

CHINMAYA MISSION
OTTAWA

Nityam

.....Eternal



January 2025

UPCOMING EVENTS 2025

- Maha Shivarathri Feb. 26
- Sri Chinmaya Jayanthi May 8
- Mother's Day May 11
- Father's Day June 15
- Bala Vihar Summer Camp July 7-18
(Please see details on p. 11)
- Aradhana Day Aug. 3
- Swami Ishwarananda's Yagna Aug. 18-20
- Family Camp Aug. 21-23
- Sri Ganesha Festival Aug. 26- Sep. 6
- Swami Ramakrishnananda's Yagna
Sep. 12-17

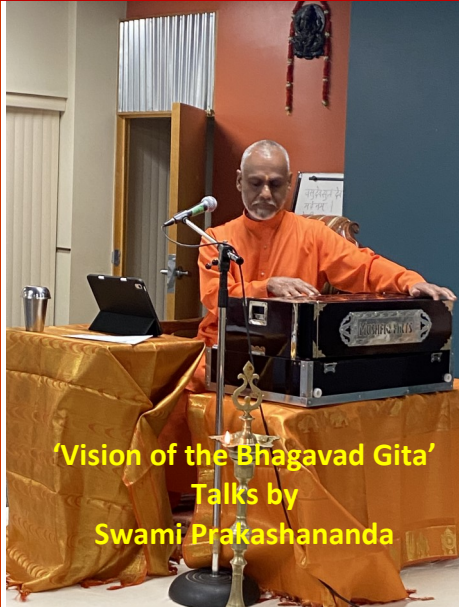
युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ 17 ॥

yuktāhāra-vihārasya yukta-ceṣṭasya karmasu ।
yukta-svapnāvabodhasya yogo bhavati duḥkhahā ॥

Yoga becomes the destroyer of pain for him who is moderate in eating and recreation, who is moderate in exertion during his actions, who is moderate in sleep and wakefulness.

Bhagavad Gita Ch.6, V. 17

*Hari Om! We Wish You a Happy 2025!
Happy Makara Sankranti!*



'Vision of the Bhagavad Gita'
Talks by
Swami Prakashananda



Samatwam - A Play by CM Ottawa

IN THIS ISSUE

New Year Puja, Swami Prakashananda's talks, Dec. Activities,
Aksharaabhyasam for Shishus, Samatwam Play & Fall festivals

See positive. Seek positive. Stay positive. Every day may not be good, but there's something good in every day.
Every person may not be good, but there is something good in every person.

- Pujya Gurudev Swami Chinmayananda

Chinmaya study classes are specifically designed for children, youth and adults, and are held at
Chinmaya Bharati, 1088, Ogilvie Road, Ottawa, ON K1J 7P8.

For all the current week-day and Sunday classes, details are on page 14.

Email : Chinmaya.Ottawa@gmail.com

Website: www.chinmayaottawa.com

Beginning The New Year Seeking Divine Grace



CMO family welcomed the New Year 2025 by performing Gayatri Havan at the altar of Ma Sarasvati. The puja, havan, and the Gayatri Mantra japa filled us all with a blissful experience. May all be healthy, happy and peaceful!



"Vision of the Bhagavad Gita" by Swami Prakashananda

In his amazingly comprehensive discourse, "The vision of the Gita", Swami Prakashananda highlighted many life lessons given by Sri Krishna to Arjuna. With his unique creative tunes of the Gita verses with nama japa, he nurtured devotion in us with bhajans for mind and body and bhojan (food) for thought.

Swamiji said that leading a spiritual life style involves cleaning our minds of six enemies... desire, anger, greed, delusion, egotism and jealousy. Desire is the cause of the other five. Desire in turn is born out of ego (I and My feeling) because of the deep-rooted ignorance that I am the body, mind, intellect, and not the Self. He urged us to screen out desires at the thought level; every desire is to be checked if it is according to the universal laws, moral principles, and if it benefits oneself, others, and one's spiritual progress. Such noble desires, when put into action as a service to the world, purify the mind of negative thoughts.

Swamiji warned that the "I" and "My" feelings are extremely subtle, and that's why the vision of the Bhagavad Gita is Mukti or liberation, which is a state of no return to the life of ignorance. So, what is the antidote to ignorance? Swamiji gave several pointers such as self-enquiry, satsang, scriptural study, faith, devotion, etc. He then brought out the beauty of devotion to Guru/God, giving the example of a kitten that lets the mother cat carry it (unlike a baby monkey which has to do the job of holding its mother tight to be carried). A devotee puts all the faith in God; Bhagavan, out of his compassion, lights up the Light of Knowledge in such a devotee. A jnani merges with Bhagavan through Self Knowledge. A devotee merges with Bhagavan through Love. In both cases, the ignorant illusive "I" and "My" cease to exist! The Self alone remains!

Our heart-felt gratitude to dear Swamiji for his kind visit and insightful talks for our well-being and spiritual progress!

Giving back to the community...

"The SOXBOX campaign collects NEW pairs of socks for the youth living in shelters.

Why socks: Out of all the clothing needs of the homeless, socks are definitely very important because they need to walk to get what they need to survive.

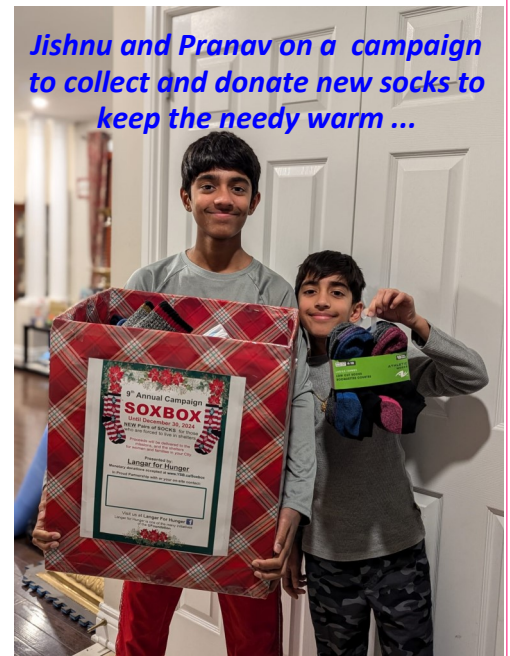
Since the start of the campaign in 2016 , more than 40,000 pairs or new socks have been collected and donated to over 10 shelters!

A new pair of socks can make big difference for someone in need. "

Soxbox with Jishnu and Pranav

Thank you CM Ottawa families, for your kind donation of socks!

Jishnu and Pranav on a campaign to collect and donate new socks to keep the needy warm ...



Bhagavad Gita Jayanthi

Devotees celebrated the historic birth of the sacred text Bhagavad Gita, who is revered as a Divine Mother that nurtures us with wisdom. The entire Bhagavad Gita verses were chanted as a Thanksgiving to Sri Krishna and the Guru Parampara.

The vibes from the very chanting enhanced our feeling of connectedness to the Divine.

Pujya Gurudev's tireless roaring voice explaining Sri Krishna's words echoed deep within our inner being.



“Krishna Leela” A Hari Katha by Dr. Yogashree Bharath

Dr Yogashree Bharath presented a beautiful Hari katha with able accompaniment by Ms. Aradhana Sukumaran on violin. The audience were effortlessly taken to Sri Krishna's childhood years through Yogashree's very expressive and entertaining storytelling and melodious music. Her depictions were so enjoyable that our admiration of Li'l Krishna only grew more. Kudos to the young artists for bringing back Hari Katha, our rich traditional art form to impart values and devotion through historic stories!



Aksharaabhyasam for the Shishus



Aksharaabhyasam is a sacred Hindu ceremony that initiates children into the world of learning with the blessings of the parents, elders and God. It signifies the importance of education in a child's life and also the role of the parents in a child's education and character development. Writing, reading, and speaking are formally initiated.

An Aksharaabhyasam ceremony was organized by CM Ottawa for the Shishu Vihar children, in the presence of Swami Prakashananda, at the altar of Ma Sarasvati. This was a first for Chinmaya Mission Ottawa. Children were guided step by step by Dhavalbhai Purohit from the Hindu Temple of Ottawa Carleton. Children together with the help of their parents took part in the ritual of writing the first letters or syllables on a tray of rice. Swamiji applied sacred honey on the tongue of each child invoking Ma Sarasvati who is the Goddess of speech and learning. The children and parents felt very fortunate to receive Swamiji's blessings on this auspicious event.





Samatwam - Echos of Dharma

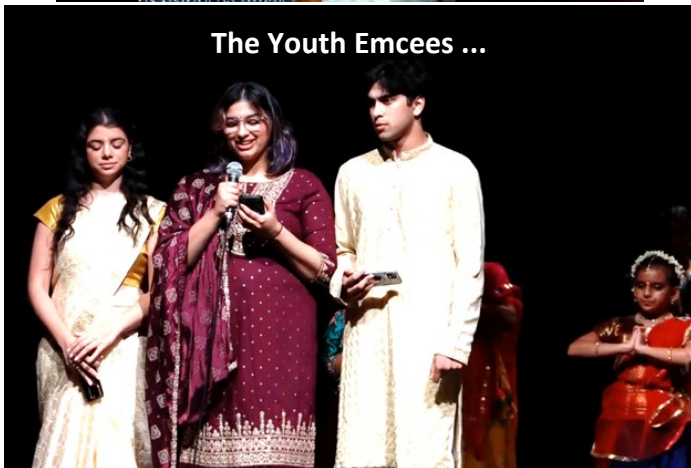
A Play Presented by Chinmaya Mission Ottawa and Gharana Arts



Swami Prakashananda and Honorable MP Chandra Arya ready to watch the Play...



Chinmaya Mission Ottawa, in collaboration with Gharana Arts, presented a play called "Samatwam" in the presence of Swami Prakashananda and our honorable MP Mr. Chandra Arya. The thought-provoking script conveyed the essence that Sri Krishna's words of advice to Arjuna in the Dwapara Yuga were indeed 'Echos of Dharma' lived in real life by Sri Rama in Treta Yuga. A few scenes from Tulsidas ji's Sri Rama Charita Manas were beautifully presented as examples to show the parallels between Sri Rama's thoughtful actions and Sri Krishna's pearls of wisdom. Excellent dialogues, dances, songs, chanting, humor, fight scenes, etc., and above all, life lessons in simple words, all in right proportions made the play effortlessly engaging to the viewers! It was a beautiful inexplicable experience to one and all!



Samatwam Cont'd...

Swami Prakashanandaji's wonderful lectures on the unique topic "Bhagavad Gita in the Ramayana" laid foundation to the play Samatwam. Thank you so much dear Swamiji!

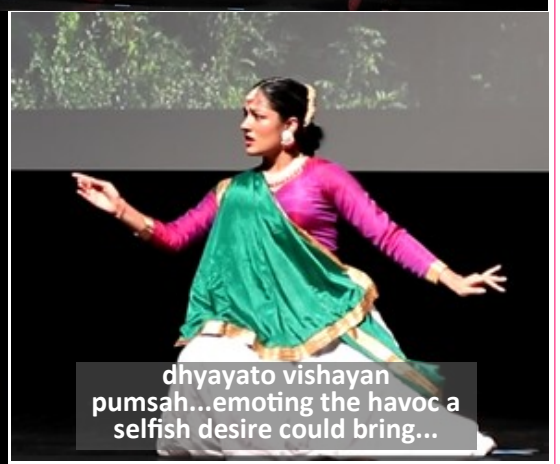
Thank you dear Bina Sutarwala for an amazing screenplay writing, excellent direction, loving guidance in each and every task, and tireless practice sessions for all involved in the play.

Crystal-clear recordings; excellent sound system; colourful lightings; beautiful scenery projected as backdrops, perfectly timed scenes; superb stage management; all were top-notch! Thank you to the Sutarwala Family! You put your heart and soul into this play for the play to run seamlessly! And you brought out an outstanding production!



Beautifully choreographed dance numbers! Splendid performance by the senior and junior dancers with finesse, grace, smiles, mudras, and expressions!

Thank you to Mrs. Kasturi Misra, Gharana Arts Director and dance teacher for her awesome choreography, storytelling dance snippets, and teaching and training the dancers perfectly!



dhyayato vishayan
pumsah...emoting the havoc a
selfish desire could bring...

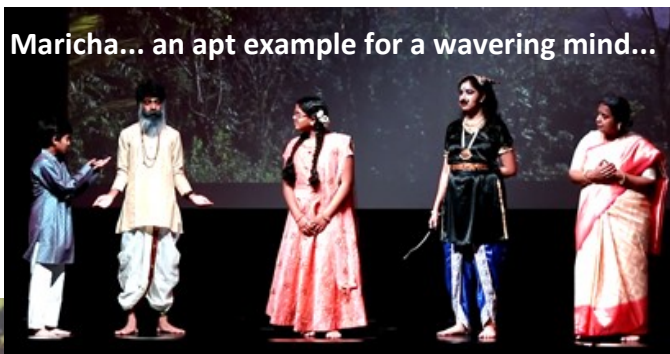
Samatwam Cont'd...



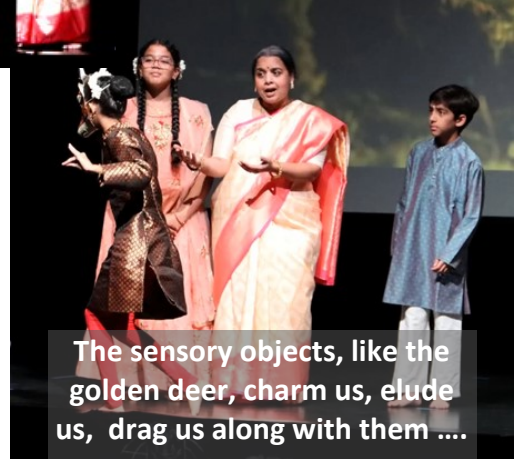
Tulsidasji's choupais were sung so melodiously by the singers group with superb Tabla accompaniment! The vibes emanated from their singing of the divine mantras "Sri Rama Jaya Rama Jaya Jaya Rama" and "Hare Krishna Hare Krishna" touched everyone's heart!

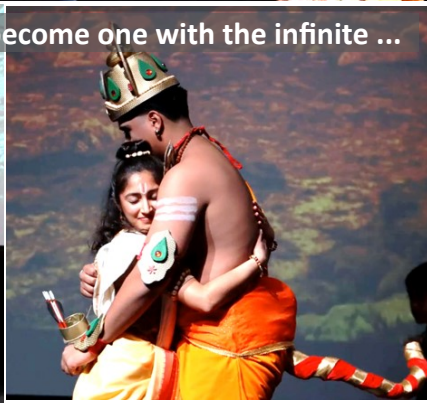


Bhagavad Gita verses selected for the play were chanted harmoniously by the chanting group. Meanings of the Gita verses were explained by the narrators; the actors would either freeze or enact the parallel in the Ramayana.



The awesome narrators glued various scenes, the Bhagavad Gita verses and Choupais from Sri Ramacharita Manas by delivering profound explanations very expressively!





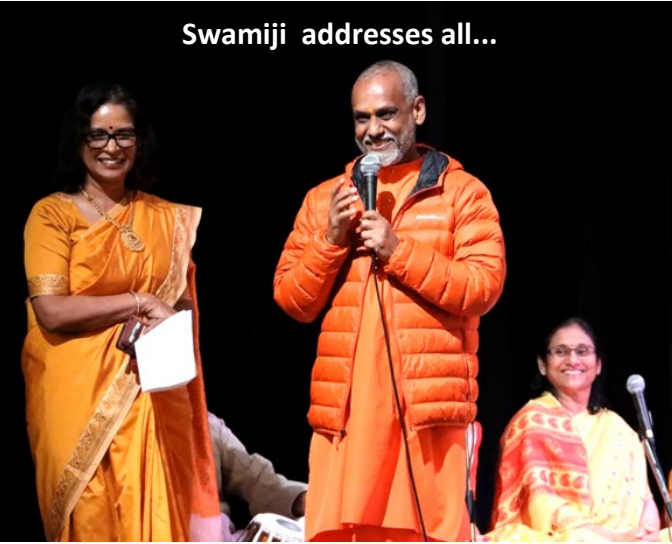
It was a splendid performance by all the actors and narrators! The expressions in the delivery of their lines, memorization of the lines, gestures, emoting various emotions, fight scenes, timings, everything was so perfect and commendable! They took us to the Ramayana days and made this play so memorable!



The grand finale dance...



Swamiji addresses all...



All receive blessings from Swamiji...



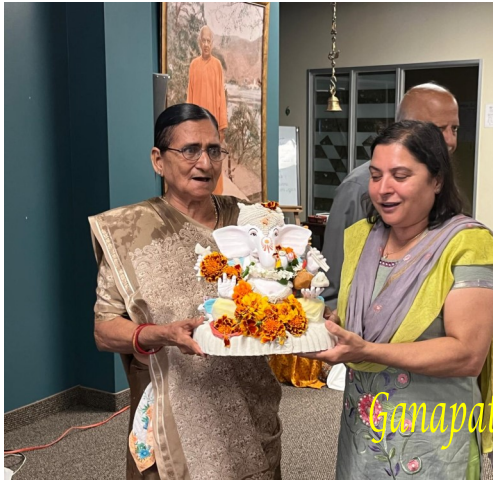
Kudos to everyone associated with the play! Thank you for a wonderful performance!



'Sri Rama Jaya Rama Jaya Jaya Rama' and 'Hare Krishna Hare Krishna' still ringing in our hearts!



Sri Ganesha Festival

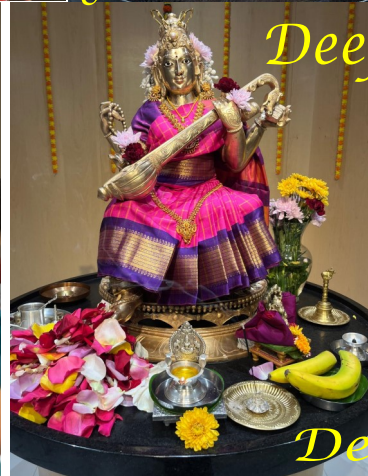


Ganapati Bappa Moriya! Mangala Murti Moriya!



Navarathri

Jai Durga Lakshmi Saraswati Mam Pahi Jagannamata!



Deepavali

Deepa Jyotir Namostu Te!

Chinmaya Mission Ottawa Presents

Dashavatar

Two-week Summer Camp 2025

JULY 7-18

Grades 1-8
8:45am – 4:30pm

Cost:

1 week

\$300/child

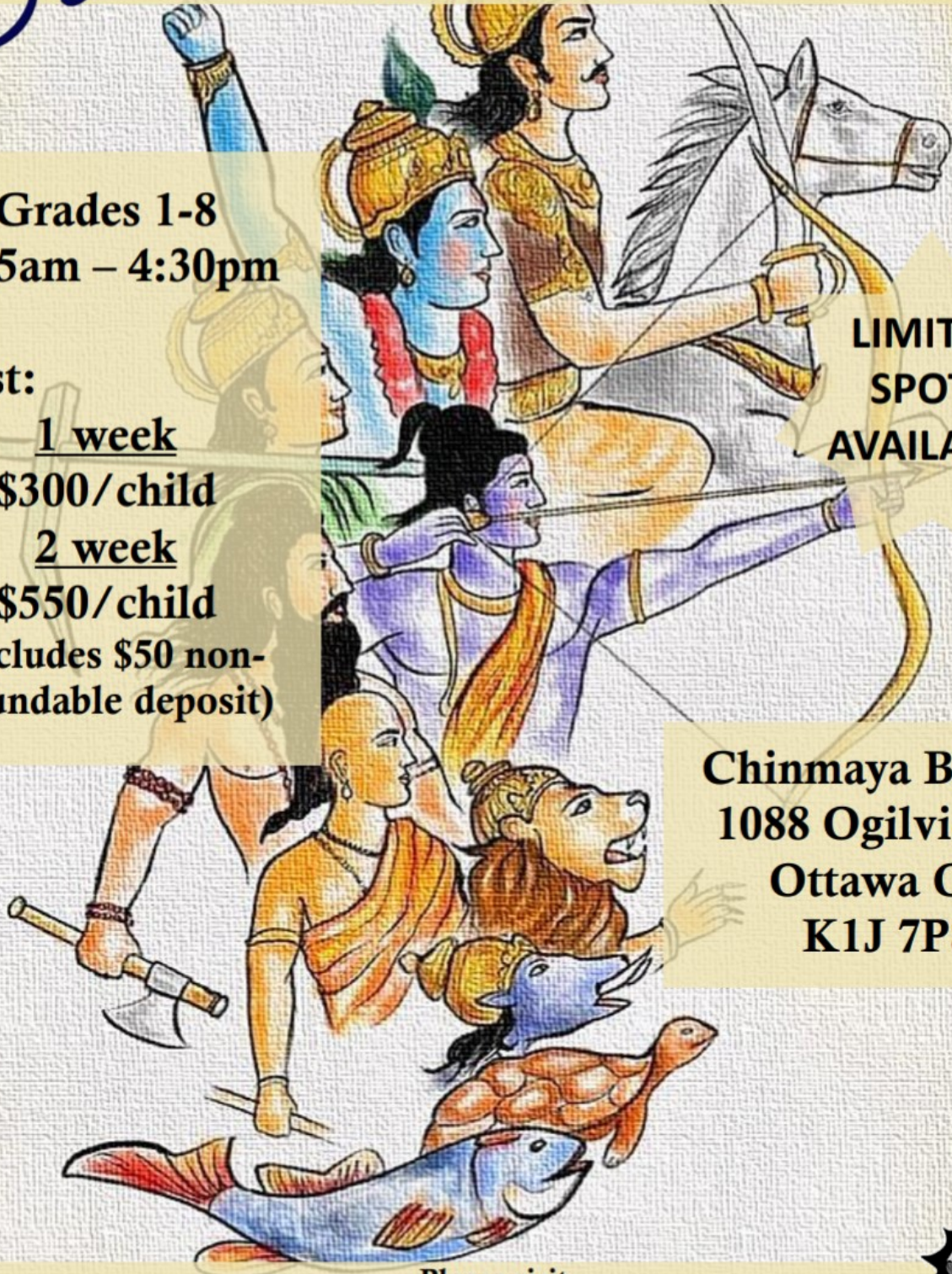
2 week

\$550/child

(includes \$50 non-refundable deposit)

**LIMITED
SPOTS
AVAILABLE**

**Chinmaya Bharati
1088 Ogilvie Rd,
Ottawa ON
K1J 7P8**



Please visit
www.chinmayaottawa.com
For volunteering/registration



CHINMAYA MISSION LOS ANGELES

invites everyone on a year-long journey of
self-improvement

We Can We Must *Sadhana Seva 2025*

Under the guidance of Swami Ishwarananda

Celebrating 75 Years of Chinmaya Mission's Legacy of Service in 2026

The program is inspired by the 20 values detailed in Chapter 13 of the Bhagavad Gita. Participants will be guided to practice one value each month, fostering self-awareness of the wins and hurdles along their personalized journey.

Embrace this opportunity to spiritually grow as an individual, while being inspired and supported in a vibrant group setting.

Program starts January 5, 2025

Register at:

<https://tinyurl.com/sadhana-seva>



**Transform Your Life.
One Value at a Time.**



Program details: [HTTPS://CHINMAYALA.ORG/SADHANA-SEVA](https://chinmayala.org/sadhana-seva)

Plough the time with study. Sow the seeds of your own goodness in the ample field of time. Water them with your devotion to the perfect. As the seeds grow, the weeds also shall strike their roots in the same field and raise their heads. Carefully remove them; one by one, uproot the evils from yourself. Protect the bosom from the grazing bulls of sensuousness and temptations, of passions and lusts. And wait – till the virtues ripen and are ready for the harvest. One who is capable of thus making use of time and steps forward in his own inward growth and beauty – that one alone can wait for the New Year of glorious promises, of fruitful expectations, of assured peace and guaranteed success.

-Pujya Gurudev Swami Chinmayananda

Saraswati Poonam Pooja



The Moon is The Presiding Deity of the Mind. All those who know a little about the psychological behavior of a human being have unanimously agreed that there is a relationship between the moon and the mind. Therefore, it is quite justified when the Rishis say in Sanskrit, the moon and the mind are both called by the same term Mati, which clearly shows that in the microcosm that which is mind, is itself in the macrocosm, the moon.

Why Saraswati Pooja?

Maa Saraswati is known to represent knowledge. Worshiping Maa Saraswati with humility brings about the required purity in our mind for this supreme knowledge to flow into us. It helps the spiritual wisdom to take root in our hearts. This is a great opportunity for you and your family to truly connect with the Divine Mother.

How long does the Pooja last?

The Pooja lasts about 30 minutes

How do I prepare for the Pooja?

A few days before the Pooja, Maa Saraswati will be bathed and her clothes and jewellery will be changed. You may select and purchase a new sari and any accessories you would like for her yourself (these should be given to the organizers at least 2 weeks prior to your Pooja) or you will be required to pay \$125 to cover the cost of purchasing the new set of clothes

What do I need for the Pooja?

For the Pooja, the following items will be required:

- A full meal to offer to Devi (made fresh that day)
- 2 bananas for Ganesha
- 2 fresh bouquets of flowers (for decoration)
- Fresh rose petals (at least 108 petals per person performing the Pooja)
- A minimum donation of \$175 as Dakshina for the Pooja
- Prepare any Bhajans you would like to sing as part of the Pooja
- Optional: flower garland to be placed on Devi during the Pooja

How can I sign up for this Pooja?

Contact Saakshi at 613-227-0828

**Chinmaya Mission Ottawa offers the following programs from Sept. 2024 to June 2025
to foster our spiritual achievement:**

Sunday Balavihar: Every Sunday at 10:30 AM. In-person classes begin on Sept. 8 at Chinmaya Bharati located at 1088 Ogilvie Drive. Study classes for children from JK to Grade 12 will be on Hindu Culture, Values, and Philosophy through inspiring stories, interactive discussions, creative activities, fun games, arts and crafts, bhajans, chanting, etc. Adult study groups will study texts on Vedanta. **To register your family, please go to ChinmayaOttawa.com.**

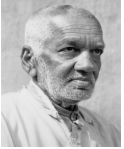
Young Adults: Every Monday at 7:30 PM. For university students and young adults (17 to 30). Discussion on concepts of Vedanta and Hinduism. Please contact Shailesh Sutarwala at hariomss@gmail.com or 613-591-5961 for details.

Yoga: Every Tuesday at 6:00 PM. Based on the teachings of Patanjali, classes cover yogic jogging, stretches, and pranayama (breath control). In your home on your yoga mat and give it a try... Please contact Anil Agarwal at agarwal.central@gmail.com for more information and meeting link.

Vedic chanting classes: Every Tuesday from 7:15 PM to 8:00 PM at Chinmaya Bharati Ottawa. We will learn to chant Shanti Mantras and Rudram with proper vedic intonations. Please contact Panch Athmaraman 613-698-2658 or Bina Sutarwala 613-591 5961 for more information.

Bhagavad Geeta: Every Wednesday at 7:00 PM. Starting Chapter 17(The Yoga of the Three-fold Faith). Video lectures of Swami Chinmayananda along with discussions. Please contact Anil Parekh at parekh.anil@gmail.com or 613-738-7466 for more information and a zoom meeting link.

Rise to the Geeta: Every Tuesday and Thursday at 6:00 AM EST. We cover all 18 chapters of the Bhagawad Geeta. Following the Holy Geeta by Chinmaya Mission a verse or two is first read and then we watch Swami Chinmayananda's video for a more well-rounded understanding of the verse. Please contact Bina at hariombina@gmail.com or 613-591-5961 for more information and a zoom meeting link.

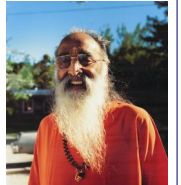


Work should be done to attain the workless abode of divine silence and peace. This is the secret doctrine of all Vedas.

-Swami Tapovan

To be patient means to suffer something that hinders or hurts us, and still retain our self-composure. Patience always elevates and strengthens our character. We need patience not only with others, but also with ourselves.

-Swami Chinmayananda



Enjoy your struggle, construct the road, travel happily, successfully reach the goal!

-Swami Tejomayananda

Do your best and maintain an aptitude which opts for a positive result, rather than fearing the worst.

-Swami Swaropananda



Our mission is to provide to individuals from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.



**Chinmaya Mission Ottawa
1088 Ogilvie Road, Ottawa, Ontario, K1J 7P8
Phone: 613-749-3399
Email : Chinmaya.Ottawa@gmail.com
Website : www.ChinmayaOttawa.com**

**Om Shri Chinmaya
Sadgurave Namaha**