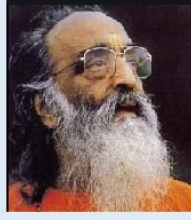




CHINMAYA MISSION CHICAGO

BADRI - A School of Vedantic Studies

Monthly Newsletter – October 2022



Chinmaya

Wisdom Quote

Man awakened to the Self's Glory is God; God forgetful of His own glory is the deluded man! - Swami Chinmayananda.

Swamiji's Message



What is Freedom? by Gururji Swami Tejomayananda

A 105-year-old man was asked the secret of his long life. He answered, "The secret is that I am not yet dead and that's why I am living!" One who breathes is said to be living; even a person in coma is alive. A man earning to take care of basic needs like food, clothing, and shelter without any further aspirations also lives. Another type of living is of the extremely ambitious person who craves power, name and fame, and behaves like a bulldozer wanting to conquer the whole world.

The fourth type of living is when a person is greatly concerned about the happiness and welfare of other people, and places them before him or herself. Swami Chinmayananda said, "Since you are born, you have to die. But don't die while living; live after you are dead!" Such a person not only blesses him or herself, but also blesses the entire world.

Contd... [[Click here to read the rest of Gururji's message](#)]

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Upcoming Events -

- **Monthly Bhajan:** 10/8 @ 6 – 7:30 pm
 - Hosted by Geeta & Sudarshan Iyer
 - In-person @ the host's home. [RSVP](#)
- **Navarathri Celebration**
 - BV Program - 10/2, during Badri concluding session
 - Raas Garba & Devi Puja – 10/15 @ 6 pm at Badri
- **Badri Anniversary Celebration**
 - 10/23 – 10 am Puja @ Badri
- **Deepavali**
 - 10/29 – 6 pm Puja @ Badri
- **Monthly Group Vedic Chanting**
 - 10/30, 9:00 – 9:55 am @ Badri Shrine

Annual Banquet Dinner – 12/4 @ Waterford Banquet Badri Anniversary Celebration – 10/23 @ 8 am, Badri Shrine

Highlights from Previous Month

The month of September is always special and well-remembered as we start out new Bala Vihar and Study Group sessions during this month. These annual inauguration ceremonies are much awaited as several new families will join the congregation and start a new journey with Chinmaya. We also had the privilege of hosting a scintillating musical concert by two extra ordinary musicians, Grammy award winner and Padma Bhushan Vishwa Mohan Bhat on the Mohan Veena and Pandit Subhen Chatterjee was on the tabla. . We also had our Bhajan Sandhya on the 2nd Saturday and the monthly Group Vedic Chanting at the shrine of Lord Badrinarayana.

1. Bhajan Sandhya

The September month's Bhajan Sandhya was hosted by Smt Sunita Nair's family. Going with the regular custom, the program was over Zoom and this created a great environment to lead the bhajans and slokas. All the slokas and stotrams were chanted by the Bala Vihar children followed by a variety of Bhajans. After a short message from our Swamiji, Nirvana Shatakam was chanted leading to a 2-minute silence. The event was very rejuvenating, and the solemn evening ended well.

2. Balavihar Inauguration Day

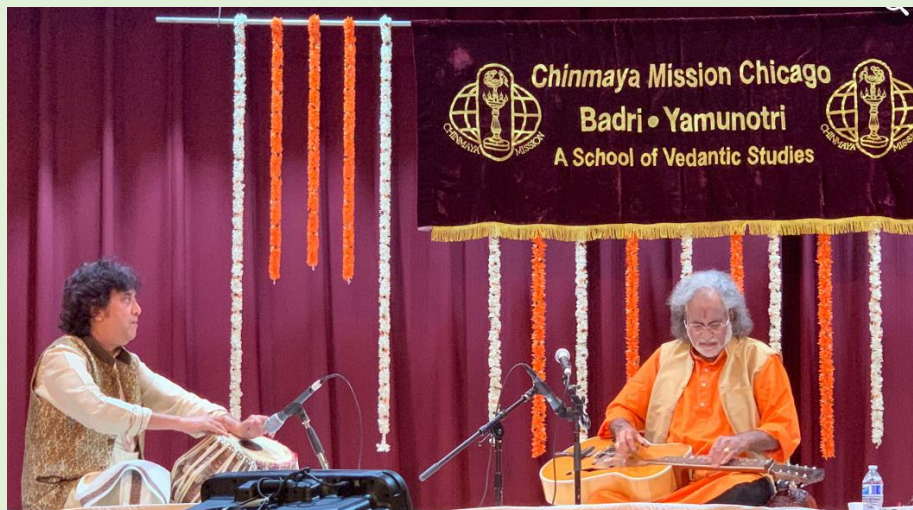
On 11th September the Balavihar Inauguration ceremony took place. The day started with opening of the bookstore and registration desk for helping the new Balavihar children to get their respective books, folders and materials and also getting them registered for the Balavihar session this year. Bhajans were also chanted in the shrine and at 10 am the Puja started. Puja was performed for Ganesh ji and Saraswathi Devi along with chanting of their respective ashtotharas by the Balavihar children. This was followed by Swamiji's address and introduction of Balavihar teachers and Study Group sevaks. The students and parents dispersed for a Parent – Teacher meeting, followed by the concluding prayers of the day. It was indeed a energized day filled with excitement and anticipation of a great year.





3. Musical Concert

The Chinmaya Mission Chicago team organized and conducted an extravagant Musical Concert by two renowned musicians Grammy Winner and Padma Bhushan awardee Shri Vishwa Mohan Bhat on the Mohan Veena and Pandit Subhen Chatterjee on the table. The artistes enthralled the audience with their high performance and also effectively engaged them by encouraging them to sing along. Dinner was served for the attendees prior to the musical event. And the evening beat all expectations for everyone who attended.



Guruiji's Message contd...

The most prevalent meaning of freedom is to be able to live according to the whims and fancies of the mind. On freedom Swami Chinmayananda said, "Not to do what we feel like doing is called freedom." Please do not misunderstand. Otherwise you will say, "I felt like praying to God, but now I will not, as that is slavery!"

To appreciate the meaning of freedom we have to understand the meaning of bondage. Bondage is dependence on things without which one feels one cannot function. For example, some are bound by the first cup of tea or coffee in the morning. Everybody knows how deeply dependent and addicted we are to objects. When we go to bed, we must have a particular pillow; if the bed is changed, we can't sleep; if the room is changed, we can't sleep and so on.

Bondage is also caused in the mind due to our likes and dislikes. We like something so we say, "This is beautiful and joy-giving." We dislike something else and say, "This is ugly and gives me sorrow." These are nothing but our own mental projections.

The third factor pertains to the individual, or the "I" who has likes and dislikes. This "I" is called Ego (different from the common connotation of the word to mean pride or conceit). Ego is a sense of individuality arising from one's identification with one thing or the other.

Bondage at the subtlest level is to identify ourselves with something that is not our true nature. Look at the body – it is our place of residence, our vehicle and the instrument through which we work in the world, but to think that we are the physical body is the first bondage. Even to consider it as ours is bondage. How much control do we have over it? Can I stop this body from the aging process? Can I control thirst, hunger or disease?

The second bondage arises from the first notion that 'I am the body'. As a result of this thought, we want more and more comforts, pleasures, and security for it. Greater attachment to the body leads to greater desires. Since all our desires cannot be fulfilled we become unhappy, frustrated and depressed and thus sink into deeper bondage.

This is what is happening in life; we want happiness but are creating more sorrows for ourselves because of the erroneous belief that objects will make us happy. Vedanta states that if you can be happy without objects then you are free – that is real happiness.

One beautiful definition of knowledge states that non-insistence on any particular thing is a sign of knowledge. Insistence should be on abidance in one's own true nature. However, as far as worldly matters are concerned one should show flexibility. A wise person realizes that there is no point in becoming inflexible in an ever-changing world. An incident from Kabirdas's life will explain this point clearly. Some scholarly pundits (priests) became jealous of Kabirdas' fame and honour. One day, a pundit approached him and expressed his wish to defeat him in a debate. Kabirdas promptly said, "Is that all! I accept my defeat. Why do I have to go through the lengthy process of a debate? The truth remains unchanged under all conditions. However, if you are bent upon having your own way, it's fine."

Such a person is free. He abides in the knowledge of the Self. There is no slavery to sense objects, to likes and dislikes or to the idea of the ego. The wise person lives with everything, faces all types of conducive and non-conducive situations and remains ever free. This is truly living in freedom.

Swami Sharananandaji's Weekly Program Schedule

Program Name	Details
Saddarshanam (on Zoom)	Sunday/ 8:00 – 8:45 am
Bhagavad Gita Discourse (In-person at Shrine)	Sunday / 10 – 10:30 am
Viveka Choodamani (on Zoom)	Tuesday/ 7 – 8 pm
Mandukya Upanishad (on Zoom)	Wed/ 7 – 8:15 pm
Drik Drishya Viveka (on Zoom)	Saturday/ 8 – 9 am

Badri Programs

<https://mychinmaya.org/activities/weekly-activities/>

- **Swaranjali** (For Balavihar Children)
- **Stuti Vandana** (For Balavihar Children)
- **Geeta Chanting** (For Everyone)
- **Vedic Chanting** (For Everyone)
- **Sri Rudram Chanting** (For Everyone)
- **Sanskrit language** classes (For Everyone)
- **Adult Study Groups** (Registration required)
- **Vishnu Sahasranamam** (For Everyone)
- **ACT/ SAT Classes** (Registration required)

In HIS Loving Memory –

Once a devotee, who later became a full time worker of Chinmaya Mission, got a heart attack. When he recovered, he went to meet Swamiji with a glum face, expecting sympathy and concern. The moment he entered the room, Swamiji said: “Welcome to my club.” And they both laughed. The heart patient had got more than just sympathy. He got admission to Swamiji’s “Heart Club”, as Swamiji himself was a heart patient with 17% heart function. The devotee was happy as “heart” in philosophy means the core of one’s being — the inner essence.

Ongoing Chanting Classes

The following Chanting classes are ongoing, and they are for everyone based on their chanting experience and familiarity. Contact us for details on next batch start dates.

Geeta Chanting | Sri Rudram & Chamakam Chanting | Vedic Chanting | Vishnu Sahasranamam Chanting | Lalitha Sahasranamam Chanting

Seva Opportunities @ Badri

Once we come to understand the importance of Karma Yoga, our goal becomes looking out for opportunities to practice it. The best way to practice karma yoga is to become a volunteer and bring out the selfless work mindset in us.

Badri needs volunteers for various activities and is seeking interested sevaks. Based on your areas of interest, kindly complete this questionnaire - <https://tinyurl.com/4wex3c89>

Updates from around the world -

- [Swadhyaya Series of Self Learning](#) – Online learning with access to materials for a lifetime
- [Vairagya Shatakam \(On YouTube and Zoom\)](#)
 - Talks by Swami Ramakrishnananda, CM Nagapattipanam, Tamilnadu
 - Text by Bharthuhari
 - Oct 9 – 13, 7:30 – 9 pm CST
- [Kaivalya Navaneetham \(The Cream of Liberation\)](#)
 - Talks in Tamil by Swami Ramakrishnananda, CM Nagapattinam, Tamilnadu
 - Oct 30 – Nov 3, 7:30 – 9 pm CST
 - On [Zoom](#) & [YouTube](#)

Value Points from Study Group Discussions

Below are the 'Valuable Points from the Study Group Discussions last Month'

Kindle Life – Discussed Gurudev's Quote 'Not to do what you feel like doing is Freedom'. The inability to distinguish between Freedom and License is at the root of man's aversion to religion

Uncontrolled and excessive indulgence in "Sensual Enjoyment" causes dissipation of one's personality and leads to sorrow and misery.

Freedom is built on intelligent self-restraint and discipline.

Develop a sense of gratitude to the Lord, by focussing our attention on what we have which a good many less fortunate have not and yearning for.

Bhaja Govindam - While wealth is required to function in the materialistic world, give up the thirst to acquire wealth, be content with what we get (develop prasada-buddhi). When the mind is cleared of these thoughts of possessing wealth, channel the thoughts to contemplate on Reality (Brahman).

Tattva Bodha – In Vedanta, two questions to ponder in one's achievement.

1. We struggle to gain things that are ungained. For example, in middle school - various subjects are taught. We have no knowledge of them and strive to gain an understanding of those subjects.

2. We strive to gain things already gained. For example, keys and eyeglasses. We assume they are lost or misplaced, and constantly strive to locate them. Similarly, eternal Happiness only appears ungained due to the ignorance of the Self.

The Self is not available for direct perception. Then how? The means for it is the Vedas!

Atma Bodha - Bodha is the experimental knowledge/understanding. Bhagawan Shankaracharya and Swami Chinmayanandaji reiterate that those who have weakened wrong desire prompting tendencies through Tapas, possess relatively greater mental calmness, in whom agitations are temporarily at rest, have a sincere mumukshatvam - are fit to study Ātmabodha.

Veda Mantras & Sanskrit Language

Why should Veda Mantras be chanted in Sanskrit only? Why not translate them into other languages and chanted?

A meaningful explanation given by Shri T Sadagopan Iyengar.

Once at a Shrad Ceremony, the person performing Shrad had some revolutionary thoughts. He was translating all the Mantras recited by the Shastri into it's Tamil meaning, instead of repeating it in Sanskrit.

The Shastri did not like it and told him "Do not say the Mantras in Tamil. It can only be said in Sanskrit."

"Why not? Doesn't God understand other languages like Tamil?" The person provokingly asked the Shastri.

At this, Shri T Sadagopan Iyengar Ji, who was nearby, said the following:-

"What you are saying is audible only for the people sitting near you, but on a radio broadcast from a TV station, your speech can be heard thousands of kilometers away, why?"

"This is because of the Electro Magnetic Waves," the person said.

"So what does it mean?" Iyengar Ji asked.

"Changing to Specific Frequency the voice can be carried far," the person replied.

Iyengar Ji said "Well then, there are some frequencies that we can listen to, some are annoying, some may even cause ear damage. Some Ragas even have the ability or properties of healing diseases. What's so significant about these?"

"What does it mean?" The person asked.

"The effects vary depending on what kind of sound waves we make. Is that right?"

"Yes"

"Say 'Darbe Swasinaha' with a mic on an oscilloscope. Then say 'I sat on the bench'. Will the wave form be the same for both?"

"Will not be"

"Sanskrit Mantras are set up with the knowledge that certain vibrations, when made with voice from the mouth will create a worthy mood and there will be a corresponding effect in the atmosphere."

"Well what do you say now?"

"Mantras are uttered not for translation or communication. They are set for specific sound waves."

"Is it not possible in Tamil?"

"Yes it is possible, but not by its literal translation, as it is. You have to form words which should mean and also produce the same frequency waves as Sanskrit words when you form sentences."

"So?"

"Merely translating mantras is like drawing the Sun on paper. No matter how beautiful and realistic it is, we can't get light or heat from that Sun on the paper. Simple translation of Sanskrit Mantras are just like the Sun drawn on a paper. Nothing more."

"Hope we understand the underlying message. Hari Om."

"Mantras are different from Shlokas, Dohas, etc. What's being said here is about such Mantras. Srimad Bhagavat Gita, Srimad Ramayana and Srimad Bhagavatha are all Shlokas in the Meters of Anushtup and Drushtup. They don't include any tonal modulations called as Svaras. They are great works giving out the essence of all the Vedas either in prose or poetic form in order to convey the Vedic vision. Hence any number of translations in any number of languages will

carry the same value and efficacy of the original Sanskrit and indeed such translations do a great help for many to know about them. These scriptures are called as Pourusheya Sastras (written by men) and are looked upon to understand the vision of Vedas.

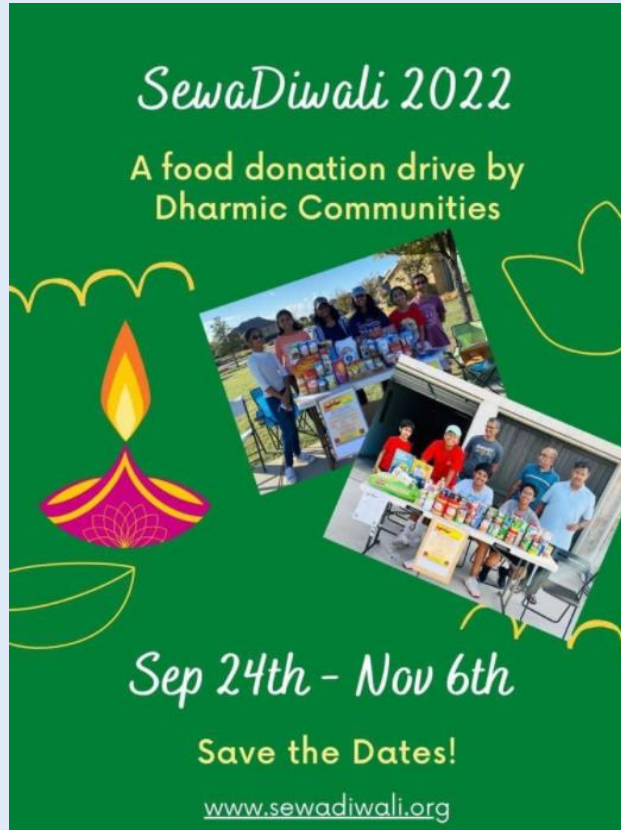
Here the discussion is about the Mantras from the Vedas and the Vedas are called as Apourusheya Sastras (not written by humans). They all are chanted with Svaras (intonations - voice modulation) in order to derive the declared benefit of such mantras. Why is it so? It's because they are all arrangements of sound forms invoking the necessary forces from the nature in order to bless the person chanting them, by granting him that wish. Mantras are called as 'Mantras' because 'Mananath Traayathe Iti Mantra.' Which means - That which protects by repetition is called Mantra.

Hence the efficacy of Mantras lie in such chanting and as they are originally arranged in Sanskrit, it is recommended not to tamper with that tradition and practice."

Diwali Sewa – An Opportunity to Serve

Our Badri team is participating in the Sewa Diwali 2022 initiative in collaboration with many Hindu cultural/religious organizations in the Chicago area. This initiative will collect food items to be distributed to the needy families in our neighborhoods on the occasion of Deepvali festival.

We encourage you to support this initiative by giving generously. Please visit the www.sewadiwali.org for the details of what items you can donate and where to drop-off. For your convenience Badri location will be available for food drop-off from October 1, 2022 to November 4, 2022. Please follow the signs to Tapovan Hall to drop-off your items.



Vairagya Shatakam by Bhartrhari

CHINMAYA MISSION CHICAGO
BADRI/YAMUNOTRI/GANGOTRI

cif **CHINMAYA INTERNATIONAL FOUNDATION**

VAIRAGYA SHATAKAM BY SRI BHARTRHARI

LEARN THE TRUE PICTURE OF
RENUNCIATION AND KNOW THE SELF

SWAMI RAMAKRISHNANANDA
CHINMAYA MISSION, NAGAPATTINAM, INDIA

 **OCTOBER**
9-13

 **TIME (CDT)**
7:30PM - 9:00PM

YOUTUBE:
[HTTPS://WWW.YOUTUBE.COM/C/CHINMAYAMMISSIONYAMUNOTRI](https://www.youtube.com/c/CHINMAYAMMISSIONYAMUNOTRI)

Zoom meeting ID: 869 4860 8486 Passcode: Vairagya



SAVE THE DATE

Sunday, 4th Dec

Annual Banquet




Global CHYK Camp


15TH ANNUAL GLOBAL CHYK CAMP

RAMAYANA

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GLOBAL HEAD OF CHINMAYA MISSION



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Chinmaya Mission Chicago

Badri - A School of Vedantic Studies

115080 Kingery Hwy, Willowbrook, IL 60527 • www.mychinmaya.org



Saturday, October 15, 2022 at 6 pm

Navaratri

RAAS GARBA & DEVI PUJA

Worshipping

Goddesses Durga, Lakshmi, & Sarasvati



Come & Celebrate with Family & Friends

Raas Garba and Aarti will be followed by Dinner

Bala Vihar Cultural Program - October 2nd during Concluding Session

Uma Iyer (630) 715 6889 • Nehali Dhutia (630) 415 6486

Shanker Pillai (630) 886 6442 • Ashok Dholakia (708) 602 3901



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Breathe to Heal

When the *breath* wanders the mind is unsteady, but when the *breath* is calmed, the mind too will be still. Let's make *breathing* the medicine to heal our mind and body.



YOGA/ MEDITATION

FREE

OPEN TO PUBLIC



September 24, 2022 - December 17, 2022

Place: Badri Shrine

Time: Saturdays, 9:30 am - 10:30 am

Instructor: Shila Sanghani, Certified Yoga Instructor

(630) 697 6763 • Email: shilaom@gmail.com

Shanker Pillai (630) 886 6442

-Hari Om-