



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: **April 22-29, 2023 @ Badri**

Wisdom Quote

"From time to time, take a close and honest look at yourself. It pays." – **Gurudev Swami Chinmayananda**

Swamiji's Message – Sw. Aparijithananda



A face overflowing with inner warmth of peace and smile is a charm which none can resist. – Gurudev Swami Chinmayananda

Why are we attracted towards peaceful, loving and good people?

It is because these are the characteristics of our true nature. We get drawn to anyone in whom the divine qualities of the Self are seen reflected.

It happened in Ramakrishna Paramahansa's time.

Keshav Chandra Sen was a great intellectual genius, and he was the co-founder of Brahma Samaj – the Society of the Divine. He was known all over India.

On the other hand, Ramakrishna was not known except to a few people. He was uneducated, and people thought he was mad. But slowly slowly his influence was increasing, particularly in Calcutta. People came to see him.

Contents –

[Highlights of previous month](#)

[In HIS Loving Memory](#)

[Worldwide Chinmaya Updates](#)

[Badri Programs](#)

[Swamiji's Weekly Program](#)

[Gems from Balavihar](#)

[Swamiji's Message contd.](#)

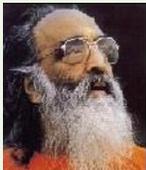
[Study Group Value Points](#)

[Aradhana Mahasamadhi Camp](#)

[Badri Expansion](#)

Upcoming Events -

- **Vishnu Sahasranamam:** 3/5 @ 9:15 am
- At Badri Shrine
- **Monthly Bhajan:** 3/11 @ 6 – 7:30 pm
- Host: Smt Rashmi & Sri Arun Mehrotra
- **Holi Celebration** – 3/12 @ 9 am
- At Badri combined with BV Cultural Program
- **Rama Navami :** 3/30 @ 7 pm/ Badri shrine
- Puja, Bhajans & Prasad
- **Monthly Group Vedic Chanting**
- 3/26 @ 9:00 am, Badri Shrine



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

Highlights from Previous Month

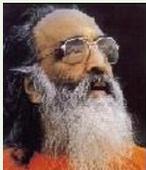
During the month of February, the first of the several ritualistic festivals start. In addition to the standard programs at Badri, we also had the privilege of organizing the auspicious event of Shiva Rathri. This event was celebrated on two separate days. On Saturday, 18th Feb, the day of Shiva Rathri, a large number of devotees gathered at the shrine to chant Sri Rudram (3 times) and Chamakam. This was followed by Rudrabhishekam and chanting of Shiva Ashtothara, Bhajans and Swamiji's message. Dinner prasadam was also served to all the participants. On the next day, Sunday 19th Feb, there was a cultural performance by Balavihar children during the concluding session at Badri. The theme of the cultural program was Shiva Rathri. In addition we also had the Vishnu Sahasranamam group chanting on the first Sunday and the monthly group Vedic Chanting session on the last Sunday of the month.

1. Bhajan Sandhya

The January month's Bhajan Sandhya was hosted by Smt Rashmi & Shri Arun Mehrotra's family at our Badri Shrine. The participants chanted all the slokas as a group and well participated in the Bhajans. The event was well attended and concluded with the distribution of prasadam dinner.

2. Monthly Vishnu Sahasranamam Chanting

The practice of conducting a monthly group Vishnu Sahasranamam chanting was started this month. Each month a specific individual or family volunteers to lead the chanting. This month it was Sanjeevi Natarajan and family who volunteered to lead. At the conclusion of Vishnu Sahasranamam, we also chanted Narayana Suktam. The event was well attended.



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

3. Monthly Vedic Chanting

The practice of conducting group chanting of Vedic mantras as our Badri shrine is gaining attention and the participants for both chanting and listening is increasing. This month also participants of the Badri Vedic Chanting group gathered at the Shrine on the last Sunday.

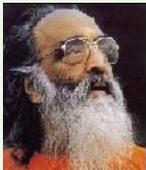
Any willing to join the chanting or listen to the chanting of the Vedic mantras can join the group on the last Sunday or the date specified in the 'Upcoming Events' section of this Newsletter.



4. Mahashiva Rathri Celebrations

On Saturday, 18th February, Mahashiva Rathri was celebrated at Badri. The evening started at 5 pm with the chanting of Sri Rudram three times by a large group of chanters. This took about an hour after which the Rudrabhishekam was performed along with a puja. The children then chanted Shiva Ashtothara, followed by some melodious bhajans and a message by our Swamiji. To conclude the event, dinner mahaprasadam was served to all the participants.

The following day, Sunday during the congregation's concluding session there was a cultural program organized and performed by the Balavihar children.



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center

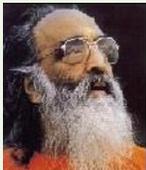


Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: Swami Shantananda

Save the date: April 22-29, 2023 @ Badri

Badri Weekly Class Schedule

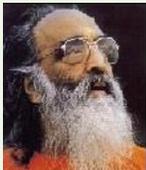
| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------|------------------------------------|------------------|--------------------------------------|------------------|--------------------------------------|-----|-----------------|
| Geeta Chanting | 9:15 – 9:45 am 12:00 – 12:30 pm | 7:00 – 8:00 pm * | | | | | |
| Sanskrit Classes | 7:15 – 8:30 pm * | 6:00 – 7:00 pm * | | | 7:00 – 8:00 pm * | | |
| Stuti Vandana | | | 6:00 – 6:30 pm * 6:30 – 7:00 pm * | | | | |
| Swaranjali (Bhajans) | 12:30 – 1:00 pm | | | 7:00 – 8:00 pm * | | | |
| Vedic Chanting | 9:15 – 9:45 am 7:30 – 8:00 pm * | | | | 7:30 – 8:00 pm * 8:00 – 9:00 pm * | | |
| Vishnu Sahasranamam | 6:00 – 7:00 pm * | | | | | | |
| Yoga | | | | | | | 9:30 – 10:30 am |

* - Online Classes – Please check website for details – <http://mychinmaya.org>

| | Contacts | Please check website for registration and zoom information |
|-----------------------------|---|---|
| Geeta Chanting | Ramesh Turuvekere : rameshr@gmail.com Sudha Gouthama : sudhagouth@yahoo.com | http://mychinmaya.org/gita-chanting |
| Sanskrit | Venkat Palli : vsp410@gmail.com | https://mychinmaya.org/sanskrit-classes/ |
| Stuti Vandana | Suchi Achar : suchiram@hotmail.com | https://mychinmaya.org/activities/stuti-vandana/ |
| Swaranjali (Bhajans) | Pavithra Anand : pavithra.anand@gmail.com Raman Mahadevan : ramdevan23@gmail.com | https://mychinmaya.org/activities/swaranjali-2/ |
| Vedic Chanting | Sunil Narayanan : pnsunil@outlook.com Sashi Narasimhan : laksharag@gmail.com | https://mychinmaya.org/activities/vedic-chanting/ |
| Vishnu Sahasranamam | Sudha Gouthama : sudhagouth@yahoo.com Sini Narayanan : sini_athul@yahoo.com Venkat Palli : vsp410@gmail.com | |
| Yoga | Shila Sanghani : shilaom@gmail.com | https://mychinmaya.org/activities/yoga-meditation/ |

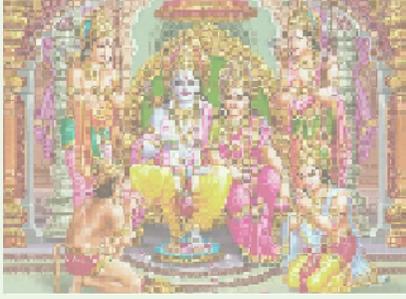
Swami Sharananandaji's Weekly Program Schedule

| 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 |



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithmanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

In HIS Loving Memory – “Hi Swamiji,” greeted a young boy. Gurudev explained to the other devotees around him: “He knows my standard is Hi(gh). He is reminding me of my goal.” Gurudev always advised that it was necessary to discover a great purpose or goal in life. He used to say: “It should be an ideal that you have chosen according to your heart, not an ideal that somebody has given you. It can be political, economic, anything. It should be that which appeals to you the most. Once you gain that great goal or ideal, apply yourself to it. A new enthusiasm will come to you. When there is enthusiasm, then sincerity, ardour, consistency of purpose and a new column of energy automatically follow in you. The quality of action depends on the ideal, which guides and inspires an individual. A person with no ideal feels fatigued in his work. This fatigue is caused by the strain and stress, which we invite, by craving for indulgence in sense objects and ceaseless expectation of the fruits of our actions. The secret of success, therefore, lies in activities undertaken with a spirit of surrender to an ideal.”

Value Points from Study Group Discussions

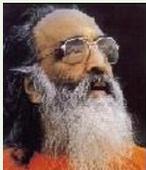
Bhagavath Gita Chapter 2 (Study Group) – Sankhya Yoga

This chapter, “Sankhya Yoga” is the exhaustive summary of the entire Bhagavad Geeta. The second chapter is the second largest chapter with 72 verses after the 18th chapter with 78 verses. This chapter contains all the important aspects of what Bhagavan Krishna wanted to teach Arjuna.

First ten verses explain the despondency and helplessness of Arjuna who is overwhelmed with pity and sorrow in the battlefield. Arjuna surrenders himself completely to Bhagavan Krishna, confessing that his intellect has been obstructed by a cloud of confusions regarding ‘Dharma’ and ‘Adharma’ and accepts his position as a disciple to the lord and indicates that he is ready to follow the instructions and requests Bhagavan Krishna to guide him on the proper path of action.

Its only from verse 11, where Bhagavan starts his teachings to Arjuna. Verse 11-25 is all about the ‘nature of the self’. Bhagavan Krishna tells Arjuna that, there never was a time when we never existed or will cease to exist. Upon death, the soul leaves this body and enters into a new body. The soul remains unchanged and is indestructible. It never takes birth, and upon death the soul doesn’t die. The illusion of death is created because we identify ourselves with the body.

The self is beyond the body and the ego and is pure Consciousness. The self is not born. It’s only the physical body that undergoes the six changes: Asti (existence), Jayate (birth), Vardhate (growth), Viparinamate (change), Apakshiyate (decay) and Vinasyati (death). The self is unborn, eternal, birthless and so deathless.



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

Gems from Balavihar

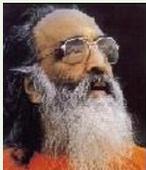
From Sri Krishna (Gr 7 & 8)

Today's session was on Devotion/Bhakti

- We started with, "Lord lives in the heart of those who have Devotion. Devotion means the highest or most supreme love. After this simple explanation of the word Devotion we played a few games to engage the children by asking questions like- 1. What does the word devotion mean to you? How do you show devotion and who are they devoted to? Here are some of the beautiful answers given by the children.
- Bhakti being the easiest path to liberation, we talked about how bhakti or devotion can be cultivated through Puja and Upasana. Lord Hanuman is the perfect example of that, always sitting at the feet of Lord Rama.
- We then talked about how Manifestation of Bhakti happens by giving some simple examples of - when bhakti enters food it becomes Prasad. We then had the children fill in the blanks by asking questions like what happens when bhakti enters water, music, actions or our home. The children were on point for all of them.
- We then emphasized on the Nine modes of Devotion also known as the Nava Vidha Bhakti. Some of the 9 modes are - Satsang (both physical and mental), listening to Ramakatha, doing Guru seva, singing Bhajans, doing Japa, having self control, living a simple life are just to name a few. Bhagwan Rama says that if we do even just one of these without any Ego or Pride that he will come and live in our heart.
- We then told them the simple and sweet story of Sabari and how even though she belonged to a lower caste had all 9 forms of devotion while serving her Guru and then while waiting for Bhagwan Rama to visit her. Simply beautiful

Updates from around the world -

- [Swadhyaya Series of Self Learning](#) – Online learning with access to materials for a lifetime
- [CIF – Courses](#) available this month
 - Online mode only
 - Registration required
- [Puja Vidhanam Course](#)
 - 1 month in-person/ English
 - Swami Sharadananda Sarasvathi
 - Basic and Advanced level courses available
 - 12 Aug – 10 Sept 2023 @ Adi Shankara Nilayam



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



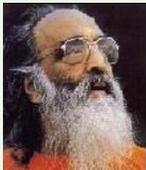
Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

Badri Expansion – Models & Plans



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center

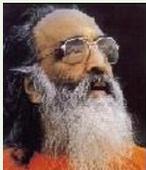


Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: Swami Shantananda

Save the date: April 22-29, 2023 @ Badri



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

Swamiji's Message Continued...

Keshab Chandra Sen was worried about this uneducated, ordinary villager. Even professors of the universities were becoming his devotees; they would go to listen to him and would touch his feet. And whatever he was saying was so ordinary. The man had nothing exceptional. Keshav Chandra finally decided to go and argue with this man and finish this whole thing. He went.

Hundreds of people who knew Keshab Chandra Sen and a few who knew Ramakrishna -they all gathered to see what would transpire. Ramakrishna's followers were very much afraid, knowing that Keshab could defeat anybody if it was a question of rationality. He had proved his mettle hundreds of times all over India. He had defeated great scholars without much effort. Now, how was poor Ramakrishna going to stand up before him?

Everybody among the followers was nervous, but Ramakrishna was not.

On the other hand, lovingly, with all his innocence, he was, again and again, asking, "Keshava has not come yet?"

Finally, Keshav Chandra arrived with his great following.

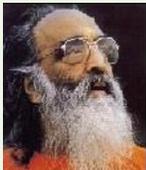
Ramakrishna just went and hugged him. Keshav Chandra was not prepared for that.

He had come to fight, and he made it clear to Ramakrishna, "These things won't help. I have come to discuss each and every point of your philosophy. Don't try to create a friendship. I have come as an enemy. Either you defeat me and I will be your follower, or be ready to become my follower."

Ramakrishna said, "That we will be doing soon – hugging has nothing to do with it! I have always loved you. Whenever I have heard about you and your ideas, that you say there is no God... I know there is God, but still, I enjoy and love you. In fact, your great intelligence is proof that existence is intelligent; otherwise from where does intelligence come? You are a proof to me that God is – but that we will discuss later on. What is the hurry? And there is no need for any enmity. The discussion can be in deep friendship.

"And you know, I am a poor man. I don't know any logic. It is going to be a very easy job for you, so you need not be so tense!

"I have prepared some sweet for you; first take the sweet. I have prepared it with much love. And then you can start your so-called discussion."



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

Keshav Chandra was finding it a little difficult. The man was strange; he offered him a sweet, he hugged him. He has already destroyed the animosity, the aggressiveness – in a very subtle way, without saying a word.

After his taking sweet, Ramakrishna said, “Now you start your game!” And Keshav Chandra was arguing against whatever he had found in Ramakrishna’s small books.

These books contained the sayings, stories, anecdotes and similes from Ramakrishna’s life collected by his followers.

And Ramakrishna would enjoy it, and would say to his followers, “Look how beautifully he has criticized it!” And many times he would stand up and hug him and say, “You are a genius! Your criticism is perfect!” Keshav Chandra said, “I have not come here to get your approval; I have come to argue.”

Ramakrishna said, “I don’t see there is any question of argument. You are the proof.

I don’t need to give any other proof. I can take you to the whole world as a proof that God exists – Keshav Chandra is the proof!”

Keshav Chandra had never come across such a man, and what he was saying had immense significance; it was penetrating Keshav Chandra’s heart. And the presence of the man, the way he behaved, his lovingness... Something happened to Keshav

Chandra that his followers could not believe.

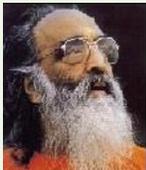
By the end of the discussion, Ramakrishna said, “You tell me who is defeated and who is victorious, and I will follow it. If you are victorious I will become your follower. But I don’t know the ways of discussion and I don’t know the judgement.

You judge; you are efficient enough to make the judgement. You can say to me, ‘You are defeated,’ and I am defeated.”

And what happened next shocked Keshav’s followers. Keshav Chandra fell at the feet of Ramakrishna. They could not believe their eyes!

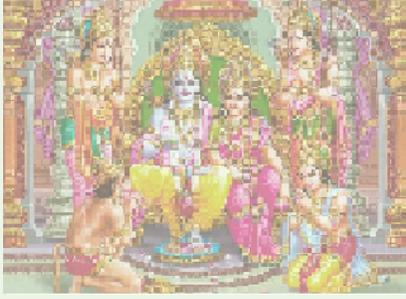
When they had gone, everybody was asking, “Keshav Chandra, what happened to you?”

He said, “I don’t know. One thing is certain, that this person has experienced something about which I have only been talking. I can talk efficiently, but he has it; he radiates it. I have that much intelligence at least to see the aura of this man, to feel the radiance of his love, to see his simplicity, his sincerity, his



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

trust... And he has not argued at all. How can you defeat a person who has not argued at all? On the contrary, he was appreciating my criticism!”

And, needless to say, Keshab Chandra Sen too became a follower of Ramakrishna!

If there is one force which is the most powerful, it is the force of love.

There is a beautiful letter written by the great scientist, Albert Einstein, to his daughter Lieserl. In the late 1980s, Lieserl donated 1,400 letters to the Hebrew University. This letter is one of them:

“Dear Lieserl! There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe. This universal force is Love. When scientist looked for a unified theory of the universe, they forgot this most powerful unseen force.

Love is Light that enlightens those who give and receive it. Love is Gravity, because it makes some people attracted towards others. Love is Power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals. For Love, we live and die. Love is God and God is Love. This force explains everything and gives meaning to life.

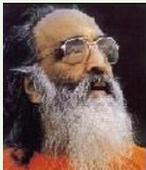
“Perhaps we are not yet ready to make a bomb of Love, a device powerful enough to entirely destroy hate, selfishness and greed that devastate the planet. However, each individual carries within him/her a small but powerful generator of Love whose energy is waiting to be released. When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that Love conquers all, because Love is the quintessence of life.

Your father.”

The giver of love rules all. In the history of the world, the greatest conquerors have never been the men of might, but the men of heart. Buddha, Jesus, Nanak, Mohammed, Mahaveer, Mahatma Gandhi – all were great revolutionaries who fought their war not with the weapon of steel, but with the weapon of love.

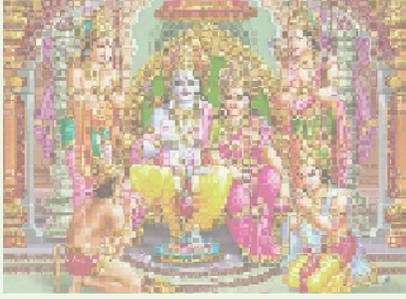
Love knows no religion, nationality, gender, caste or creed. Even animals, birds and plants understand the language of love. Love could reform even great sinners like Angulimala and Ratnakara. Above all, those who are the champions of love, even God becomes their servant!

In Tulsi Ramayana, Tulsidasji calls Hanumanji VaanaraYootha Mukhyam, ‘The king of all monkeys’. Someone objected a mahatma during Ramayana Katha, “Sir! Isn’t Sugreeva the king of monkeys?” The



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center



Sampoorna Ramayana Saptah

Based on Ramacharithamanas by Gowami Thulasidas

Discourses by: **Swami Shantananda**

Save the date: April 22-29, 2023 @ Badri

saint smiled and replied, "True. Sugreeva ruled only the kingdom. But Hanumanji ruled the hearts of all monkeys!"

The world is blessed and millions are transformed when such rulers of heart walk on earth.

A nice quote was seen on the wall of a charitable institute:

Urgently needed:- An Electrician to 'restore the current' between people who do not speak to each other anymore; An Optician, to 'change the outlook' of people; An Artist, to 'draw a smile' on everyone's face; A Civil Engineer to 'build a bridge' between angry neighbours, relatives and friends; A Doctor to 'cure us' from the disease of ego and selfishness; A Gardener to 'cultivate positive thoughts'; and a Maths Teacher to 'count our blessings every day'!

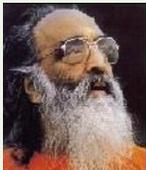
Let us become all-in-one; but this is possible only when we see the One-in-all.

and when we see the One-in-all, we see one's Self-in-all. And when we see one's Self-in-all, we have love-for-all.

With this love-for-all, may we serve all.

OM TAT SAT

-Hari Om-



30th Chinmaya Aradhana Mahasamadhi Camp 2023

29th July to 3rd August 2023 @ Waterford Banquet & Conference Center