

CHINMAYA MISSION
OTTAWA

Nityam

.....Eternal



July 2022

UPCOMING EVENTS 2022

- ◆ Chinmaya Aradhana Day (3 August)
- ◆ Sri Krishna Janmashtami (18 Aug.)
- ◆ Sri Ganesh Chaturthi (31 Aug.; Visarjan 9 Sept.)
- ◆ Navarathri (26 Sept. - 5.Oct)

अनिर्वेदं च दाक्ष्यं च मनसश्चापराजयं कार्त्सिद्धिकराण्याहुः

anirvedam ca dākṣyam ca manasaścāparājayam kāryasiddhikarāṇyāhuḥ

Being determined without getting dejected, skillful in doing one's job, not losing heart in the face of difficulties – these are the qualities which enable one to achieve one's goals.

-Valmiki Ramayana 4.49.6

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It is His Grace expressing through us all. Learn to work hard all life surrendering unto Him and watching both gains and losses, successes and failures. That inward stability is the balance of the Wise.

- 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 ONLINE classes, details are on page 12.

Email : Chinmaya.Ottawa@gmail.com

Website: www.chinmayaottawa.com

Update on Chinmaya Bharati's 'Raise the Roof and Warmth' Campaign



Hari Om!

The "Raise the Roof and Warmth" campaign was launched in December 2021 to renovate the leaky roof of the Chinmaya Bharati centre, to upgrade the thermal roof insulation, and to replace the HVAC system units. The 6 HVAC (Heating, Ventilation and Air Conditioning) Roof Top Units were 27 years old and very frequently breaking down, to the point that only 2 of the 6 units were working, that too intermittently, leading to inadequate heating.

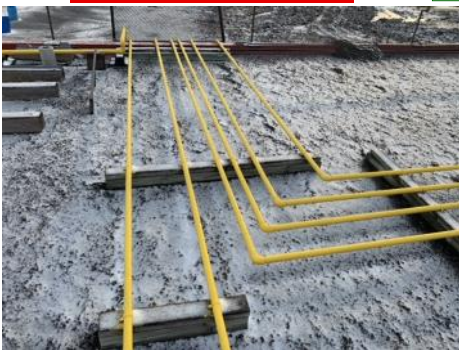
This major repair and replacement project required substantial financial support from our community. It was very gratifying to see our entire community answer this call for assistance, and generously contribute towards the "Raise the Roof and Warmth" campaign. Beginning with the donations towards this project in late 2021, we were able to engage a contractor for replacing the roof, and to place an order for manufacturing and delivery of 6 HVAC units in late summer 2022, for installation by fall 2022 in time for the cold season.

In April/May 2022, the 6 old furnaces were removed and the roof was fully replaced along with new thicker insulation. It is now leak-free! The continued generous donations well into 2022 along with several inspiring fundraising initiatives have allowed us to continue the work being undertaken by our contractors. Chinmaya Mission Ottawa sincerely thanks all our supporters for your very kind and timely support. We are well along the path to a renewed Centre, as you could see in the shared pictures!

Hari Om!



Gravel removed



Gas lines have been painted



Old HVAC Units removed



Insulation Sheets being installed

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Update on Chinmaya Bharati's ' Raise the Roof ' Campaign Cont'd...



New roof installed



Old siding removed



New siding installed

Thank you to all the kind and generous supporters!



The feeling of gratitude that is in the heart cannot be fully described in words, but O Guru, please be gracious and shower your grace on us, and bless us with devotion to your lotus feet—that devotion of the nature of supreme Love and devotion to God.

From 'Krtajnata - Gratitude' by Pujya Guruji Swami Tejomayananda

Salutations to the Lineage of our Gurus on the Auspicious Guru Purnima Day.

Mother's Day Puja



Chinmaya Bharati was vibrant again after the pandemic with CMO families gathering to celebrate Mother's Day and Chinmaya Jayanthi. Only a limited number was allowed to attend in person as a precaution, while others joined online. It was grand to witness how each step of the Puja, as well as each devotion-filled bhajan, honoured the mothers in a grand manner that was indeed befitting. This year's celebration saw all age groups offering puja to their mothers! Such is the magic of a mother's love: ageless and always fresh! A very fulfilling Puja in the presence of Ma Sarasvati, the mother of all mothers!



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Mother's Day Puja Cont'd...



*O Mother, I remain ever indebted to you. May my devotion to you be unwavering.
(From Matru Stavanam by Pujya Guruji Swami Tejomayananda)*

Father's Day Walkathon and Picnic



*I salute you revered father, who ever dwells in my heart. Reminiscing all that you have done for me, with all humility I prostrate unto you.
(From Pitru Stavanam by Pujya Guruji Swami Tejomayananda)*



Sun shine! Blue skies! Cool breeze! Father's Day celebrations with our Chinmaya families in the Britannia Park! Energetic walks around the park! Much more energetic talks and laughter! The hard-to-miss scenic beauty of the waters and the greenery around! Delicious food for lunch that made everyone go for second helping! And a third!
...Cont'd next page...

Father's Day Picnic Cont'd...



The much-awaited fun games which always brings everyone closer together! Bouts of exciting screams and laughter out of that little friendly competitiveness in the games! Thank you, all the organizers for an active and entertaining gathering outdoors! A memorable Father's Day indeed!



Bhagavad Gita Chanting Competition



*Congratulations dear participants
for your excellent chanting!*



*Congratulations to the
First Place Winners!*



It was yet another successful year of learning to chant a different set of verses of the Bhagavad Gita. Junior Shishus showcased their budding skills in chanting during their class hours! Bravo! There was a reading test for the other classes. Bravo to all the participants for their sincere efforts in chanting so well!

The memory-based chanting competition was held in-person at Chinmaya Bharati. This involved commitment, regular practice for many weeks and memorization. Kudos to all the participants for their sincere hard work to memorize the verses with enthusiasm, and for your excellent chanting! A very sincere thank you to all the parents for their 100% involvement and support!

An immense thank you to the judges for their invaluable time and for taking up the challenge of evaluating the participants' skills in chanting and memorization! Their words of encouragement meant a lot to all. All the participants were so happy to receive medals and certificates from them! May the blessings of Pujya Gurudev and Sri Krishna be with one and all always!

Senior Shishus celebrate India's 75th Republic Day, Maha Shivarathri, and Holi making beautiful arts & crafts...



Ashi



Lohita



Aaryav says he loves attending the class and loves learning more about Ramayana and Mahabharata. He also said he feels sad that his other classes clashed with this one and he is not able to attend.

Kiran says 'I liked learning about the Ramayana and Bhagavad Geeta chanting. I really enjoyed doing the crafts. Thank you to my teachers for spending the time teaching us.'



Idhanth



Samridhhi



Navneeth

Mahi says she likes bhajans and she likes to learn about Ramayana and Bhagavad Gita. She likes doing crafts too. She thanks all the teachers.



Soham says he likes the Ramayana stories and the Bhagwat Geeta chanting a lot. Soham thanks his teachers for a great year.



Varun says: "Hari Om. I love Balavihar because I love learning the Bhagavad Gita, Ramayana and Mahabharata. I love chanting the Gita, because it helps me in learning Sanskrit. I love all my teachers who are teaching me to be nice and helpful to everyone around me. I can't wait until next year."





Freehand drawing by
Anya Mishra,
age 5 (Junior Shishu Vihar)

The Churning Of The Ocean summary

The Churning Of the ocean is a ~~story~~ ^{dash} dasha avatar story from India. Dasha Avatars are the 10 forms of the Indian god Vishnu. Lord Vishnu is the preserver and the protector of this universe. His ~~job~~ ^{role} is to return to earth in not good times and restore the balance of good and evil. Another name for lord Vishnu is Lord Narayana.

Today, we are going to talk about Lord Narayana's kurma (turtle) avatar in the churning of the ocean. The story started when the lord Indra and his subjects (people) were in trouble. There was nothing to do to help them so they went to lord brahma on a mountain called meru. Lord Brahma told Indra and the devas to go to lord Vishnu. Lord Vishnu told the devas to get a drink of amrita (nectar of immortality). The asuras helped the devas get the nectar but immediately took it from the devas as soon as the devas got it. Lord Narayana helped the devas and asuras by turning into a turtle ~~and~~ and holding the mountain used for churning.

Nidhi Ganesh

The Churning of the Milky Ocean Story by

Nidhi Ganesh
(Junior Bala Vihar)

Later, Lord Narayana turned into a woman named Mohini and Mohini then served Amrita to the devas. First, Mohini told the asuras that she will give them amrita if the asuras did not question her actions. Then, she told the asuras to stand in 1 row and the devas to stand in another row. Next, Mohini began serving the devas amrita, and the asuras wanted to know what she was doing. After the devas had Amrita, Mohini turned into Vishnu again and every one lived happily ever after.

The End!!!❤

The Chinmaya Challenge for Adults (2021-2022)

The Chinmaya challenge for the adults this year was very comprehensive with super-charging activities for the body, mind and intellect. A healthy competition was in store among different groups for the adults to get the winning badges. Getting into the game, we could see that the benefits of doing the activities turned out to be the greatest motivating factor. It brought us all together in a different way and we could learn a lot from each other.

The challenge on physical fitness ran for some weeks, at an individual level along with some group activities online. Whatever physical exercises we could do according to our ability and time daily were logged in to the group's spreadsheet. We shared nutritious recipes (with pictures of course :-) and health tips and made sure we drank good amounts of water daily! Needless to say, we felt so good every day!

The next challenge was on japa (likhita, oral and mental) and meditation consistently for 20 minutes at least, at the same chosen time of the day from Day 1. Determination was needed to do it at the same time of the day. It was challenging to discipline the mind for meditation, even if it was for a short period of time. We benefitted a lot listening to Swami Ishwaranandaji's guided meditation lecture series. There was group meditation within individual group members as well as with the other groups. Special mention must be made regarding a Gayatri Japa yagna, chanting Gayatri mantra 108 times. It was organized by the Sutarwala family. Divine indeed!

The final challenge was to chant, study and reflect on select Bhagavad Gita verses. Sri Krishna's words are the sweetest food for thought and soul. Listening to Gurudev's explanations on those verses gave us a lot of take away messages. Some learnings are summarized below.

The challenge came to an end, making us miss it for sure. It helped us realize our own potentials to become better disciplined in a joyful way. Now it is time to take up the real challenge of continuing the good habits the rest of our lives. **Thank you Grand Master, for organizing this challenge which is so wholesome! Can't wait for the next year's challenge!**

Given below is a gist of some Gita verses that we learnt through the Chinmaya Challenge.

Sri Krishna warns us how a human could face a downfall if he does not watch his thoughts. Something as commonplace as an advertisement or window shopping for example could trigger a casual harmless thought. With repeated thinking, it could grow into a strong desire to possess that object. Such a desire, if unfulfilled, could turn into frustration and anger. When anger is not controlled, the person loses his reasoning power which could lead to his downfall.

How do we avoid going down the ladder of fall? At every single trigger point, we have the choice to stop ourselves from falling any further. Alert rational thinking helps in differentiating productive positive thoughts and destructive negative thoughts. If a negative thought pops in, it is better to not entertain it further. A prompt diversion to something positive, such as taking a walk, japa, music, service to others, or a house chore - it will reprogram the mind to a constructive thinking mode.

The human life is centered on material things, money, name, fame, power, etc. We think and plan so deeply on such worldly things with all the interest to acquire them. The same dedication, the same urge could also be directed to selfless goals and God. Our Gurus remind us time and again to make a U-turn and bring our attention inward towards God. Sri Krishna asks us to dedicate all our actions unto Bhagavan! The idea is when there is a connection to the Higher Power God, with a sense of gratitude, negative tendencies gradually lose their power and we will be led on to the right constructive path.

- Shiva's Damaru Group

LADDER OF FALL

dhyāyateḥ Thought							
	saṅgaḥ Attachment						
		kāmaḥ Desire					
			krodhaḥ Anger				
				sammoḥaḥ Delusion			
					smṛti vibhramāḥ Memory Loss		
						buddhi nāśaḥ Loss of intellect	
							praṇāśyati Ruin



Saraswati Pooja every full moon day at Chinmaya Bharati (7:00pm)



Why Saraswati Pooja? Maa Saraswati represents knowledge. Worshiping Maa Saraswati with humility brings about the required purity in our mind for the supreme knowledge to flow into us. It helps 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 could 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:

- 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 \$121 as Dakshina for the Pooja
- Prashad (made fresh that day)
- Prepare any Bhajans you would like to sing as part of the Pooja
- Optional: flower garland to be placed on Devi during the Pooja
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How can I sign up for this Pooja? Contact Saakshi Sutarwala at [613-591-5961](tel:613-591-5961)

Weekly Online Activities at Chinmaya Bharati (from September to June)

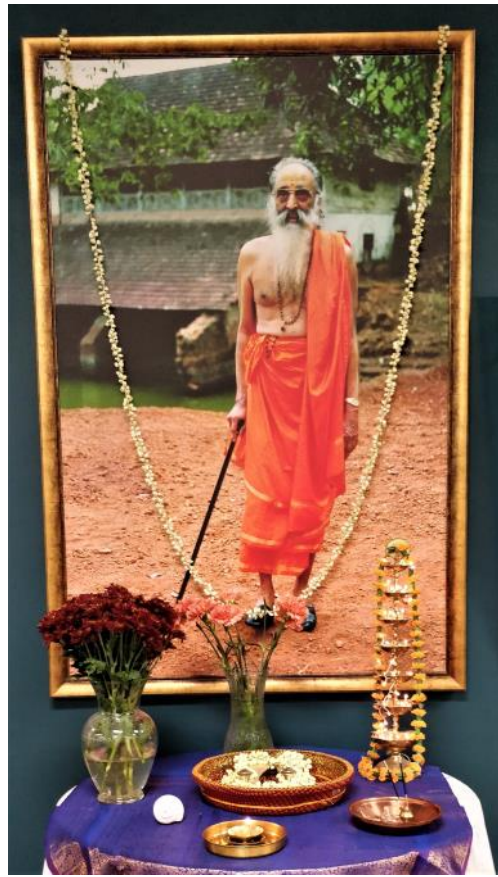
- ◆ **Sundays 10:30 AM (from September to June) - Sunday Program** is a comprehensive, family-oriented program of classes that teaches the 'art of living' concepts of Vedanta to students ages 3 and up.
- ◆ **Mondays 7:30 PM to 8:30 PM - Chinmaya Yuva Kendra (CHYK) Classes (Ages 18 to 30).** For more information, please contact Saakshi Sutarwala at 613-227-0828
- ◆ **Tuesdays 6 PM to 7 PM - Yoga Class** by Mr. Anil Agarwal. For more information, please contact Bina Sutarwala at hariombina@gmail.com
- ◆ **Wednesdays 7:00 PM to 8:00 PM - Bhagavad Gita Classes.** Study classes will include video lectures of Swami Chinmayananda and discussions. For more information, please contact Anil Parekh at 613-738-7466

For more information, please contact Anil Parekh at 613-738-7466 or Shalini Sahni at 613-265-6021 or drop an email at Chinmaya.bharati.ottawa@gmail.com.

Sri Chinmaya Uvaca...



Look at a flower, for example, and notice the thoughts that come to your mind: “It is a beautiful flower. It is yellowish in color. It is a daffodil. My friend has daffodils in her garden. Perhaps I should plant some too.” While you are looking at the flower, you do not see the flower. It is only a springboard for the mind to shoot ahead. The thinking mind is thought-flow by association. Therefore, when you see the flower, you can never actually see the flower itself. If you can see the flower as a flower—as it is—you see Brahman only. Remove quality, activity, adjective, and relationship and look at the flower. Then what you see is nothing but Brahman.



Take a flower—or a blade of grass, or a friend—and try to see it as it is. Don’t name it. Remove the four judgments or interpretations and look at it. Look at any object, whether it is an *anu* (atom) or the whole universe. If these four interpretations are not there, the thinking mind is ended. In the still, alert moment of objectless awareness, you are—you exist as pure ‘Being’. Remember that these four are nothing but the interpretations, the prattling of the mind. Remove them and look. All that remains is the alertness of pure Consciousness.

The mind in this alert state is a mind at meditation. The mind at meditation is no longer a thinking, projecting, conditioned mind. Where the mind has thus dissolved itself, *bhava* (existence, awareness) alone is. In short, Vedanta points to a center in ourselves that is our true nature and it is nowhere above the clouds. It is here, right here, just behind the mind. How do we discover it? Open your eyes and look. Remove the name, form, shape, properties, qualities, and relationships. What is perceived there? What is perceived in and through this purified, elevated mind is Brahman. It is meditation of the highest order. Reach it by any means you know. All are spiritual paths. Realize this Truth and then live to serve. Till then, you do not live; you merely exist. Try to wake up and live. *Uttishtha!* Wake up! You are only dreaming your own mental projections. How long will you go on playing with these projections? Grow. Look at the world as it is. See it as nothing but your own expansive form (*vilāsa mātra*). This “mindless perception” is the vision of Truth. Rediscover your true Self. It is the most satisfying culmination of all evolution. It is utter contentment, a sense of total fulfillment. Listen, reflect, meditate, and come to comprehend that “I am Shiva; I am that spiritual Essence.” However much I may point this out, it is of little help. Only when you come to experience it will you understand. To attain this state, the key is with you, not with me.

Sri Chinmaya Sadgurave Namaha

Think of the deep humility of Shri Shuka Brahmarshi, son of Veda Vyasa: He was the perfect brahmachari to whom the water pot and the deer skin descended from heaven at the very moment of birth—a great treasure house of knowledge, effulgent with the inborn light of the Vedas, a Yogi of yogis, in possession of all miraculous powers. Just think how honest he must have been to confess, in spite of his accomplishments, that his mind was still clouded with a doubt regarding the soul! Subsequently, at the behest of his father, he went to King Janaka, a kshatriya and householder, confessed his difficulties to him, and sought a solution.

-Swami Tapovan Maharaj

When Lakshmana saw Bharata coming with a powerful army, he wanted to fight it out. But Rama said, “Lakshmana, do you know who is coming? Bharata! Will he come with an army to destroy me? Not possible. Sit down.” And Lakshmana sat down. Bharata came and prostrated, and the talks started. It is only then that Lakshmana realized what a mistake he had made, but he obeyed Rama’s words, who lovingly told him, “Just wait. War can be started at any time, but let him come. You do not know Bharata the way I do” Then Lakshmana also surrendered to Bharata. He appreciated Bharata and embraced him. In the same way, in every situation, the mind jumps to conclusions. It is the intellect that tries to control and quieten the mind and gives advice. Quieten the mind—through japa or puja, pranayama, asana, service to the people, study of scriptures, sitting in contemplation or Samadhi.

-Swami Chinmayananda

Whenever I say ‘I am so-and-so’, it is a description superimposed on ‘I am’, an adjective qualifying the ‘I’. That is our relative identity, but the true identity is ‘I am’ which reveals pure existence and consciousness. That unlimited ‘I am’ plays through the body, mind, intellect and the senses. Then a new identity is created, and I begin to identify with the relative identity, forgetting my true nature. Sri Ramana Maharshi was struck with the thought of death at a very young age. He decided to know the nature of death. He closed the room and lay down, controlling his breath and thoughts. He discovered that even when there was no awareness of the body, breath or thought, there was an indescribable self-shining presence. He knew ‘I am’ ; and lost all fear of death. His enquiry consisted of ‘Who am I?’ If anyone asked any question, he queried, “Who is asking this question?” When you go deeper, you realize there is only pure existence not limited by time, space, objects, cause, effect or relations.

-Swami Tejomayananda

Those Sanyasis who could bless the world with wealth, why should they beg for food? Shankaracharya goes to a woman’s house to beg for food. The woman comes weeping to him, and says ‘I wish I had food to give you’. With tears, she offers something little. He sees her poverty and her large-heartedness. He chants to Mahalaskhmi, the Kanakadhara stotram . It seems at that time, gold rained from the skies into the poor woman’s house. If that sanyasi could bring gold to that house, does he have any need to beg for food? Then why were such sanyasis asked to go and beg for food? This is for humility and to not think that ‘I’ can do it. God is the provider. If you understand that everything in life you have, even your capacity to think and capacity to earn, was only given to you, by a teacher, by a parent, by nature, or by God, if there is humility, there will never be arrogance and pride.

-Swami Swaroopananda



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.

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Om Shri Chinmaya
Sadgurave Namaha