

CHINMAYA MISSION
OTTAWA

NityamEternal



October 2025

UPCOMING EVENTS 2025 - 2026

- Chinmaya Bharati Anniversary - 23 Nov.
- Gita Jayanthi / Swami Tapovan Jayanthi - 30 Nov.
- New Year's Day - 1 Jan. 2026
- Maha Shivarathri - 15 Feb.
- Sri Chinmaya Jayanthi - 8 May
- Mother's Day - 10 May
- Father's Day - 21 June
- Guru Purnima - 29 July
- Chinmaya Aradhana Day - 3 Aug.

किं ज्योतिस्तवभानुमानहनि मे रात्रौ प्रदीपादिकं
स्यादेवं रविदीपदर्शनविधौ किं ज्योतिराख्याहि मे ।
चक्षुस्तस्य निमीलनादिसमये किं धीर्धियो दर्शने
किं तत्राहमतो भवान्परमकं ज्योतिस्तदस्मि प्रभो ॥

kiṃ jyotistava-bhānumān-ahani me rātrau pradīpādikaṃ
syād-evaṃ ravi-dīpa-darśana-vidhau kiṃ jyotirākhyāhi me |
cakṣustasya nimīlanādi-samaye kiṃ dhīrdhiyo darśane
kiṃ tatrāhamato bhavān paramakaṃ jyotis-tad-asmi prabho ||

Guru: 'What is the light that helps you see everything?' Student: 'In the day it's the sun and in the night, it's a lamp.'

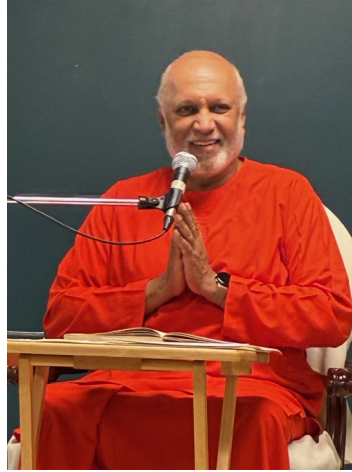
Guru: 'What is the light that sees the sunlight and the lamp?' Student: 'The eyes.'

Guru: 'What provides illumination when the eyes are closed?' Student: 'The intellect.'

Guru: 'What light illumines the intellect?' Student: 'It is I.'

Guru (smiles) : 'So, You are the light of lights!' Student: 'Truly, I am That!'

- Eka Shloki by Adi Shankaracharya



IN THIS ISSUE

Fall Festivities (p. 2), Talks by Swami Ramakrishnananda (p. 3), Chinmaya Family Camp (p. 4-6),
Talks by Swami Ishwarananda (p. 7-10), Summer Bala Vihar Camp (p. 11-13)

By honest introspection, you can detect your wrong tendencies and eliminate them through constant, deliberate effort. Develop positive thinking and thus become the creator of your own future life. Then only, lasting success will be yours.

- 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

Fall Festivities

Sanatana dharma has given us a great knowledge system, a great religion, with so many festivals, by which we can come together; and serve, celebrate, enjoy, and give the world the greatest message of sisterhood and brotherhood. Diwali is a festival where we invoke Mother Lakshmi for prosperity for everyone. And in our abundance, we can share with everybody not only the wealth, but our happiness and our love.

It is the day where love won over different distinctions; and Bharath, because of his love, brought Ramchandraji back to Ayodhya. It's the day for us to celebrate Ram - joy, happiness, Sitaji - peace, and Lakshman - brotherhood and harmony return back to our country, our world.

-Swami Swaroopananda



Deepavali



‘Ethics in a Competitive World’

Talks by Swami Ramakrishnananda



It was a unique and engaging lecture series by Swami Ramakrishnanandaji, with practical and profound messages, and filled with humor! Swamiji’s power point presentation was not only informative but was entertaining with ‘special effects’ and ‘live’ sound effects! Swamiji’s lively presence and talks added more to the Navarathri festive aura in Chinmaya Bharati.

The world we live in has always had a competitive side to it. Swamiji pointed out that we also create our own competitors in our life pursuit. Every twist and turn in life involves our making right decisions and choosing right directions. We are advised to take guidance from our Gurus and Shastras.

Swamiji explained how Sri Veda Vyasa contributed to passing on our shastras to the next generations. Sri Veda Vyasa compiled the Vedas, authored several works including the magnum opus epic Mahabharata, and many Puranas. The finale of his works that made him feel fulfilled is the Purana called Srimad Bhagavatham which includes the life history of Sri Krishna. Swamiji tackled the topic “Ethics in a Competitive World” by bringing in Sri Krishna as the role model.

When it comes to Sri Krishna, we usually see Him as the playful boy of Brindavan reveling in the pure love of the devoted cowherd friends, and we also see Him as the master strategist, the skillful charioteer and Gitacharya to Arjuna in the Mahabharata. *Swamiji’s portrayal of Sri Krishna was from other unique angles as well, through a few ‘lesser known’ stories, taken from Srimad Bhagavatham, thus bringing us new insights of Sri Krishna.*

Swamiji described Sri Krishna as a blend of four layers and how we could connect to Him: *As Paramatma, we can meditate on Him, as Ishwara, we can pray to Him, as an Avatara, listen to His life stories, and as a human being, we can follow Him to lead a successful and fulfilled life in this competitive world. Swamiji helped us see Krishna’s work ethics and leadership skills as a human being under various circumstances, and the lessons we can take home.*

Krishna had all kinds of problems at all levels (personal, family, and national); *but he kept his dynamism and cheer throughout. Krishna accepted situations as they were, and faced the challenges.*

When telling Jarasandha story, a lesson Swamiji extracted from Krishna’s political tactics was, *successful completion of work is more important than who does it or who gets the name. Swamiji brought out an interesting point: when we use active voice and say ‘I did this work’, the ego is given importance; but when we use passive voice, and say ‘the work is done’, the work on hand is given more importance than who did it. With such attitude, not only the individual, but the organization also grows well.*

Krishna orchestrated meeting a good king Muchukunda to reward him for his service and sacrifice, and evading an asura Kalayavana that chased him, in one go. *Swamiji said it was like killing two birds with one stone... nay... hitting two mangoes with one stone, and that Krishna made use of situations with his presence of mind; he was productive and saved time.*

Krishna sent Uddhava, his highly knowledgeable minister, to Brindavan to console the gopas and gopis as they missed Krishna very much. Also, Krishna wanted Uddhava to learn from them what devotion was. During his stay, Uddhava got to understand the pure love they had for Sri Krishna. *Swamiji said that the gopas and gopis did not know any Vedas and Upanishads; but they knew the subject of the Upanishads, which was their beloved Sri Krishna. As a leader, Krishna planned for collective benefit (gopas and gopis were consoled) and individual’s growth (Uddhava learnt pure devotion).*

Krishna visited the Pandavas when they were in the forest. He stood by them as they were on the side of righteousness. He gave them all the encouragement needed. Krishna brought Satyabhama with him to give moral support to Draupadi. *Swamiji encouraged all of us to help out those that stand for Dharma (righteousness); and we should learn to listen more with empathy and talk less (like Satyabhama did) when someone suffering is talking.*

We offer our heart-felt gratitude to Swamiji for narrating Krishna’s stories so beautifully with lively humor flowing alongside, and for highlighting practical messages for us by showing how Krishna was versatile and very thoughtful in his approach to life situations.



Chinmaya Family Camp 2025

By Hari Menon (Grade 10)

This year's Chinmaya Family Camp was honestly one of the most unique experiences I've ever been part of. *Imagine being surrounded by a beautiful forest, right next to a calm and peaceful lake, and spending your days filled with both spirituality and adventure. That's exactly what this camp was like!* It wasn't just a normal camp with games and outdoor fun, and it wasn't just about sitting in silence and learning from someone— it was a mix of both, which made it special.

The camp started off with Swami Ishwarananda's talks. Dinner was served after that and then we jumped right into team activities/ games; started off with the activity to decipher Gururji's quotes from the words on small paper pieces distributed to the teams. The next one was a challenge where teams had to build the longest paper chain, but they were allowed to use their dominant hand only, and it got really competitive but in a fun way. The last one was "Mime Telephone or Action Charades", which was not only fun but also helped us break the ice with people we didn't know before. *The activities made it easy to meet new friends and laugh together.*

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Chinmaya Family Camp Cont'd...

The next day was even more exciting. We followed the schedule for our activities - meditation, talks, food and fun. We had sessions with Swamiji and the talks were on Shivanandalahari. *Swamiji's talks were thought provoking and interesting. Some aspects really made us reflect on who we are and how we can live better lives.* During our activity time that day, we played country-style team games like Apple, Orange, Banana and resource-sharing games that taught us the importance of teamwork. Some of the activities had funny names like Hi Five, Bumpy Bumpy, Footie Footie, and Namaskara. *All the activities pushed us to work together, support each other, see world as one family, and most importantly, have fun while doing it.* The activities weren't only about games. *One of the most memorable things was the artwork session that afternoon with Swamiji. It was different from normal school art class because it wasn't about being perfect—it was about expressing ourselves and connecting to something deeper. That really stood out to me because it showed that spirituality isn't just about listening; it can be creative too.* We got to take home our creation - the beautiful Shiva picture that we all could draw with Swamiji using his simple techniques!

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Chinmaya Family Camp Cont'd...

Needless to say, that one of the best parts of the camp was the adventure activities. After the artwork, we went rock climbing, canoeing, and even tried archery. Rock climbing was tough but really rewarding once you reached the top. Canoeing on the calm lake was peaceful, and archery made us feel like we were in a medieval movie. *Each of these activities challenged us in different ways, but they also gave us confidence.* After dinner we had a special bonfire. Sitting around the fire with everyone, each of us had a paper stuck to our backs. Everyone wrote kind words to each other and we all got to read the comments on our own paper the next day without knowing who wrote what- which was fun. *After the bonfire we went near the lake to just gaze at the stars- it was one of those moments where you feel happy to be exactly where you are.* The next day we dispersed after a couple of activities including meditation, Swamiji's talks and breakfast. We all felt that it ended so quickly.

What made the camp really special was how everything came together—the beauty of nature, the thrill of adventure, and the wisdom of spirituality. It wasn't just about having fun (even though we had a lot of it), and it wasn't just about serious learning either. It was about finding balance. *The camp taught us teamwork, gave us confidence to try new things, and helped us connect more with ourselves.* In the end, *Chinmaya Family Camp wasn't just a camp. It was an experience that I'll carry with me for a long time.* Between the games, the adventures, the quiet moments of reflection, great messages from Swamiji and the friendships made, it gave all of us *unforgettable memories.* *It was the kind of trip that makes you realize that sometimes, learning and growing doesn't happen in a classroom—it happens when you're out in nature, learning about yourself from great teachers, reflecting, playing games, laughing, climbing, paddling, and just being present.*



Galaxy S20 FE 5G
August 22, 2025 2:54 p.m.



Galaxy S20 FE 5G
August 22, 2025 8:38 p.m.





Shivananda Lahari

Talks by Swami Ishwarananda

In the beautiful month of August 2025, we were privileged and blessed to listen to Swami Ishwarananda Ji at the Chinmaya Family Camp held at Camp Awakamenj Mino. Swami Ji walked us through selected verses from the amazing “Shivananda Lahari” composed by Bhagavan Adi Shankara. Shivananda Lahari is a collection of 100 verses that captures the beautiful emotion of Bhakti/Devotion with abundant poetic charm. A further summary of Swami Ishwarananda’s teachings during the camp is attempted below.

Lahari means a huge wave/tide. Ananda means joy. **Shivananda Lahari** then means a huge tide of joy pertaining to Shiva.

Salutations to Shiva and Parvathi

Adi Shankara begins with salutations. “May my salutations be (Me Natiriyam Bhavatu) to Shiva and Parvati who are the auspicious ones (Shivabhyam), who are the embodiment of art (Kalabhyam), whose heads are adorned by the crescent moon (Chudalankruta Sashikalabhyam; moon represents the constantly changing mind and by having it as an ornament implies that Shiva/Parvathi have the mind under their control), who fulfill the desires of their devotees (Bhakteshu Prakatita Phalabhyam), who bless the 3 worlds (Astoka Tribhuvana Shivabhyam), who stay in the hearts of devotees (Hrdi Punar Bhavabhyam) and who wells up as the experience of absolute joy (Ananda Supradanubhavabhyam).”

Devotion as the Division-less Presence everywhere

Happiness is our inherent nature. Mind constantly seeks the experience of happiness in the outside world moving from one object/activity to the next. Instead, we should think of Lord in our mind. When we see the Idol in the temple, know that the lord represented in the Idol is a mirror of our soul. Adi Shankara gives beautiful examples in Verse 61 on how the mind goes back to our inner source of happiness:

1. Like the mystic Ankola tree whose seeds, after they fall, go back to the tree, our mind too seeks to go back to our true inner nature of happiness
2. Recognizing that all that we do is due to the divine invisible presence in us (just like the iron filings that appear to move; but are in reality controlled by the invisible magnet that the magician uses). Know that Bhagavan gives us various experiences so that we eventually see the truth (the hidden presence in us)
3. Just like a wife eagerly waiting for the husband, our mind eagerly waits to be united with the lord within us
4. Just like the creeper holding onto the tree, we all depend on the lord working through many people and forms (think of all the paths travelled by the food on our table that we take for granted!)
5. Like all the rivers (that originated from the ocean) that flow and merge back into the ocean, so too our mind goes back to its source

Devotion is recognizing and being constantly aware of the division-less presence within us and everywhere else.

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Shivananda Lahari Cont'd...

Shiva as the compassionate lord

Shankara extols Lord Shiva's help in Verse 31 relating to the story of the churning of the ocean where Shiva took the snake's poison and lodged it on his neck. Similarly, when we have bitter experiences, we too should not spit in out (taking revenge) or take it in (being bitter). All moving/non-moving beings are within the body of the God and he protects all (including those who don't believe in him) without any judgement. We should understand the awareness within us knows/witnesses both the positive and negative thoughts in our mind. So, we should be compassionate and gentle towards ourselves, while ensuring that we don't repeat the same mistakes. Know that it is our own actions that punish us and not God. Life should get better for us and not bitter!



Qualification of a devotee

In Verse 5 Shankara humbly says he is not an expert in any Shastras; and he seeks the Lord to grace him with compassion. Here, Swamiji brought in the example of Ma Sabari who had no formal knowledge of Shastras but had unshakable faith in her Guru. Faith needs no proof. Faith is believing in what you do not see, the result of which is that you see what you believed in. Faith is a journey from believing to experiencing; In material science we start with a hypothesis, then experiment and establish it as a fact later. So too with spiritual science, we should start with faith, then experiment and then we shall experience God. A beautiful beacon light for devotion is the story of Sabari, who kept faith in her Guru's words and waited patiently for 60 years that Bhagavan Ram will visit the Ashram one day. Having not seen Ram herself, she saw Ram in every person who visited her Ashram in all those years. Faith and Patience are the two hallmarks of devotion. We should surrender our ego to God. True innocence is possible only when we expect nothing from anyone and that is possible only when we feel content inside.

Attitude (Bhavana) of a Devotee

Bhagavan does not care about what we offer but with what attitude (Bhavana) we offer. In Verse 63, Adi Shankara explains the depth of Bhakti. Swamiji shared the story of the hunter Kannappa Nayanar who pierced and took out his own eyes seeing the blood oozing out of the eyes in Shiva's Idol. The Brahmin who was earlier disgusted with the hunter Kannappa offering meat to Shiva's Idol was astonished with the depth of Bhakti Kannappa Nayanar had for the lord.

Love as an offering towards God

Adi Shankara says beautifully in Verse 85, that he is not capable of churning the ocean to offer poison, or to go under the ground to get the snakes, or getting the deer/tiger skin, or to offer food, flower or cloth. He says that he can only offer pure devotion in the form of love towards the Lord. Similarly, we too should offer pure love as devotion to the lord within us.

Praying for eternal devotion to the lord

Shankara states in Verse 10 that whatever body form we take, let our devotion to the lord be always there. When we swim in the Ananda Lahari that is in our mind, it doesn't matter what form we take. We are not human beings leading a spiritual life, but spiritual beings that happen to have a human life form. Remember the vehicles of the lord like Nandi/Garuda/Mooshika/etc. that we see represent the mind fully concentrated on the god.

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Shivananda Lahari Cont'd...

Heart of a Devotee

Have faith that in whatever stage of life we are in like youngster/householder/renunciate/sanyasi/etc. (Vatu/Gehi/Yati/Jata), if we give ourselves to Bhagavan who resides in the lotus of our hearts, he will take care of us, thus declares Shankara in Verse 11. We must do whatever we can to our best ability and leave the rest to the God.

Seek Refuge in Shiva

Shankara says in Verse 83 that by worshipping devatas who are also subject to birth and death, not an iota of joy can be obtained; instead, we should worship Shiva who gives supreme bliss, and such devotees are the most blessed.

Always remember the Lord in our mind

Shankara explains in Verse 9, that all the pooja/mantra/etc. are not needed when we remember the lord all the time in our mind; just offer the lotus flower that is our mind! Know that we are constantly graced by Bhagavan's love (we need the environment to be conducive for whatever we do, and this happens due to His grace). We must offer prayers in our minds with an attitude of gratitude.

Our body as the Purna Kumbha

In the exquisite verse 36, Shankara takes the body as a Purna Kumbha and equates the different parts of the Kumbha with different aspects of Bhakti and then he is offering the body purified by the sacred mantra "On Namah Shivaya" as the dwelling place for the lord.

All our senses also as offering to the lord

Shankara prays to Lord Shiva in Verse 41 for the continuous blessing of the lord so that all the faculties of knowledge/action (Jnanedriyas/Karmendriyas) be in tune with the devotion to the lord.

We offer our humble pranams to Swami Ishwarananda Ji for introducing to us this beautiful text of devotion by Adi Shankara.

-Panchanadam Atmaraman (Chinmaya Ottawa Sevak)





Sundara Kanda

Talks by Swami Ishwarananda

Swamiji commenced the lecture series by emphasizing four essential qualities that one must cultivate before undertaking any significant journey or task:

1. **Vision:** Clarity of purpose—knowing precisely what one is striving for.
2. **Steadfastness:** The unwavering resolve to persevere until the goal is achieved.
3. **Intelligence:** The ability to navigate challenges with discernment and brilliance.
4. **Dexterity:** Skillfulness in action—doing the right thing in the right way.

These virtues were beautifully embodied by **Lord Hanuman** during his sacred mission to locate **Sita Maa**.

As Hanuman journeyed toward Lanka, he encountered three formidable demons—**Mainaka**, **Surasa**, and **Simhika**—each testing his strength, intellect, and devotion. Undeterred, Hanuman crossed the vast ocean without fatigue, a testament to his boundless love and dedication to Lord Rama.

Upon reaching Lanka, Hanuman was momentarily captivated by its magnificent architecture. Yet, he quickly recollected his purpose and shrank his form to enter the city unnoticed. As he attempted to sneak in, he was confronted by **Lankini**, the guardian of Lanka. When she struck him unexpectedly, Hanuman responded with a powerful blow that knocked her down. Recognizing his divine nature, Lankini realized the end of Lanka was near and allowed him to proceed.

Hanuman leapt from mansion to mansion, searching for Sita Maa. Throughout his quest, he demonstrated **Viveka Buddhi**—discerning intelligence—remaining focused and undistracted. Eventually, he reached Ashok Vatika, where he saw a frail, emaciated woman surrounded by rakshasis. Though physically weakened, her mind was deeply absorbed in thoughts of Lord Rama.

Soon, Ravana arrived and attempted to persuade Sita Maa to accept him as her husband, boasting of his power and conquests. Sita Maa firmly rejected him, reminding him of Rama's noble sacrifice and condemning Ravana's cowardly act of abduction. Enraged, Ravana gave her an ultimatum: accept him within two months or face death. In despair, Sita Maa contemplated ending her life, questioning what sin had led to such suffering.

At this moment, Trijata, a compassionate rakshasi, consoled her, assuring that Lord Rama was testing her faith and patience. She encouraged Sita Maa to hold on, reminding her that hope still remained.

Observing all this, Hanuman pondered how best to approach Sita Maa and which language to use. He gently began singing the glories of Lord Rama. Astonished, Sita Maa looked at Hanuman with wonder. He narrated his meeting with Rama and offered her Rama's ring as proof of his authenticity.

Hanuman offered to carry her back, but Sita Maa declined, choosing to wait for Rama to rescue her. She gave Hanuman her Chudamani (jewel) as a token for Rama. Before departing, Hanuman destroyed Ashok Vatika to demonstrate the might of Rama and his army, sending a clear message to Ravana.

In his three day lecture series on Sundara Kanda, Swamiji brought out the essence of the beautiful character of Sri Hanuman; how he circumvented all the obstacles intelligently; how successfully he found Ma Sita and approached her; and acted as a messenger of Sri Rama. Swamiji also highlighted the courage, steadfastness and devotion of Ma Sita as well in spite of the despairs she was going through.

Nidhi (Adult study group)

'Dashavatar' Bala Vihar Summer Camp



Starting the day with Yoga exercises...



Story time - Learning Dashavatar and its messages...



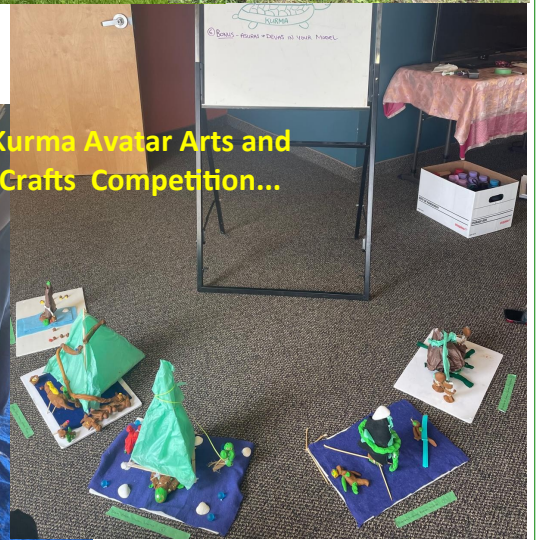
Challenging games ...
Team work makes it fun...



Dance with Kasturi ji ... mudras for Dashavatar...



Bala Vihar Summer Camp Cont'd...



Bala Vihar Summer Camp Cont'd...



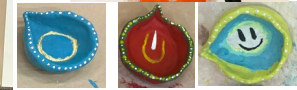
On the last day of the camp, the children gave various presentations to the parents, showcasing what they learnt : Kathak dance, Dashavatar stotram chanting, Navadha Bhakti sloka chanting and as a song in English.



The children gave a wonderful presentation on each avatar and its message from memory, in their own words, and ending it with the powerful “yada yada hi dharmasya” Gita verse, connecting to the Dashavatar theme! The props for the avatars, were all children’s creative hands-on projects as part of the camp activities!



Children receive certificates of recognition and gifts...



Kudos to all the children, the amazing high school volunteers, the adult volunteers who helped in various ways, and the Chinmaya Ottawa organizers for making yet another fulfilling camp of rich learning experience for one and all!



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. 2025 to June 2026 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: Mondays 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.

Vedic chanting classes: Tuesdays from 7:15 PM to 8:00 PM. Please contact Panch Athmaraman 613-698-2658 or Bina Sutarwala 613-591 5961 for more information and zoom link.

Bhagavad Gita chanting classes: Thursdays from 7:00 PM to 8:00 PM.

Please contact Deepa Sahasranaman +91 98804 86500 or Bina Sutarwala 613-591 5961 for more information and zoom link.

Bhagavad Geeta: Wednesdays at 7:00 PM. Starting from Chapter 1. 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 zoom meeting link.

Rise to the Geeta: Every Tuesday and Thursday at 6:00 AM EST. We cover all 18 chapters of the Bhagavad Geeta. Following the book 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.

Bala Vihar snippets...



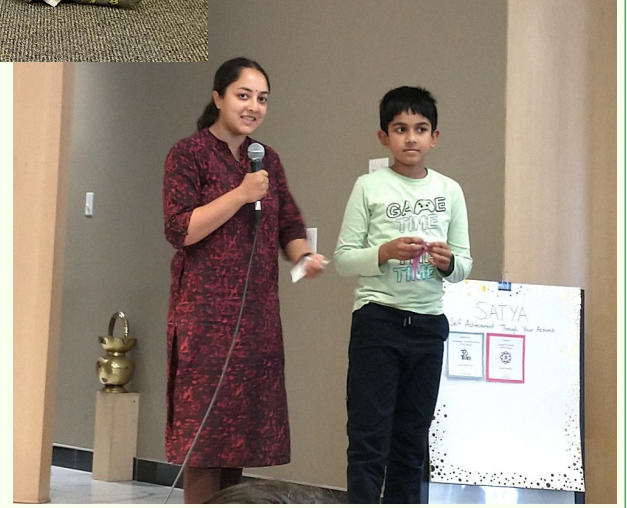
Satyam class children in silence with eyes closed for a few minutes...



Varun Veerasubramanian was awarded the ribbon for the Chinmaya Challenge 'Know your BMI Chart' . Kudos to Varun!



Perfect Padmasana



That by the sight of which the mind becomes peaceful, and turns towards Parameshwara is called the best darshanam.

-Swami Tapovan

If you can surrender the results of your actions at the altar of your dedication, be it God, or a nation or a profession, the action becomes karma yoga.

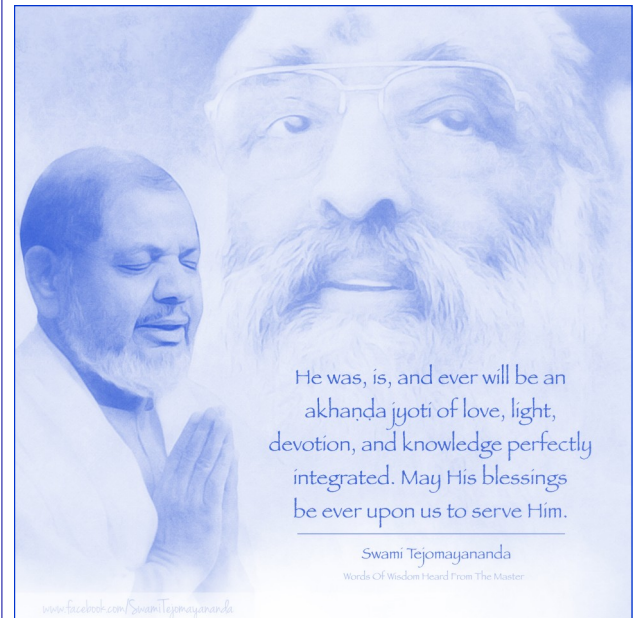
-Swami Chinmayananda

In giving, show humility. In receiving, show gratitude.

-Swami Tejomayananda

Prosperity begins with health, and culminates in the supreme wealth of knowing the Self.

-Swami Swaroopananada



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
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Website : www.ChinmayaOttawa.com**



**Om Shri Chinmaya
Sadgurave Namaha**