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Editor: Swami Chidananda
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AUPA eNEWSLETTER

SELF-CARE ALL THE WAY

Be healthy, Be well

The world baffles us all the time and we try endlessly to improve the world around us. A whole lot of science and technology aim at making this world a better place. Spirituality, on the other hand, asks us to work on ourselves. The Upanishads urge the scientist and the technocrat to “mind your own mind,” before coming out with yet another innovation. They put human excellence above machine excellence.

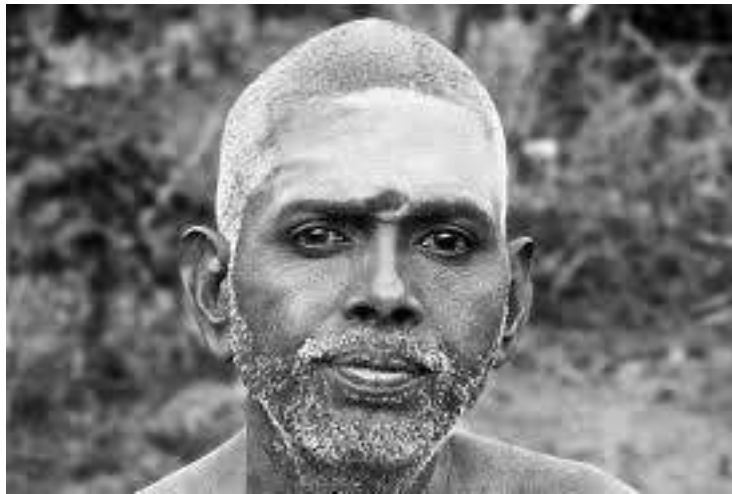
That is the supreme state, when your senses become quiet, along with the mind, and your intellect too ceases to vacillate.

*yadā pancha avatisthante, jñānāni manasā saha
buddhis-cha na vichestate, tām-āhuh paramām gatim*

Katha-Upanishad, 2.3.10 (Chapter 2, Valli 3, mantra 10)

Light on Self-inquiry

WHY GO FAR? STAY NEAR!



Leaving out what is intimate and immediate, why should one seek the rest? The scriptures say, “That thou art.” In this statement, ‘thou’ is directly experienced. Leaving it out, people go on seeking ‘That’.

Shri Ramana Maharshi

Talk 639 in “Talks with Shri Ramana Maharshi”

[The emphasis on watching the movement of the self, the little I in us, is the distinct feature of Bhagavān’s teachings. Here, he once more discourages us from getting busy with delving into the secrets of the created world. – Editors]



A MILESTONE CROSSED

An āshram will come up near Mumbai

We have good news for all our readers as we step into the New Year 2021. The FOWAI FORUM, of which this AUPA is a wing, has acquired 3.6 acres of land near Khopoli in Maharashtra. The “Tasmai Centre for Learning” will come up on this plot where short and long term Vedānta courses will be held. The registration of this piece of land was completed on December 28, 2020. I compliment all the trustees and other active members of our non-profit organization, who worked hard towards reaching this major milestone, among whom Shri Mohan Hejamadi especially deserves special mention here.

With broad and holistic outlooks to guide us, this facility will be open to programmes of many kinds. ‘Shānti’ will be one wing of TASMAI, catering to aspirants who seek spiritual wisdom, and ‘Shakti’ will be the second, offering services to working people (from the corporate world too) who seek value-enrichment in their field of activity. With a view to accommodate and include all sections of the society, we will have some space for inter-cultural and inter-religious events too.

On a different note, Prof. Michael Maddus of the University of Minnesota has been promoting a wonderful concept termed, “Resilience Bank Account”. Depending much on how we live day in and day out, we either debit from or credit into this ‘bank account’. Resilience, as we know, is the ability to recover from (or adjust easily to) misfortune or change. Maddus recommends eight ways to increase our resilience.



Having seen the trauma caused by Covid-19 in the year 2021, every one of us now should,

on high priority, strive to enhance our own resilience, and to have more 'balance' in our 'resilience bank account'.

As can be seen in the graphic above, this 8-point program is both hard and kind towards us. While 'saying no' and 'regular exercise' may be difficult for many of us, to go for 'adequate sleep' and 'nutritious food' are options that should be both inviting and satisfying.

Under 'self-compassion,' I see the need for being non-judgmental towards oneself. We of course need to notice and understand our own shortcomings, if not vulgarities, but that should not make us look down at, condemn or blame ourselves. On the contrary, real and deep change comes about when we are intensely aware of our weaknesses and bad habits without whipping ourselves with do's and don'ts that ride on will power.

I wish every one of you, dear readers, a safe, meaningful and happy New Year 2021!

Swāmi Chidānanda

Thus Spake Chinmaya



SAY NO TO GREED



Greed is the inexhaustible desire to appropriate the property of another, an appetite which has the tendency of growing more and more as we go on satisfying it.

Swami Chinmayananda

(This quote is from 'Vedanta the Science of Life,' Part One – Understanding Human Nature.)

Word Of the month

UPASARGA (PREFIX)

We will examine the most common meaning¹ attached to this word ‘*upasarga*’ here, which is ‘a prefix’ or ‘a preposition’.

‘*upa*’ means near; ‘*sarga*’ means creation. These 22² *upasargas* in Sanskrit ‘come near’ a verbal root and ‘create’ a different meaning³ as a result!

According to a theory, verbal roots (dhātavah) have various meanings⁴ in themselves; prepositions (*upasargas*), when when prefixed to the roots, simply bring to light those meanings already existent but hidden in them. A second theory maintains that prepositions express their own independent meanings. They modify, intensify and, sometimes, entirely alter⁵ the sense of a verbal root.

‘*jānāti*’ means one knows but ‘*avajānāti*’ means one looks down⁶ (at somebody, something). As this example shows, the prefix (*upasarga*) ‘*ava*’ drastically changed the meaning of the verbal root ‘*jnā*’ (to know).

The following examples give us some understanding of what *upasargas* can do.

The root ‘*hri*’ means to carry or to take away. ‘*harati nimeshāt kālah sarvam*’ (Bhaja Govindam), for example means, “Time takes away everything in a moment.”

Now adding *pra* to this root alters the meaning to ‘to strike, to beat’. [*prahāra*]

Adding *ā* makes it ‘food, consumption.’ [*āhāra*]

Adding *sam* makes it, ‘destroying, restraining, collecting’. [*samhāra*]

Adding *vi* makes it, ‘sport, roaming around’ [*vihāra*]

Adding *pari* makes it, ‘avoidance, removal of a difficulty’ [*parihāra*]

Scholars also say⁷, “*Upasargas* sometimes change very much the meaning of a root; they sometimes maintain the same meaning as before; they strengthen (qualify further) the meaning at other times. Three are thus the effects of *upasargas*.”

A good knowledge of the way *upasargas* operate can certainly help us enjoy appreciate and enjoy Vedānta study more.

Notes:

1 – Other meanings are a portent, a disease, accident, ill luck, misfortune, calamity, obstacle etc.

2 – The 22 *upasargas* are *pra, parā, apa, sam, anu, ava, nis, nir, dus, dur, vi, ā, ni, adhi, api, ati, su, ut, abhi, prati, pari* and *upa*. They are 20 if *nis* and *nir* are taken as one, and *dus* and *dur* are taken as one. |

3 – *upetya nāmākhyātayor-arthasya vishesham srijanti |*

4 - *anekārthā hi dhātavah |*

5 – *upasargena dhātvartho balād-anyatra neeyate |*

6 – *avajānanti mām moodhāh – Geetā 9.11*

7 – *dhātvartham bādhte kaschit, kaschit-tam-anuvartate, tameva vishinasthi-anyah, upasarga-gatis-trividhā |*

Tips from the Upanishads

SIT BY TRUTH

The word UPANISHAD means that!

All of us know quite a lot but the way we live does not reflect that knowledge. We continue to attend Satsangs, study scriptures, and discuss wisdom and so on. Yet we fail to let go of our old habits.

Remembering the meaning of the very word UPA-NI-SHAD can be of help. The three parts ‘*upa*’, ‘*ni*’ and ‘*sad*’ (which becomes ‘*shad*’) mean near-down-sit. We must get near the wise revelations of the rishis and mystics; sit down by the teachings and remain anchored.

A line of a mantra exhorts us –

Approach competent teachers and know the truth!

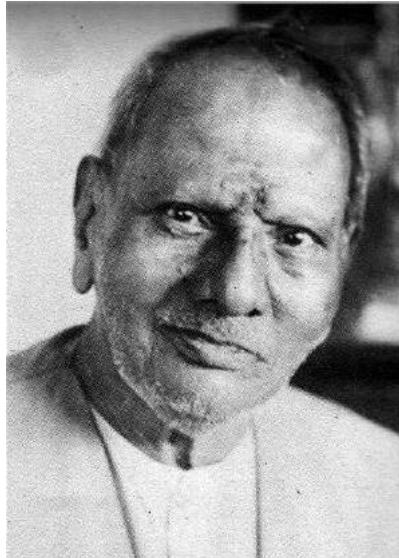
prāpya varān nibodhata

Kathopanishad, 1.3.14 (Chapter 1, valli 3, mantra 14)

THE JOB BEFORE YOU

Realize that your world is only a reflection of yourself and stop finding fault with the reflection. Attend to yourself; set yourself right, mentally and emotionally. The physical self will follow automatically.

Nisargadatta Maharaj



(Nisargadatta Maharaj (1897 – 1981), born Māruti Kāmbli, was a spiritual teacher of nondualism, belonging to a lineage of teachers from the Navnāth Sampradāya. The publication in 1973 of *I Am That*, an English translation of his talks in Marāthi by Maurice Frydman, brought him worldwide recognition and followers, especially from North America and Europe.)

Remembering Dr G

EXPLORE YOUR ENTREPRENEURIAL SPIRIT



Vimala Rajendran was a single mother of three and was struggling to get by financially. Her friends and neighbours, who knew how good a cook she was, urged her to cater meals as a

way to earn money. She built up such a following that she opened a restaurant, buoyed by \$80,000 pledged by her friends and neighbours, serving Indian and Southern food made from fresh, local ingredients. “When Vimala cooks, everybody eats,” is her slogan. And she is serious about that. A sign posted by the door of her shop says that even those who can’t pay are welcome to come inside to eat. This entrepreneur is paying forward the support she received to get her start.

People like Vimala who conquer adversity through their positive attitude illustrate the idea: Happiness is You.

(The above is an excerpt from the book, “**Happiness is You,**” by **Dr Siddhartha Gautam,** pages 64, 65)



[The Internet says this about Vimala, whose example Dr G has given in his book: Vimala Rajendran has been cooking in the south since 1985. She is the chef and founder of Vimala’s Curryblossom Café in downtown Chapel Hill, North Carolina. Her restaurant has been bringing home-cooked Indian flavors from her home state of Kerala, her beloved Mumbai and other parts of India since 2010, when it was voted “Best New Restaurant in the Triangle” by INDY Week. Since then, Vimala’s has been voted “Best Indian Restaurant in the Triangle” for eight consecutive years (2011 through 2018), and Vimala herself was awarded Best Chef in 2018.]

**Smt. Indira Gautam
writes from USA**

WELCOME 2021, WELCOME VACCINES

from North Carolina



There seems to be light at the end of the tunnel as we welcome the New Year 2021 and several pharmaceutical companies in the East and the West have come out with vaccines against the Coronavirus.

Even though cases continue to rise in many parts of the world and there is the bad news of a new strain of the virus, following a mutation, has also been reported to have appeared, we have reason to believe that we can handle it all and emerge victorious.

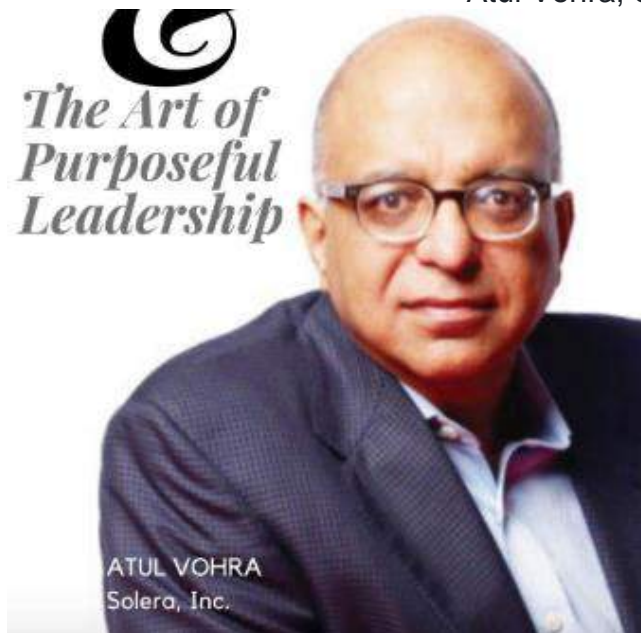


Spirituality such as the 'theory and practice' informed by Vedānta can immensely help us at such times. We must remember again and again that life is a combination of the outer and the inner. Vaccine, medicine and precautions outside will fail if we, inside, lack immunity, courage and resilience. We know what we need to do for boosting our own resistance to disease. Let's vow to *do the best and leave the rest!*

I wish everyone of the readers of AUPA good health and a lot of happiness in the year that has just begun – 2021! Harih Om.

NISHKĀM KARMA AND

Atul Vohra, Solera Inc.



In Brief

What is *Nish Kam Karma (NKK)* and what it is not? What is your bigger purpose and have you found it out? Does one have to renounce everything and become a sanyasi to achieve it? How can you realise it along your journey in an unobtrusive way and reap its multitude of benefits? How can you build a personal brand with NKK? How can you evolve from greed to great? **Mr Atul Vohra** answers all the questions in a purposeful way, in this article, which features excerpts from his talk.

Life is a journey. I believe in the 80:20 Pareto principle which says that 80% of our results come from 20% of our actions. We modulate between 80 and 20 all the time.

The Fragrance of Realisation

The breadcrumbs of my realisation began at Pond's where i started my career. It was an amazing experience. Two of us – M S Narayan and I – were recruited at the same time in Pond's. Our chairman Mr. V Narayanan told me, "You and MS are not competing for the same job; your job is to make yourself redundant in your position, because that's when you'll grow."

That was such an enlightening thought. It did not lead to Nish Kām Karma but the process started then. We were able to focus on doing our work and having fun learning and growing. We were not pulling each other down. We were there to support each other. It didn't stop with my immediate partner MS. The group kept growing as Pond's was a prolific recruiter. The whole culture was not about competing but fulfilling.

Dad's Army

My dad was in the Army. I spent a lot of time with his friends. What inspires the soldiers in the heat of a battle? It is not bonus or stock options. It is love of the job. It is 'being fulfilled' in the purpose they set themselves for. I didn't even know the term Nish Kām Karma then.

Mission Connect

My first job at Citi group was to start the Citi NRI program in North America. We went from practically nothing to 500 million dollars in three years. It was a great success. But frankly, we didn't even think of the numbers when we started it. Our mission was to connect with the community who had left India. We needed them because India was perilously close to having no foreign exchange reserves. So here we were, not looking for a reward.

My small team and I worked practically every weekend doing seminars and live TV shows trying to talk to people about the India that had changed and the India that lay ahead. We built connections and business followed.

Philotimo – The Greek Josh

I moved from there to Europe to start relationship banking in Greece and take care of the Citibank business in Central Europe. I realised that the people in Greece were driven by a spirit similar to the spirit of 'Josh' we have seen in the Bollywood movie 'Uri'. They were fascinated and motivated by this spirit.

Greece was always considered the underdog even though it was the best performing Citibank business at the time compared to Germany, Belgium and other places. It won the race to launch Citi's new ATM networks. Greeks did it first. When we talked to them later, they said there's a term in Greek called 'Philotimo'. It roughly translates to purpose and pride and love of honour. It was not money. It was not reward.

The Dotcom Mishap

In the year 2000, I saw all the dotcom billionaires minting money and I tried to join the bandwagon and failed. My motivations were wrong, as I learned the hard way. I was being driven by valuation and equity stakes.

Around that time, I was working with my colleagues in a technology company called 'Mastek'. On our board was Mr. Gurcharan Das and he first used the word 'Nish kām Karma (NKK) with me and I owe it to him. That's where the thought process began to come together.

I am blessed to have a beautiful family. The children are doing well. I have a life partner who's also my spiritual guru. She is the one more evolved than me. How did all this happen?

I didn't work towards a reward. It happened because we did the right thing and left the results to whoever was taking care of things. I began to understand and discover my true strength. After my mishaps with start-ups and trying to get rich quick, I began to understand that there was a higher purpose in all of us and we became Krishna devotees. That's how it happened for us. I'm not here to preach.

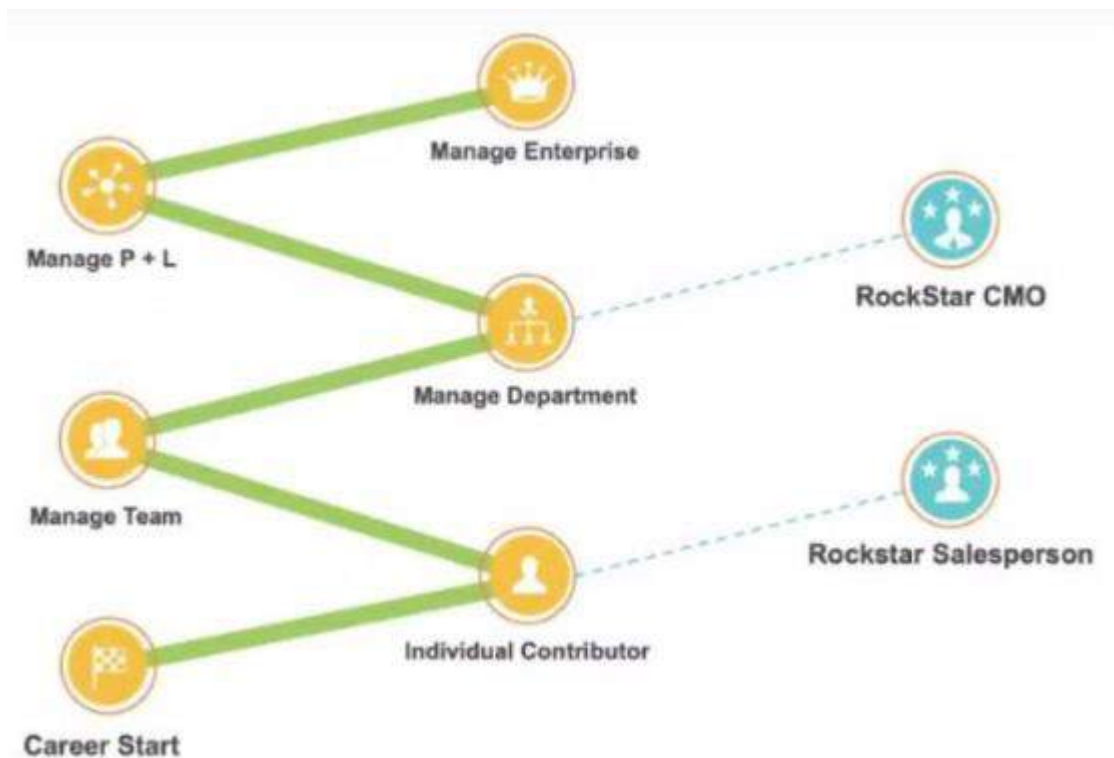
In the Bhagavad Gitā, Krishna exhorts Arjun for desireless action. He is not saying "Do not act". He says, "Act and just don't worry about the rewards". For me, it is about seeing Krishna or your favourite deity whoever it is, as the purpose. If you're not a believer, you can think of nature or energy as your purpose. There is someone higher than the humans, driving us.

It is not about becoming a sanyāsi or dropping material desires. I work 12 to 14 hours a day. It gives me a lot of pleasure. But I am still on the journey, trying to discipline the mind through sādhanā.

Situational Leadership

Another concept which is related to NKK is leadership. I grew up in an army household. The US Air Force developed the 'crossroads hatch' pattern of situational leadership and it was copied by GE, Citi and others.

Most people start as an individual contributor. I started my career as an assistant brand manager at Pond's, then grew up to manage a Brand team, then a department, became a P&L leader and an Enterprise leader. This is a perfectly legitimate career path and goal. It tells you who the leader is.



However, there is more than one path to Mount Everest. There can be individual contributors and I've certainly run into many in my life who do not want to go through this ladder, but they can be hugely successful too. I don't think Lata Mangeshkar wanted to be the CEO of a company. She wanted to bring out her talent to the highest level possible.

I was a chief marketing officer 20 years ago. I'm back to being that in some roles today. The truth is that this leadership structure doesn't matter anymore. It's about purposeful leadership. Are you being fulfilled? Leadership is situational. It's personal. It's not hierarchical. That is an important concept that goes along with NKK. We are all leaders and followers. Even the President of the United States is answerable to the House and the Supreme Court. There's a leader and a follower in everyone. We can learn to become servant leaders.

Living with NKK

When you are on purpose, you're in a flow. Time doesn't seem to matter and you are in a zone in which you are completely oblivious to what is happening around you.

Every one of us has a purpose. We were not born to be random occupants of Mother Earth. You have to figure out what is your purpose. Your purpose sustains you during adversity and gives you a constant context for decision making. It brings out the best in you and in others. This is what leads to greatness and it is self-fulfilling.

Our Purpose insured Us

Let me give you an example from Covid times. We are a software data and claims company. We help automobiles. Our purpose is to keep them safe and back on the road as quickly as possible. We work with insurance, body shops and repair shops.

When Covid hit, naturally traffic stopped and accidents reduced. Our business dropped precipitously. Our purpose is putting people back on the roads. People still had repairs; damages were coming up. But they were afraid to go to body shops. We took that purpose. We were on a digital path even before Covid. We now accelerated the digitization of solutions to make it a completely touchless experience. In the process we are getting more business from insurers and more unsolicited calls than ever before.



My point is that if you are on purpose, stay focused and don't worry about exact results, things will happen. You are automatically more transparent, connecting more with people. You have higher EQ, you appreciate your strength and know your limitations. When I'm on a trek, I know I cannot find my way back to the base camp. But I'll find somebody who will help me. That is the whole point about being on purpose and being in flow. Let me give you more examples of NKK from the world around you.

Just Good Science

During Covid times, I watched the movie 'Radioactive'. It is about the Marie Curie family which won five Nobel prizes, an amazing feat. She could have patented radium and made billions. She did nothing of the sort and kept saying that she just wanted to do good science.

Two is more than a Million

After leaving Pond's, I had the opportunity to meet Mother Teresa. Unfortunately, I went to her with a commercial proposition and it had nothing to do with NKK. I thought I had a brilliant marketing idea. She pointed out to me that her project was about love and not about money. "I never ask money but the Lord just provides", she said.

The day I met her, a big company in Calcutta (Kolkata) had donated a large tract of land which was probably invaluable. But she said, "There is a postman who has been giving me two rupees from his monthly salary since 1940. Those two rupees mean more to me because he gives till it hurts". That's the mind-set of people who are about a purpose.

The Wealth of Giving

Mr. Warren Buffet is seen as probably the most driven at 87. He is the most successful finance person to have ever lived. If you read the biographies on him, there is a quote from Peter Buffet, his son. "The thing that Warren Buffet talks about all the time is that wealth ethic is not the same as work ethic".

He says his father is happiest when he is in his study immersed in the balanced sheet of a company and he comes out like dancing, not because he has counted his money. He is giving away 97% of his wealth. He keeps telling people when he goes to commencement speeches, "Take the job as if you were independently wealthy and then you'll do great".

Miles to Go

I watched recently a fantastic movie – Ford versus Ferrari. It is a biopic about Ken Miles who did a 24 hours, Le Mans race – an absolutely excruciating endurance race and won it. He was finally cheated of his prize that he had won. He turns to his sponsor and friend and says, "You promised me the drive. You didn't promise me the win. That's okay".

I am training myself that I don't pray for rewards. I don't pray for even spiritual gratification and this is my prayer to the Lord. "Just give me what you desire, what I deserve and if that happens to make me rich or poor, peaceful or agitated, it is all yours, your problem, your fault". It is liberating when you do that.

NKK – what it is (and not)

Great thinkers and personalities from time immemorial have said pretty much the same thing.



Purpose is the meeting point of your passion and talent. It is about action in the pursuit of personal excellence, not rewards. It is not about renouncing action or the material world.

I have been fortunate to have interacted with billionaires – Ross Perot the self-made billionaire; Michael Dell; and more recently the founder of our company who though not quite a billionaire, has done really well. Each of them followed their passion and the results were incidental. It is not about the material wealth. It is about putting something higher in front of it. You can have billions but just remember there's '1' in front of the zeroes – it may be Krishna, Jesus, Allah or your personal God.

You are Your Brand

Only you can become the purpose-driven leader of your personal brand. We are never too young or too old, never too good or too far gone.

I was 24 years old when Pond's Chairman Mr Narayanan took three of us to an advertising Congress in Delhi and David Ogilvy came to attend. We had an opportunity to listen to some phenomenal speakers. Ogilvy had great slides and a great video show. The person who came after him had nothing. He said that the best audio visual ever made is the human being and that he was there to talk. There was pin drop silence. He had more impact than Ogilvy. I always believed that Karma has brought us up to this point. Our actions, which we control, will take us further. So whether you are fortunate to be a multimillionaire or are struggling, how you wish to respond and whether you have a purpose or not, will take you further. To quote Einstein, "We cannot solve our problems with the same thinking we used when we created them".

We need to practice the power of silence. I read that the CEO of Kimberly Clark would, rather than expressing an opinion, take inputs by being silent.

Hubris, Nemesis and Catharsis

I lived in Greece and there is a beautiful trilogy of words in Greece, which is Hubris, Nemesis and Catharsis. Hubris refers to foolish pride, nemesis to agent of downfall and catharsis to purification. Fundamentally, it means that people get arrogant, end up with their comeuppance and then there is a cleansing and a rebirth.

There are different analogies. There's a bullet with your name on it. The question is who is going to fire first. Someone is working in a business context to disrupt us. Our choice is whether we do it ourselves or allow someone to disrupt us. We need to reinvent ourselves,

find our purpose and keep sharpening the saw. Otherwise, we will go through the pain of hubris, nemesis and catharsis.



Reinvest & Disrupt yourself or someone else will



Someone somewhere is working on disrupting you



There's a bullet with your name on it, the only question is who shoots first

From Greed to Great

Though greed has a negative connotation, we can be greedy for success. At some point, we can go from greed to green, green being nature. Nature is greater than human beings, but there's something greater than nature and which created nature. If we can figure out how our purpose links to that, then we can go to great.

Jim Collins wrote the book, 'Good to Great' that has become a sort of Bible for a lot of people. Ideally, the title should have been 'From Greed to Great!'

[Courtesy: We truly appreciate the insights of the author Shri Atul Vohra. We thank Group Captain (VSM) (Retd) Vijayakumar who is the Editor, Business Mandate (Madras Management Association) for granting to us the consent to share this beautiful article on nish-kāma-karma (NKK).]

[Mr Atul Vohra is the Regional Managing Director – Canada, India and Australia – Solera Inc. He has been a growth mind-set global business leader, able to rapidly build relationships, understand needs and create value. His track record is across start-ups, mid-cap, F50 and Private Equity companies in North America, Europe, Australia and India. He is especially known for growing challenged businesses through building teams, strong customer relationships and disruptive innovation.]

Story time

WHY DID LORD KRISHNA HAVE TO BE WELL-DRESSED?

Lord Krishna was in Hastināpura and one morning he was getting ready to go out. He had asked his charioteer to keep the chariot ready. The charioteer readied the horses and the chariot and was waiting. His master was taking a good amount of time to get ready and that was quite unusual. The charioteer was now curious. He went to Lord Krishna to check if he was heading out as had been planned. He found his master standing in front of the mirror

checking his ornaments and admiring himself.



The charioteer politely asked, “My dear Lord, tell me, why are you dressing up so much today? Where are we going?”

Lord Krishna said, “I am going to meet Duryodhana.”

The charioteer was a bit surprised and asked, “My Lord, why are you dressing up so much to meet Duryodhana?”

Lord Krishna then said, “He cannot see me as I am on the inside, he can only appreciate my outer appearance. Therefore, how I am dressed will impress him more than who I am inside.”

Then the charioteer who could not see the need for his master to impress someone like Duryodhana asked, “Why are *you* going to Duryodhana, my Lord? He should come to meet you. I cannot understand or accept the need for you to travel to him, my Lord. This is not fair. Look at your status and look at him! You are the Lord of the world. You should not go; let him come and meet you.”

Shri Krishna turned back, smiled and said, “*Darkness does not come to light, light has to go to darkness.*”

[Collected by Shalini Keshavan]

News

ORTHO TV, Saturday, December 5, 2020

An online talk on ‘Emotional Intelligence – Spiritual Perspectives’ was delivered by Swāmiji for the members of Ortho TV, a worldwide association of orthopaedic surgeons. Dr Neeraj Bijlani

coordinated the event in advance and Dr Dhiraj Ganjwala and Dr Hetal Chiniwala ably conducted the proceedings.

ORTHO TV, Saturday, December 19

A second talk, online again, on 'Nuts and Bolts of Spiritual Intelligence' was delivered by Swāmiji for the Ortho TV. Dr Tushar Agarwal, a key organizer, joined this time.

INDICA YOGA, December 18, 19 and 20

Swāmiji spoke on three of the many main paths of spiritual practices spoken of by Lord Shri Krishna in the Geeta, namely bhakti, karma and jnana on Friday, Saturday and Sunday. Shri Vinayachandra Banavathy and Shri Datta Prasad ably conducted the events on the three evenings.

SĀDHANA MANDIRA, MYSURU, December 24

During his one-day visit to the 'city of palaces', Swāmiji spoke in the evening, in Kannada, on "uddharet ātmanā ātmānam" (One must lift oneself by oneself, Geetā 6.5), where he gave an outline of how a seeker goes on a journey of self-discovery, moving from 'paradharma' to 'swadharma' and, finally, to 'swaropa-dharma'. Swami Hamsānanda ji graced the occasion, while members of the 'Thulasi and Thulasi' family and some 50 eager students of Vedānta listened to the talk with rapt attention.

SUVARNAMUKHI Samskriti Dhāma (SSD), December 25

Geetā Jayanti was celebrated, while honouring Covid-19 protocols, at the Sri Lalitāmbika Temple in the premises. 'Kanaka Jayanti', commemorating Shri Kanakadāsa, the great saint of the 16th century, was also observed with devotion. The founder of this āshram – āchārya Dr Nāgarāju, Vice President Shri Mahādeviah, Secretary Dr Sunil Jayaraj, Trustee member Sri Harihara, Dr Premā Rāmadāsa and SSD staff were also present. Swāmiji spoke on Geetā and Sri Harihara on Kanakadāsa.

SUVARNAMUKHI Samskriti Dhāma (SSD), December 27

Sri Hanumān Jayanti was celebrated with all the fanfare (permissible in these Covid-19 times) at the āshram. The gathering chanted Hanumān Chalisā nine times. There were special bhajans and bharata-nātyam in addition to formal worship (poojā), before all proceeded towards delicious lunch prasād.

SCHOOL OF ANCIENT WISDOM, December 31

The 2-hour online event to say goodbye to the year 2020 and to welcome the New Year 2021 had many items including dance, songs, chants, prayers of world religions, a panel discussion, short speeches etc. Swāmiji gave a short message towards the end, where he expressed the hope that everyone would have 'enhanced resilience' in the coming year. (Please see the editorial of this issue for the 8 ways to develop more resilience.)







#Spiritual Saturday

EMOTIONAL INTELLIGENCE,
SPIRITUAL PERSPECTIVES

Swami Chidananda

5th December 2020, 8.30 am IST

Moderators:
Dhiren Ganjwala, Hetal Chiniwala, Tushar Agarwal

Online talk on EQ, Dec 5, 2020

#Spiritual Saturday

NUTS AND BOLTS OF
SPIRITUAL INTELLIGENCE
(SQ)

Swami Chidananda

19th December 2020, 8.30 am IST

Moderators:
Dhiren Ganjwala, Hetal Chiniwala, Tushar Agarwal








Online talk on SQ, Dec 19, 2020

INDICA YOGA

Weekend With Wisdom

YOGA OF THE BHAGAVAD GITA

by
Swami Chidananda

Theme:
Three Yogas of the Gita
Jnana, Karma and Bhakti

18-19-20 Dec
6pm to 7:30pm IST

Register on our website:
www.indicayoga.com

Three talks on Geetā under the banner of Indica Yoga, Dec 18 - 20



"Lift yourself by your own effort," was the topic at Mysuru, Dec 24



Geetā Jayanti at Suvarnamukhi Samskrit Dhāma, Dec 25



The birthday of Saint Kanakadāsa was observed on Dec 25.



Lord Hanumān at the SSD, Bengaluru



. Swāmiji and Ācharya Dr Nagaraju at the Hanuman Jayanti function, Dec 27



The event at the School of Ancient Wisdom, Bengaluru



Swami Abhishek Chaitanya Giri presented Webinar 188 on Dec 6, 2020.



Dr Thimappa Hegde was the speaker at Webinar 189, Dec 27, 2020



Shri Siddhartha Krishna from Rishikesh will present the webinar 191 on Jan 17, 2021.

Webinars

WEBINARS HELD:

Dec 6, 2020 # 188 by Swāmi Abhishek Chaitanya Giri,
on “Does Jivanmukti Exist?”

Dec 27, 2020 # 189 by Dr Thimappa Hegde,
on “Inspiration from the Life and Works of Swami Vidyāranya”

Jan 3, 2021 # 190 by Swāmi Chidānanda,
on “Saying No”

WEBINARS COMING UP:

Jan 17, 2021 # 191 by Shri Siddhartha Krishna,
topic yet to be given by the speaker.

Jan 31, 2021 # 192 by Swami Chidananda,
topic yet to be given by the speaker.

[Those who wish to join these webinars may please write to fowaiforum@yahoo.com]

Upcoming Events

January 12, Talk on ‘How to Handle Loneliness’

Swāmiji will address – online – seniors’ groups named ‘Study Life’ and ‘My Retired Life’ on Tuesday, January 12 at 5 pm. Interested people may please write to the coordinator at sadhak100@hotmail.com to get the link to join.

January 18, Meditation and Study Circle

Swāmiji will speak (online) to the members of the M and S Circle, led by Smt Vani Vasudev and Sri Narayan Vasudev, on Monday, January 18, on “Does Geetā teach bhakti or jnana.” People interested may approach by Email narayan.vasudev@gmail.com for receiving the link to join.

YouTube Channel

The weekly classes over YouTube Live are going on and will be available in the coming months too. One just has to go to ‘FOWAI’ over YouTube to join these.

Live at 8 am, Tuesdays, IST: Geetā, chapter 2

Live at 9.30 pm, Fridays, IST: Mundaka Upanishad

Both these are taught with the commentary by Shri Shankarāchārya.

Classes at Suvarnamukhi Samskriti Dhāma

Swāmiji has been giving 30 minutes talks in Kannada – online, every Wednesday at 7.30 pm – under the banner of Suvarnamukhi Samskrit Dhāma (SSD), Bengaluru, over Google Meet. These are later (on Monday mornings at 7 am) broadcast from FM Radio 'jnāna-dhwani' 90.8 located in Mysuru. Please Email info@aupa.in for more details.

Swāmi Vivekānanda Jayanti
(National Youth Day)
Tuesday, January 12, 2021

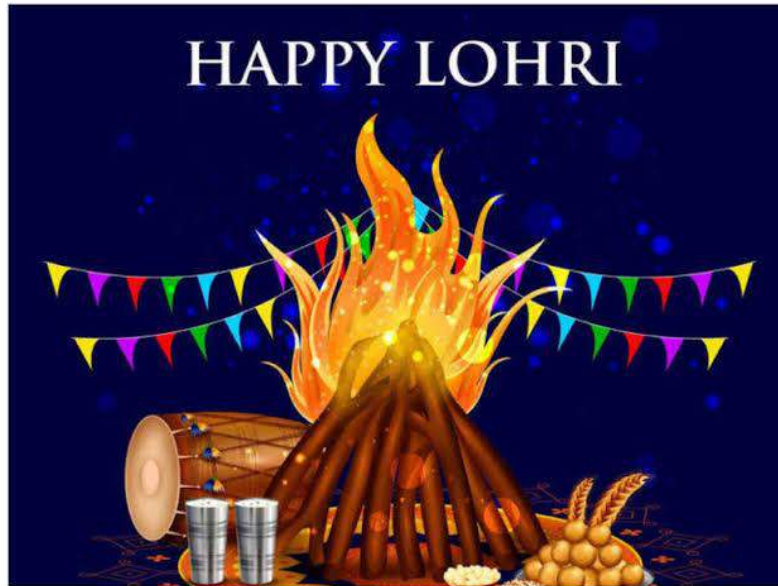


Along with best wishes for a Happy New Year 2021, we wish all our readers much cheer, inner strength and positive energy on the National Youth Day in India. Vivekānanda truly filled so much 'life' in his short life span of 39 'years'. Many others merely fill 'years' in their 'life'.

May your Upanishadic study bless you with enhanced intelligence, supreme verve and flexibility!

[The Swāmi's birthday, as per the Gregorian calendar, is January 12. It is February 4 this year, going by Indian calendar, and is on māgha krishna saptami.]

**CELEBRATE, STAY AWAY FROM GLOOM
LOHRI, SANKRĀNTI and PONGAL**



Lohri (on Wednesday, January 13) in Punjab and certain parts of North India, Makara Sankrānti (on Thursday, January 14) in many Southern and other states and Pongal (on Thursday, January 14) in Tamil Nadu are festivals celebrated with much zest and passion. We send our hearty best wishes to all our readers on these happy occasions!

Team AUPA

(AUPA is the short form of AUPANISHADA-PURUSHA, the truth of the sacred source called Upanishads. This e-newsletter comes from Project Manager of the website: aupa.in – Upanishad Wisdom).

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