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CHSK DC

Monthly Satsang
for Evolving Adults (28-45)

Tips for Happy Living

Sunday, September 25th
9:00 PM

Join Our Community!

- Satsangs
- Seva
- Socials



Sign Up Here Today!
bit.ly/chsk_dc

Hari OM Setukaris!

Chinmaya Setukari (CHSK) is a growing group within CMWRC. Meant for people who fall in the age range of 28-45, this group is at a stage in life where they are typically settled into a career and are now focusing on professional growth in their chosen fields, while balancing growing families, and evolving relationships with elders. CHSK DC has an exciting calendar of events planned for Setukaris to engage in Satsang, Seva and Socials with one another in the upcoming year.

On that note, CHSK DC will be starting a monthly satsang via Zoom following the text *Tips for Happy Living* by Swami Tejomayananda. To join this satsang, and receive more information about our upcoming events, please visit: bit.ly/chsk_dc

Sign Up for the Hamsa Geeta Course with Swami
Ramakrishananda, Starting October 16, 2022



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and
Chinmaya International Foundation

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HAMSA GEETA

from Srimad Bhāgavatam

Discourses by

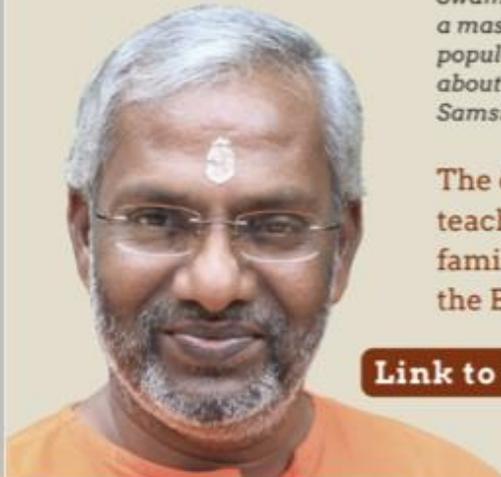
SWAMI RAMAKRISHNANANDA



Lord Krishna appears in the form of a swan and teaches us how to rise above the limiting qualities of sattva, rajas and tamas and attain true freedom.

OCT 16, 2022 (SUN) - OCT 20, 2022 (THU)
8:30 PM - 9:30 PM (EST)

Swami Ramakrishnananda (Chinmaya Mission, Nagapattinam), a master teacher with a very humorous style has been very popular with the young and the old alike. He is also passionate about Sanskrit and is the author of the famous Sulabha Samskrta (Easy Sanskrit) course offered by CIF.



The discourse is free and open to all. Swamiji's easy teaching style appeals to all. Invite your friends and family to join and enjoy this practical wisdom from the Bhāgavatam.

Link to join: <https://bit.ly/SRKYajna2022>

www.chinmayadc.org



zoom



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Join the weekly class



VEDĀNTASĀRA

by Anant Sarma



Vedāntasara, authored by Svāmi Sadānanda, is an important prakaraṇa-grantha (topical introductory text) that provides a methodical understanding of the essence of Vedānta. The beauty of Vedāntasāra is its systematic thought development explaining the concepts in very simple Saṁskṛita. One more beauty is that as the text explains, it gives śruti and smṛti quotations and authenticates the ideas. Additional definitions are all added to make the whole text complete and yet very precise at the same time. The study of Vedāntasāra will give the student a solid foundation to build for further study of Upanishad-s and Bhagavad Gita.

MEETS ONLINE VIA ZOOM

Starting August 3, 2022

EVERY WEDNESDAY

7:00 PM TO 8:30 PM

Zoom Meeting ID: 973 3821 8646

Passcode: 04XfGC

Email questions to
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Oct 7th 2022, 4:00 pm - Oct 9th 2022, 12:00 pm

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Registration Details Coming Soon!

www.chinmayadc.org

**Mandukya Upanishad with Karika Class by Anant Sharma
Starting Every Tuesday from June 14, 2022**



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Summer Lecture Series

**MĀṆḌŪKYA UPANIṢAD
WITH KĀRIKĀ**

by Anant Sharma

The Māṇḍūkya Upaniṣad beautifully analyzes the state of consciousness in the three states of waking, dream and deep sleep experience of all of us. It then takes us to the fourth and asserts emphatically that the Absolute Reality is non-dual! It also provides symbol for meditation in the mono-syllable Om comprising of three sounds a, u and m detailing its philosophical implications. Muktikopaniṣad, the dialog between Śrī Rāma and Hanumāji says Māṇḍūkya alone is enough to give a seeker liberation! Māṇḍūkya is always studied with Māṇḍūkya Kārikā whose author Gauḍapādācārya uses the unique and famous ajāta vāda and takes us from mithyātva, the falsity of the world to the śivam śāntam advaitam that the Upaniṣad declares that one must realize.

MEETS ONLINE VIA ZOOM

Starting June 14, 2022

EVERY TUESDAY

7:00 PM TO 8:30 PM

Introduction by Swami Dheerananda in the first session



Zoom Meeting ID: 976 3444 9664

Passcode: S3ziq2

Email questions to
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Subscription: please write to editor@mananam.org. Current and past editions can be purchased at our bookstores.)

Tapovan Prasad Subscription (print version or E-version). Tapovan Prasad brings out each month - excerpts from teachings of Swami Tapovan Maharaj, Sri Gurudev, Swami Chinmayananda, Guruji, Swami Tejomayananda and CM acharyas. In addition, it captures the pulse of Chinmaya Mission world-wide with reports on happenings and upcoming events.

Tapovan Prasad Subscription Instructions:

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5. Please provide username, password, email...details, etc...and proceed.
6. When you click on Axis Bank / CCAvenue payment gateway, enter details and complete the process. (Do revert in case of any problem)

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- *Bala Vihar magazine* for children, parents and Bala Vihar teachers. subscription link: http://www.chinmayamission.com/balvihar-subscription-overseas/#.WE_LYvkrJhE
- *Chinmaya Udghosh* - magazine for youth - appropriate for 13-30 year olds subscription link: http://www.chinmayamission.com/our-magazines/chinmaya-udghosh/#.WE_MBPrJhE

Navaratri & Dussehra Message

Message from Pujya Gurudev and Swami Swaroopananda



Swamins, Brahmacharins and Members of Chinmaya Mission Worldwide

Dear All,

Hari Om!

Greetings for Navaratri and Dussehra!

For the festival of Dussehra, Pujya Gurudev Swami Chinmayananda revels in the cleansing experienced during nine days of worshipping Devi, in her different forms, which prepares the jiva to experience the joyous Reality of the Self!

Pujya Swami Swaroopananda's message simply guides us to celebrate the death of the ego!

With Prem & OM!

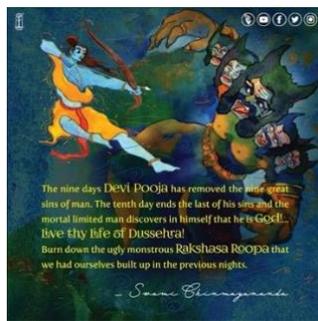
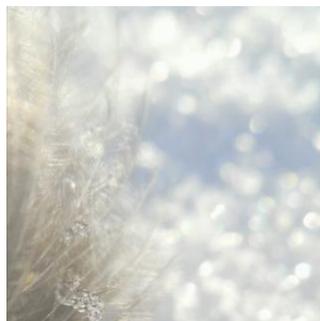
In His Service,

Manisha Khemlani

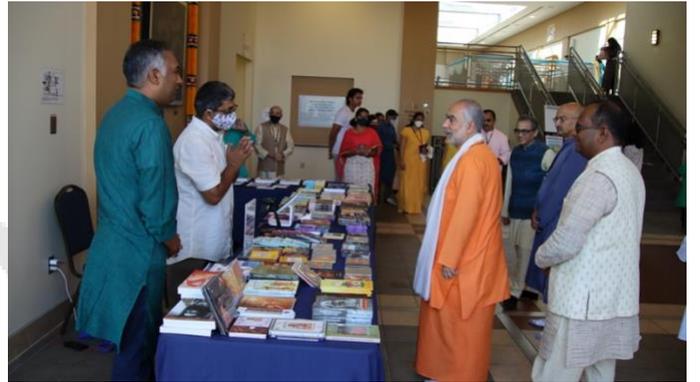
Chief Executive Officer



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I Am

Sahil Prasad

[Editor's note: This is an article submitted by a 7th grade Balavihar student as his reflection inspired by Swamiji's talks during Balavihar on September 24, 2022]

According to the Bhagavad Gita, the phrase "I am" is as complete of a state as you can achieve. Here's why. Without completing the phrase "I am", it's like a lake with no ripples—still. This results in a calm body and mind. This is because you aren't conscious of the Body, Mind, and Intellect (BMI, the three vehicles that control you). Sadly, this is a very hard state of being for humans as they are always craving something in life through their BMI. For example, if you were to get hungry, then the phrase of "I am" would turn into "I am hungry", which would mean that your body would be disrupted and torn apart due to the thoughts about when you can eat. Similarly, if you are sad about not doing well on a test, you will keep being distracted because of your constant sad thoughts from your mind. The way you can counter this is to become a *Sakshi* or an observer of the working BMI. This would result in introducing a distance between you and the desires of the BMI. This could be applied to any kind of craving like sleeping, running, or drinking. This reminds me of *Prakriti*, which is a concept I learned in Balavihar recently. This means a well-balanced lifestyle where the same routine is practiced every day. Cows are a good example of *Prakriti* because they always eat a certain amount of grass and nothing else. *Prakriti* relates to "I am" because it's also a simple balance in life just like the routine of the cow. As you can see, the state of "I am" not only balances your life but makes your life *true* and *complete*.

Reflections on Narayaneeyam – Dasaka 14– The Kapila Incarnation

Kodanate Lakshmanan

D

Editor's Note: With the grace and blessings of Swami Dheeranandaji, this is a series of reflections on Narayaneeyam, a devotional composition by Melpathur Narayana Bhattathiripad, containing the essence of Srimad Bhagawatham. This series borrows from the spiritual significance and connotation explained by Sri S.N. Sastry in his commentary on Narayaneeyam.

Narayaneeyam



Om Ganeshaya Namaha. Om Saraswatyai Namaha. Om Shri Gurubhyo Namaha.

This Dashaka is chanted primarily in the Vasantatilakam metre. Specific verses are chanted in a different metre (indicated) which is another feature of this composition. Interested readers may reference the website <https://www.prapatti.com/categories/naaraayaniyam.p hp> where the audio version and transliteration of the

various Dashakas are available online. Please note that there are various popular methods of reciting these beautiful Shlokas and there may be slight variations in the metre used. The author wishes to acknowledge stotranidhi.com for the Roman transliteration of the verses.

Beginning with this fourteenth Dashaka, the poet describes the story of the birth of Kapila Muni, widely considered as one of the foremost proponents of Sankhya Yoga. In this Dashaka, the life and penance of his father, Kardama Prajapati is described and the Dashaka concludes with the birth of Kapila Muni, considered to be an Avatar (incarnation) of the Lord. In the next Dashaka, the poet goes on to describe the teachings of Kapila Muni to his mother Devahuti who surrendered to Him and attained salvation through His teachings.

Readers may recall that the Narayaneeyam is a poetic composition based on Srimad Bhagawatham. This Dashaka is based on the third canto (Chapters 21 through 24).

समनु स्मृत तावकाङ्घ्रियुग्मः स मनुः पङ्कज सम्भवाङ्ग जन्मा ।
निजमन्तरं अन्तराय हीनं चरितं ते कथयन् सुखं निनाय ॥ 14-1

samanusmṛtatāvakaṅghriyugmaḥ
sa manuḥ paṅkajasambhavaṅgajanmā |
nijamantaramantarāyahīnaṁ
caritaṁ tē kathayansukhaṁ nināya ॥ 14-1 ॥

This composition is known for its lilting verses and the poet gives an excellent illustration of his dexterity with the Sanskrit language in this opening verse of the Dashaka. The poet describes Svayambhu Manu, (considered as the first male in Hindu scriptures) who was literally born from the body of Lord Brahma and his worship on the Lotus feet of Lord Brahma in the first two lines. For the entire duration of his reign (which spans roughly 72 Chaturyugas – the role of an individual creator Brahma spans 1000 Chaturyugas divided into 14 Manvantaras – additional details were provided in an earlier Dashaka on this concept of time), Manu was engaged in worship while also happily rejoicing in and narrating stories about the Lord's various incarnations.

The second verse begins the description of Prajapati Kardama. At the beginning of creation, the Prajapatis were born as were various sages such as Sanaka, Sanandana, Narada among others directly from various parts of Lord Brahma. Kardama Prajapati is considered to be born from the shadow of Lord Brahma. Lord Brahma wanted to transfer the responsibility of creation to his Prajapatis and accordingly instructed Kardama who became keenly interested in this idea. He began to worship Lord Vishnu, who has a charming and attractive form for ten thousand years. Here, it is important to note that the concept of time was different in each Yuga and the human life span was much longer in earlier Yugas.

समये खलु तत्र कर्दमाख्यो दूहिण-च्छायभवः तदीयवाचा ।
धृत्सर्ग रसो निसर्ग रम्यं भगवंस्त्वां अयुतं समाः सिषेवे ॥ 14-2

samayē khalu tatra kardamākhyō
druhiṇacchāyabhavastadiyavācā |
dhṛtasargasō nisargaramyaṁ
bhagavaṁstvāmayutaṁ samāḥ siṣēvē ॥ 14-2 ॥

गरुडोपरि काळ मेघ कर्म विलसत् केलि सरोज पाणिपद्मं ।
हसितोल्लसित आननं विभो त्वं वपुराविष्कुरुषे स्म कर्दमाय ॥ 14-3

garuḍōpari kālamēghakamraṁ
vilasatkēlisarōjapāṇipadmam |
hasitōllasitānanam vibhō tvaṁ
vapurāviṣkuruṣe sma kardamāya ॥ 14-3 ॥

In the third verse, the poet describes the appearance of Lord Vishnu in front of Kardama. It is said in the scriptures that while the Lord is formless, He manifests Himself in front of his devotees in a Form which they attribute to Him. In this case, Kardama Prajapati is meditating on the beautiful form of Lord Vishnu and accordingly, the Lord appears to him sitting on Garuda (considered the celestial vehicle of Lord Vishnu) with his face lit up in a smile and holding a lotus in His hand. The Lord's beauty is compared here using a simile to the beauty of a dark rain-bearing cloud.

स्तुवते पुलकावृताय तस्मै मनुपुत्रीं दयितां नवापि पुत्रीः ।
कपिलं च सुतं स्वमेव पश्चात् स्वगतिं चाप्यनुगृह्य निर्गतोऽभूः ॥ 14-4

stuvatē pulakāvṛtāya tasmai
manuputrīm dayitām navāpi putrīḥ |
kapilaṁ ca sutam svamēva paścāt
svagatiṁ cāpyanugṛhya nirgatō:’bhūḥ ॥ 14-4 ॥

स मनुः शतरूपया महिष्या गुणवत्या सुतया च देवहृत्या ।
भवदीरित नारदोपदिष्टः समगात् कर्दममागति प्रतीक्षं ॥ 14-5॥

sa manuśśatarūpayā mahiṣyā
guṇavatyā sutayā ca dēvahṛtyā |
bhavadīritanāradōpadiṣṭaḥ
samagātkardamamāgatipratīkṣam ॥ 14-5 ॥

In the fourth verse, Kardama's thrill is described. On seeing the Lord appear before him, Kardama's hair stands on end and he starts praising the Lord profusely. On being asked for a boon, Kardama asks Lord Vishnu to bless him with progeny. A bit disappointed by this mundane request, the Lord sheds tears which forms a lake (called Bindusaras). However, the compassionate Lord blesses Kardama telling him that he will get nine daughters and finally the Lord Himself would be born as a son to him. He also tells him that he would get Devahuti, the daughter of Manu as his wife.

In the fifth verse, story moves forward. Instructed by the celestial sage Narada, who was a messenger from Lord Vishnu, Manu and his wife Shatarupa take their daughter Devahuti, who was endowed with all noble qualities, to meet Kardama Prajapati. Remembering the words of Lord Vishnu, Kardama was expecting their arrival and gives them a warm welcome.

The sixth verse describes Devahuti's dedication to Kardama. She was very devoted to him and pleased him with her unwavering service. Having obtained the virtuous Devahuti as his wife, Kardama Prajapati, who was ever content in devotion to the Lord, became pleased with her.

मनुोपहृतां च देवहृतिं तरुणी रत्नमवाप्य कर्दमोऽसौ ।
भवदर्चन निर्वृतोऽपि तस्यां दृढ-शुश्रूषणया दधौ प्रसादं ॥ 14-6

manunōpahṛtām ca dēvahṛtiṁ
taruṇīratnamavāpya kardamō:’sau |
bhavadarcananirvṛtō:’pi tasyām
dṛḍhaśuśrūṣaṇayā dadhau prasādam ॥ 14-6 ॥

स पुनः त्वदुपासन प्रभावात् दयिता कामकृते कृते विमाने ।
वनिता कुलसङ्कलो नवात्मा व्यहर्त् देव पथेषु देवहृत्या ॥ 14-7॥

sa punastvadupāsanaprabhāvā-
ddayitākāmakṛtē kṛtē vimānē |
vanitākulasaṅkulō navātmā
vyaharaddēvathēṣu dēvahūtyā ॥ 14-7 ॥

शतवर्षं अथ व्यतीत्य सोऽयं नव कन्याः समवाप्य धन्यरूपाः ।
वनयान समुद्यतोऽपि कान्ता हितकृत् त्वज्जन-नोत्सुको न्यवात्सीत् ॥14-8

śatavarṣamatha vyatītya sō:'yaṁ
nava kanyāḥ samavāpya dhanyarūpāḥ |
vanayānasamudyatō:'pi kāntā-
hitakṛttvajjananōtsukō nyavātsīt ॥ 14-8 ॥

In the seventh verse, the poet describes the next stage of their life. Kardama Prajapati, by virtue of his dedicated worship of Lord Vishnu had acquired many Siddhis. He divided himself into nine bodies and created an aerial vehicle specially designed to fulfil the desire of his beloved wife. He then travelled through various celestial regions along with his wife in this special vehicle.

The eighth verse further describes how Kardama and Devahuti spent hundred years sporting in various celestial gardens and they had nine beautiful daughters born to them. Kardama began preparations to go to the forest to engage in penance but stayed on remembering the Lord's boon that He himself would be born as their child. The Bhagawatham describes in greater detail how Kardama begins to head out to the forest and then is reminded by Devahuti about the Lord's boon and stays back to see the Lord. He instructs Devahuti to start worshipping the Lord intensely.

In the ninth verse, the poet describes how the Lord incarnated as Sage Kapila and was born in Devahuti's house – a result of their constant intent worship. Sage Kapila is credited with being the first proponent of the Sankhya philosophy. Spread over many chapters in the third canto in the Bhagawatam, the compassionate Lord begins with an explanation of the Sankhya philosophy but also touches upon various paths to realize the true Self viz. Karma Yoga, Bhakti Yoga and Jnana Yoga. Interested readers may note that there is a detailed description of a foetus and its development over months in the womb in one of the chapters of the Bhagawatam which gives us a glimpse into some of the medical advances already made at the time in ancient India. Describing the vagaries of the

human life cycle, Sage Kapila impresses upon his mother the importance of surrender to the Supreme Self to attain liberation.

निज भर्तृगिरा भवन्निषेवा निरतायां अथ देव देवहृत्यां ।
कपिलस्त्वं अजायथा जनानां प्रथयिष्यन् परमात्म तत्त्व विद्यां ॥ 14-9

nijabharṭṛgirā bhavanniṣēvā-
niratāyāmatha dēva dēvahūtyām |
kapilastvamajāyathā janānām
prathayiṣyanparamātmatattvavidyām ॥ 14-9 ॥

वनमेयुषि कर्दमे प्रसन्ने मतसर्वस्व-मुपादिशन् जनन्यै ।
कपिलात्मक वायु मन्दिरेष क्वरितं त्वं परिपाहि मां गदौघात् ॥ 14-10

vanamēyuṣi kardamē prasannē
matasarvasvamupādiśaṅjananyai |
kapilātmake vāyumandirēṣa
tvaritaṁ tvaṁ paripāhi māṁ gadaughāt ॥ 14-10 ॥

In the concluding verse of this Dashaka, the poet describes how Kapila's father Kardama, having seen the Lord, went on to the forest being very pleased and continued his penance. The Lord compassionately guided His mother through her various doubts and enabled her to achieve liberation. To such a compassionate Lord, the poet sends out an urgent prayer to cure him from his host of afflictions.

The next Dashaka is devoted to describing more elaborately the teachings of Sage Kapila to his mother Devahuti.

To Be Continued

Swami Tapovanam Poetry: Hymn of Ganga - 12(Excerpts)

Sitaram Kowtha

Editor's Note: We are pleased to introduce this series of articles by Sitaramji, excerpts of poetry by Swami Tapovanam.

Source: Sri Ganga Stotram (Hymn to Ganga) by Swami Tapovanam

Commentary by Swami Chinmayananda

Source: Pujya Guruji, Swami Tejomayananda, discourse on this work. Discourse available on ChinmayaClix



Param Pujya Gurudev, Swami Tapovanam, nurtured his disciple, Swami Chinmayananda on the banks of River Ganga at Uttar Kashi and Gangotri. Tapovanji himself 'wandered' across Himalayan peaks, traversing the glaciers, streams, rivers, and mountain peaks to include such places of lore as Mount Kailas, Char Dham (Gangotri, Yamunotri, Kedarnath and Badrinath), Sri Sarada temple, Amarnath and Vaishnavi Devi temples in Kashmir, and so on. His journey prior to becoming a sannyasi took him to Kolkota, Kashi, Haridwar and Rishikesh. In other words, he traveled to the source of Ganga in Goumukh glacier as well to various locations where the river journey down the mountains to the plains, onwards to Bengal. In this composition, he invokes Mother Ganga as a divine mother and the supreme Self, and expresses the manifestation of the divine beauty and divinity indicated in the Upanishads. In this work he exalts Ganga and Gangotri, and it also serves as his teaching of Upanishads to us.

Altogether there are 125 verses in 5 sections of 25 verses each. In the following series, we will excerpt 5-10 verses, with meanings and highlights from Sri Gurudev's commentary, and further elaboration in discourse by Guruji, Swami Tejomayananda (Note: Guruji discourse video is available on Chinmaya Clix).

Section 3 of 5; Verses 6 – 10

जल्पन्तु शून्यमतयस्तव शून्यभावं
निन्दन्तु चाधिकमधीरिति वञ्चितोऽयम्।
सच्चिद्धने ! तव पदाम्बुजभक्तिशीलान्
भक्तास्तथापि न भवद्विमुखा भवेयुः ॥ ६ ॥

jalpantu śūnyamatayastava śūnyabhāvaṁ
nindantu cādhikamadhīriti vañcito'yam ।

saccidghane ! tava padāmbujabhaktiśīlānāṁ

bhaktāstathāpi na bhavadvimukhā bhaveyuh ॥ 6 ॥

Let the nihilist blabber that thou art "non-existent!"

Let the unintelligent ones insult and demean Thee!

They get themselves only self-deceived.

O Sat-Chit-Ghana!

In spite of all these, Thy devotees

Will never turn their eyes away from Thee!

Atheists argue that there is no trans-intellectual Reality since it is not perceivable for them. But they are conscious of their existence. None of them have ever even distant doubt whether they exist; they are sure they exist, and they are conscious of their existence. This consciousness (chit) and existence (sat) is Thy essential sat-chit nature. Yet, atheists deny Thee.

The Buddhist School, "Nihilists", in their arguments came to the conclusion that the final state of experience is "Nothingness" – pure "non-existence" – a state of asat – a mere prapanchopasanam (the cessation of the perceived world). There are secularists and pure materialists who deny Thee totally, without understanding what Thy Glory Supreme. Let them unintelligently deny the Summum Bonum of life, Thee!

O sat-chit-ghana! (Pure-Existence-Knowledge-Self!) O Mother! Thy devotees will not turn their eyes away from Thy lotus feet. Thy devotee is irresistibly drawn towards Thee!

प्रात्मैव त्वं हि भक्तानामसि त्वं शून्यता कथम्।

प्रसि चेत्ययि वैरस्यं कथं नित्यसुखोदधो ॥ ७ ॥

prātmaiva tvaṁ hi bhaktānāmasi tvaṁ śūnyatā katham ।
prasi cetvayi vairasyaṁ kathaṁ nityasukhodadhau ।।7।।

*Thou art the very Self in Thy devotees!
How can Thy be “zero” when Thou art the Soul in all?
Thou art the Ocean of Eternal Bliss
In Thy very Existence-Bliss how can anyone feel
unconcerned?*

How can Mother Ganga be ‘shoonyata’, “zero” or “nothingness”, since she is at once the very conscious in all sentient beings?

Mother Ganga, you are Sat – pure existence, Nitya-Sukha – Infinite Bliss, Nitya-Sukho-Dadhi – Nitya Sukha is your essential nature – how can anyone feel unconcerned?

नास्तीति भवती केन साद्धयते सिद्धरूपिणी।

तथा च सर्वशासित्री ह्यस्ति चेन्नास्तिको हतः ॥ ८ ॥

nāstīti bhavatī kena sāddhayate siddharūpiṇī ।
tathā ca sarvaśāsitrī hyasti cennāstiko hataḥ ।।8।।

Who can say, and how can anyone prove

That Thou, the ever-existent, “Siddha-Roopini”, are non-existent?

Thou art the Sole Ruler over All, “Sarva-Sasitri”,

In his very attempt to prove Thy non-existence,

The atheist has defeated himself!

Self being the Sole Ruler (sarva-sasitri) in all creatures everywhere, at all time and in all activities of everyone – the atheist is thoughtlessly denying himself. The noisy argument of the atheists needs no refutation – it stands self-refuted.

त्वच्छक्तिमाहात्म्यमहस्करोद्यत् -

प्रभावदंब ! प्रसृतं प्रसिद्धम्।

तथापि सत्त्वं तव शंक्यते यै -

र्नमोऽस्तु तेषां धिषणोदयाय ॥ ९ ॥

tvacchaktimāhātmyamahaskarodyat -
prabhāvadamba ! prasṛtaṁ prasiddham ।
tathāpi satvaṁ tava śamkyate yai -
rnamo'stu teṣāṁ dhiṣaṇodayāya ।।9।।

As all-present as Sunlight is Thy glory,

Known to everyone, O Mother Divine! O Ambikae!

When Thy Existent nature is so revealingly known to everyone,

We can but salute the glorious intellect of those who doubt Thy very existence.

The sun is so all-present that except for those born blind, can there even be a trace of doubt about its existence Thy glory, O Divine Mother, is as present as the sunlight. The atheists are rushing into thoughtless conclusions, and their assertions are not worth even a casual recognition by the wise.

इन्द्रार्कचन्द्रार्कस्तुताग्निवायु -

प्रागूया महैश्वर्ययुता प्रपीमे।

देवाः कथं नोपरता भवन्ति

स्वस्वक्रियाभ्यः सुविचार्यमेतत् ॥ १० ॥

indrārkaçandrārkaçtutaḡnivaḡyu -

prāḡryā mahaiṣvaryaḡutā prapīme ।

devāḡ kathaṁ noparataḡ bhavanti

svasvakriyābhyaḡ suvicāryametataḡ ।।10।।

Indra, Sun, Moon, Yama(Lord of Death), Fire and Air,

These Devas, even though they are supremely powerful,

Why don't they remain even once careless of their duty,

Unfaithful in their functions,

This is indeed something upon which all must ponder deeply.

The mighty phenomenal powers in the cosmos are all functioning continuously, and none leave their nature (Dharma) even once. This consistent happening must be deeply pondered over.

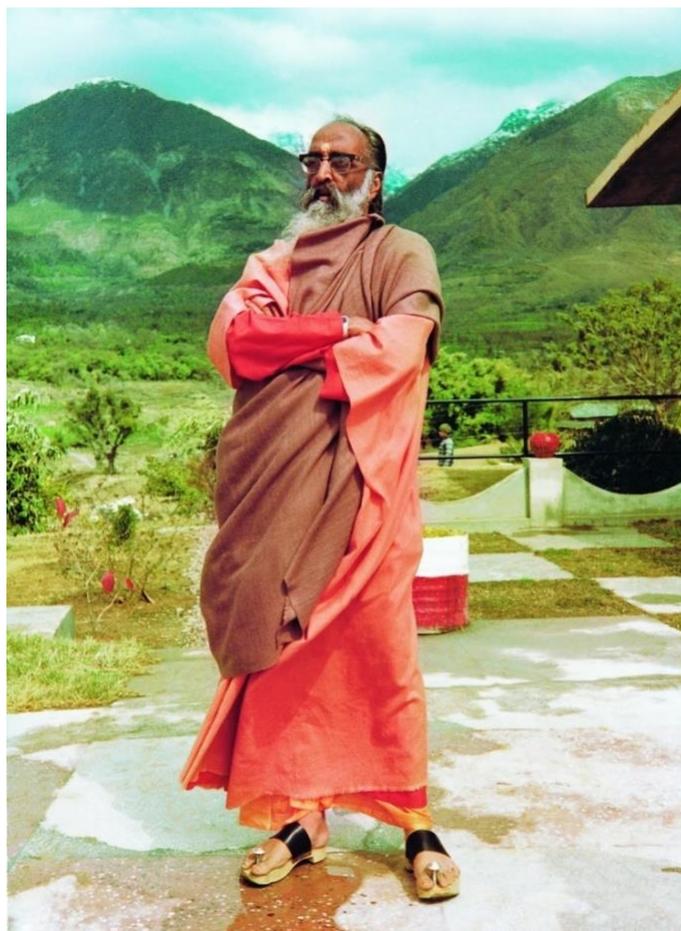
There must be an omnipotent power behind them all which strictly supervises their functions. O Mother you are that mighty power, Ishwari. And yet atheists doubt Thy very existence!

To Be Continued



Gurudev Uvacha

Inspiring Quotes from Pujya Gurudev Chinmayananda



Bhakti and service are inextricably connected.

[Editor's Note: Continuing the series of inspiring quotes from Gurudev sourced from the weekly Chinmayam announcements].

Active participation and observation are not always necessary to understand and live an experience. Had not Da Vinci painted 'The Last Supper' without attending it? Why do you try to avoid meditation because you have no experience of it? Meditate - start today, now. Meditate.

Be like a flower. Give Happiness and Fragrance to all!

The ego survives in us so long as we entertain thoughts.

We like someone 'because', we love someone 'in spite of'.

Doing good in return for evil is the correct morality.

Be openly happy in the joy of others; Be sincerely sympathetic in others sorrows.

When our hearts are full of love, life is a smiling valley of beauty and joy, romantic and divine.

The ego survives in us so long as we entertain thoughts.