

AUPA e-Newsletter

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Editor: Swami Chidananda
Associate Editor: Dolly Seth

Mantra to Ponder

The One Thing to be Dismantled

The Upanishads are against this one thing.

Egoism, expressing as 'I, me and my', does not go well with the wisdom of the Upanishads. We must look at ourselves as instruments in the hands of God. Our achievements are His gift to us. They are His acts of grace (prasāda). Our failures are as per His will, His desire (icchā).

ta aikshanta –

asmākameva ayam vijayah, asmākameva ayam mahimā iti

They thought –

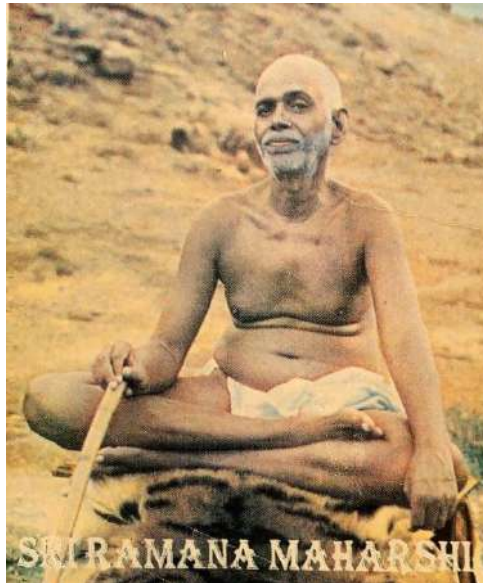
This victory is ours; this glory is ours.

Kena Upanishad 3.2 (Section 3, mantra 2)

In a war between gods (*devāh*) and demons (*asurāh*), the gods won after a long, hard battle. The Kenopanishad refers to the episode and narrates how the Supreme God noticed that the hearts of the gods had swelled with pride. He taught them a lesson by appearing before them in a luminous form, which they could not recognize. This figure challenged them. Even the most powerful ones among them – Agni and Vāyu – could not burn or blow away, respectively, even a blade of grass. They then understood that all strength belongs to God only. Their ego was blown to smithereens.

Light on Self - Inquiry

'WHO AM I?' CLEARS THE PATH



Ātma-vichāra directly leads to realization by removing the obstacles, which make you think that the Self is not already realized.

[From Talk 298, December 23, 1936, *Talks with Shri Ramana Maharshi*]

{Classical Vedānta maintains that the Pure Self, our true nature, is already gained (*svatah-siddha*) but an erroneous seeing (*asamyag-darshana*) makes us believe we are not the Pure Self. Negation – *neti, neti* – is said to be the way. The above quote connects 'Who am I?' with '*neti, neti*'. – Editors}

Thus Spake Chinmaya



WHEN WILL INDIAN CULTURE SHINE AGAIN?



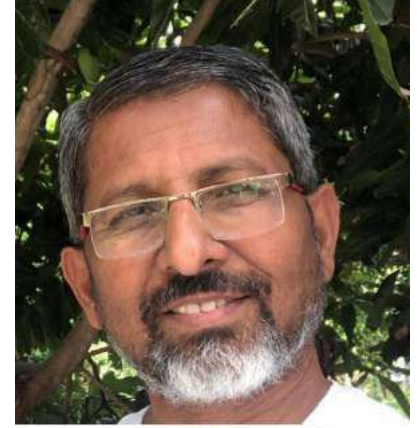
Cultural revival is not a sudden, destructive revolution. It is a steady, constructive evolution.

Pujya Swāmi Chinmayānanda ji

(From the book *As I Think*)

{We see here how practical Swamiji is, with regard to social issues. He appeals to us to act steadily and constructively. His language is what people can understand. He avoids mysticism in throwing light on matters like Hindu Culture. – Editors}

From the Editor's Desk



Swami Chidananda

THE WOW FACTOR

We say 'wow' when we are very impressed and surprised by something. This applies to matters of the world, and to the spiritual domain too. In the Kundalini yoga, as the practitioner experiences his energy rising to higher centres (*mulādhāra* to *svādhīsthāna*, then to *manipura* etc.), he says 'wow'! In bhakti-yoga, the devotee gets faint visions of God, which grow to clear ones, she says 'wow'!

What is the wow factor in jnāna-yoga?

Nancy Patchen¹, who wrote one of the biographies of Swami Chinmayanandaji, asked Swāmiji, "How do you compare the rise of the Kundalini (energy) with progress on the path of jnānayoga?"

Swāmiji said, "Look, when we ride a bicycle, we put our two feet on the two pedals. As the left pedal goes up, the right one goes down. Likewise, what the yogi experiences as the kundalini 'going up', is experienced by the practitioner of jnāna as negativities 'going down'!" The 'going up' and the 'going down' are two aspects of the same process.

The scenes and scenarios that someone going by train – from Mumbai to Delhi – sees are of one kind. Those that another person going by flight – from Mumbai to Delhi – beholds are of a different kind. Both are progressing towards the same destination. We recognize different paths (*mārgas*) towards the final goal of Self-realization. The *sādhakas* say 'wow' at different junctures and it may seem they are heading towards different places. No, the different *mārgas* lead us to the same goal.

This becomes a sound basis for us to respect different faiths. Sincerity and following universal values are to be emphasized. "I am right, and you are wrong," should not be our approach. Truthfulness is right and telling lies is wrong – whether we are *bhaktas*, *yogis* or *jnānis*.

We must increasingly identify the hallmarks of true religiosity and strive to become truly religious. We must not fret and fume on trivial differences on the surface.

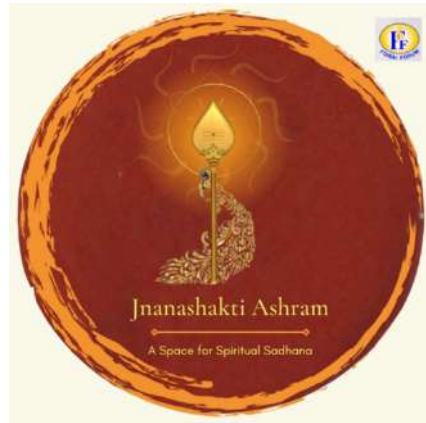
Swāmi Chidānanda

¹ This was at the residence of Shri V A Krishnamurti in Bengaluru. The year was perhaps 1988, and I had the good fortune to be sitting on the carpet at the hall where Swāmiji dealt with Nancy's question.

Jñāna Shakti
*Strength from Right
Understanding*

**An Update On
JNĀNA SHAKTI**

A Centre for Vedānta Studies



We are happy to let everyone know that the progress of FUNDRAISING has been satisfactory. On Sunday, May 8, 2022, we have planned to do 'bhoomi-poojan', after which, construction work can be taken up.

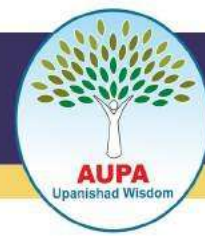
We appeal to all our well-wishers to come forward and support this project.

**Tips from the
Upanishads**

SEEK THE HIGHER LIFE EARNESTLY

Thousands go through transformational literature but hardly anyone gets transformed. Why? Most people are not at all earnest about living the higher life. They get into spiritual programs for various other reasons, social respectability being one of them.

The Upanishads are very clear on this point. "Neither being able to give discourses nor being able to memorize mantras can really raise human consciousness. Whoever earnestly aspires to 'understand and live' higher values, will surely arrive at the high plateau."



“It (the truth) is available to him / her who passionately seeks it. The Self reveals its form to such a seeker.”

yamevaisha vrinute, tena labhyah

tasyaisha ātmā vivrinute tanum svām

Mundaka Upanishad, mantra 3.2.3

Waking up is what Vedānta is all about. We must not be content with being able to talk about Upanishads in impressive ways. That would be continuing to sleep! We must earnestly seek inner transformation.



THE KATHOPANISHAD

Running into 120 mantras, divided into two chapters, this Upanishad is a treat to any receptive reader. Each of the two chapters has three sections called ‘vallis’. Lord Yama, in charge of death and post-death movement of souls, is the teacher. Nachiketā, a young boy, probably 14 years old, is the student. When the boy seeks to know the ultimate secret of living and dying, Yama wishes to test his eagerness. Yama tempts the youngster to accept many other boons instead of Self-knowledge but the boy does not budge. The fascinating story highlights, above all, the importance of *vairāgya* (lack of interest in pursuit of passing pleasures).

The central teaching points out the timeless truth of our existence. “Unborn and immortal is the Pure Self,” says Yama. All changes, including birth and death, are applicable to the misconceived ‘separate self’, and not to the One Self that shines in all living beings. Om is the sacred, mystical sound that can be a great support in a seeker’s journey towards the highest spiritual realization. In spiritual ignorance, we attach great value to breathing, blood circulation and kidney functions etc. and think they are most important. In a daring mantra, this Upanishad declares that all the bodily and mental functions are supported by ‘the other’, by which Yama again means the Pure Self.

Like a ‘flame without smoke’, the Pure Awareness in everyone of us keeps shining and our spiritual practices should help us withdraw from our obsessions with the objects of the world and anchor ourselves in the Pure Awareness. While the restless organs of perception (and organs of action) constantly exert their pressure on us to look for happiness outside, a rare one among us turns inward and seeks immortality in the ‘wisdom of the Pure Self’.

There are many motivational mantras in this scripture. For example, the famous words, “Arise, awake and approach eminent teachers to gain the highest spiritual wisdom,” are from a mantra here. Another mantras cautions us to be alert enough to always choose the ‘good’ over the ‘pleasing’ even as the two (*shreya* and *preya*) confront us every now and then in life. Presenting a charming metaphor of ‘a journey by a chariot’ for our life, this *shāstra* exhorts us to constantly educate our intellect (buddhi), which is the charioteer. Our body is the chariot; we are the passenger; our emotions are the reins; the sense organs are the horses; sense objects are the roads before us; our life becomes a success or a failure depending on, above all, how wise the charioteer (buddhi) is!

The celebrated metaphor of an upside-down tree to represent worldly life (which echoes in the first four verses of chapter 15 of the Bhagavad Geetā) appears in Kathopanishad. We have come down from a Divine Source, and therefore this tree is upside-down. While the egoistic life is marked by a little happiness and a lot of uncertainties, our effort has to be to return to the divinity, our source. Where we transcend our ego, we get glimpses of the Pure Self that is the One Imperishable Truth amidst millions of things that perish again and again.

A careful study of this work from Krishna Yajurveda is bound to awaken in us a mature outlook towards living. Such study and allied practices can give us all the wisdom and courage to face death with a smile.

Quote Of the Issue

THE RELATION OF 'TIME' TO ENLIGHTENMENT



The understanding of Truth is not a matter of time.
Indeed, it is prior to the concept of time.

When it takes place, it happens suddenly, almost as a shock of timeless apprehension. It means a sudden cessation of the process of duration, a split-second when the functioning of time itself is suspended and integration takes place with what is prior to relativity – direct apprehension of the Absolute.

Ramesh Balsekar

{Ramesh S Balsekar (1917 – 2009) was a disciple of the late Sri Nisargadatta Maharaj, a renowned Advaita master. From early childhood, he was drawn to the nondual teaching, particularly the teachings of Ramana Maharshi and Wei Wu Wei. He wrote more than 20 books, was president of the Bank of India, and received guests daily in his home in Mumbai until shortly before his death.}

**Smt. Indira Gautam
writes from the U.S.**



SEEK NOBLE COMPANY

Readers of AUPA, dear friends,

None of us lives on an island, from the cradle to the cremation ground. We do not live in isolation. We rather are in some company, good or bad. People influence us and we influence them too.

Our scriptures and our books of wisdom repeatedly emphasize the value of noble company. Called '*satsanga*', it is the womb of countless benefits. In contrast, '*duhsanga*' is a can of worms. Without our knowing, we may undergo terrible degradation.

It is therefore rightly said¹, "Company of virtuous people can make even living in a jungle a matter of wellbeing and happiness. Vicious company, in contrast, can bring untold misery to us even if we have a palace to live in!"

Unhealthy vibrations can be around people who are well-dressed and quite qualified too. Appearances can be deceptive. We must not be carried away by outward looks. Upon proper examination, we can identify people who live by the right values. It is through discerning eyes that we can know who, in our surroundings, are unfortunately in the grip of false values.

We are, as Geetā declares², our best friends when we exercise adequate care in choosing our thoughts and emotions. We can be our worst enemies if we fall prey to evil or vulgar thoughts that may arise within us.

In our own life, and in the collective life around us, may we be rooted in nobility – in thought, word and deed. That is the way we can help ourselves and contribute to the health of the society around us too.

Harih Om!

Notes:

1 *snehi-jana-sangatis-ched, aranya-vāse'pi svasthatā |*

param durjana-samsargāt, prāsade'pi labhed duhkham ||(subhāshitam)

2 *ātmā eva ātmano bandhuh, ātmā eva ripur-ātmanah – Geetā 6.5*

GuestSpeak

FOPO AND FOMO

Tips on Finding Success and Peace

Ranjini Manian



SAYING 'NO'

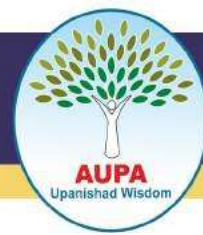
We need to drop FOPO – Fear of People's Opinion.

Tale: My cousin was my soulmate when we were teenagers. As grown-ups, our contact became infrequent though cordial. She called me one day excitedly to invite me warmly for her daughter's marriage. I shared her joy. Then I explained that I wouldn't be able to travel as I was awaiting some medical treatment and I also had a huge work project to complete. She was angry about my work reason, and became cold. She spoke about me 'showing off' to others in the family. I was tempted to make the trip even though I knew I would be stressing myself out. But I didn't, relying on my self-confidence. I simply made a donation on behalf of the newly-weds, as they had requested, and wished them well. Then I dropped the guilt and went on with my life. When we met one year later, I sincerely said 'Sorry, I missed this important milestone'. That was all that we both needed.

THINK BEFORE YOU NOD

Women with FOMO – Fear of Missing Out – say 'Yes' too easily, then struggle.

Tale: I met Nandan Nilekani, Co-founder, Infosys, at a book signing. I was keen to have him come and address our team. After he heard my elevator pitch – Founder of a relocation company supporting foreign direct investors,



Nandan politely said he would love to accept my invitation. But he said he needed to find out if he could fit in the visit. When I explained that our office was just down the street, he took my mobile number and said he would call after the press conference, on his way to the airport. Sure enough, he called in an hour. He hadn't forgotten! That afternoon, Nandan Nilekani addressed the Global Adjustments staff on 'Imagining India'. I realised that he had not bluntly rejected my request, but neither had he brashly said 'Yes'. He agreed only after ensuring that it was doable. And then kept his word. I learnt the Nilekani lesson. When FOMO – Fear of Missing Out – made me say 'Yes' to too many networking events, I learnt to delegate and promise only what I could deliver personally or professionally.

From the book ***Champion Woman Truths : How to Find Success and Peace in Work and Life***, Notion Press. (Available on Amazon as Kindle edition also)

About the guest: **Ranjini Manian** spent over two decades as an entrepreneur, connecting global citizens to India as the founder of Global Adjustments – the relocation and cross-cultural services company. She served at the Harvard Women's Leadership Board and is currently the founder-chairperson of Global Adjustments Foundation, which provides 'ChampionWoman' life leadership coaching. (Visit www.championwoman.org) She has already touched the lives of over 200,000 women in the corporate and Government workforce, entrepreneurs and students. She has also authored several successful books on the business and cultural scenarios in India.



THE CARPENTER

And his great work

Once upon a time, two brothers who lived in neighbouring farms fell into a conflict. It was the first serious rift in 40 years of farming side by side. They had always shared machinery and tools, labour and goods and whatever that was needed, without any conflict.

One not-so-fine morning, the long friendship and brotherhood fell apart. It began with a small misunderstanding, and it grew into a nasty conflict. Finally, it exploded into an exchange of bitter words followed by weeks of silence.

One morning John, the older brother heard a knock on his door. He opened it to find a man with a carpenter's tool bag. "I am looking for a few days' work sir", he said, "I was wondering if you would have a few odd jobs here and there that I could help you with?"

"Oh...a carpenter! Well, I just might have a job for you", said the older brother. "Look across that creek – that there is a farm. That's my neighbour's farm. In fact, he is my younger brother. Last week there was a lush green meadow between us, and he took his bulldozer to the river, and now...there's a creek between us. Well, he may have done this to spite me, but I'll get the better of him. I have some lumber in my barn. I want you to build me a fence, an 8-foot fence, so I won't be able to see his place or his face anymore.", said John.

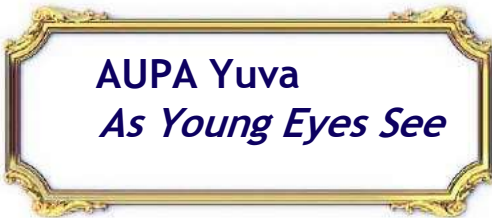
The carpenter said with a smile, "I think I know what I need to do, sir. I'll be able to do a job that pleases you." John had to go to town. So, he helped the carpenter get the materials ready and he was off for the day. The carpenter worked all day – measuring and sawing and nailing and by dusk, when the farmer returned, the carpenter had just about finished his job.

John's eyes opened wide, and his jaws dropped. There was no fence there at all!! Instead, it was a bridge, one that stretched from one side of the creek to the other. A fine piece of work with handrails and all that fine stuff. And what did he see - his younger brother - who was in fact coming towards John, with his arms outstretched! "You are quite a fellow, brother! To build a bridge after all I have said and done to you!", said the younger brother.

The two brothers stood at each end of the bridge and then met at the middle of the bridge taking each other's hands. John turned to see the carpenter pack his tool bag and lug it onto his shoulder, preparing to leave. "Hey, no... wait.....stay a few more days...I have many more projects for you", said John, the older brother.

"I'd love to stay on, but I have many more bridges to build", said the carpenter as he walked away with a smile on his lips!

[This story is re-narrated above by Shalini Keshavan.]

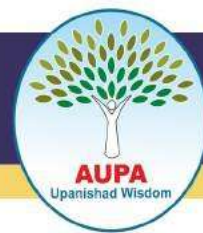


REFLECTIONS

Lakshmi Chandrasekharan



While quietly sitting on a rustic chair this fine winter morning,
as I gulped down small portions of my warm porridge,
I found myself getting closer to the center point.
As I stationed myself here, everything started radiating out of this one point
scattering far and wide in all directions,
But the very neutral nature of this true self
is able to cast away layer after layer,
Just to find that all these words, thoughts, expressions, ideas, notions
are a speck of dust.



Everyone is running behind something ...lots of comparisons,
pride and pleasure dips, and distraught ecstasy and euphoria.
A giant wheel of emotions in different shades.
Be it the career, relationships, success, failure –
all a beautiful speck of this speck that's me.
This me is also you.

This unique silence and gap that engulfs me has now helped me lucidly understand that,
it is this very silence and gap, that has actually strengthened everything.
It is so beautiful.
Some gaps reinforced the bond while some helped me let go.
Love is both.

No limits, no boundaries, no stifling or suffocation.
Infinite and abundantly growing, manifesting itself everywhere.
You want to stay, you stay, even if you don't, it is fine.
Even if you are snatched away from me,
you aren't away from me in any which way.
You remember? This me is also you.

I am able to see myself because of you.
Without darkness, where is light?
This is beyond ALL sorts of differences we share,
beyond all materialistic possessions and interests.
I am evolving day by day because of you,
I don't even need to communicate.
You already know what I feel and think.
It is all there.
We coexist.
Embracing my inner wiring and rising above all pettiness.
To all the people I love ...
Y'all lit the light to reveal my darkness in so many instances.
I am not perfect...I am not all that you've wanted me to be...
I have done you proud or failed you ..
I honestly don't know. It is your lens.

There are so many shades of myself
that I have managed to discover and it invariably continues.
and I am where I am at this moment.
Breathing and ticking.
This is till the time I live and even beyond because this just keeps augmenting.
It resonates with every aspect of my being.
As tears trickle down the visage and gradually self-augment with all sorts of emotions,
I find myself drawing in deeper into this point
and peacefully letting go.

[Lakshmi Chandrasekharan is an engineering graduate in Electronics and Telecommunication from Cummins College of Engineering for Women, Pune. Presently an intern at Neuflex Talent, Pune, in the domain of Artificial Intelligence and Applied Psychology.]

Health is You

WE, THE YOUNG, ALSO SHOULD MEDITATE

Norbu Negi

Appearing in this column for the second time, I would again like to share with the readers of AUPA what I have recently very much appreciated. The book – Dr Dean Ornish’s Program for Reversing Heart Disease – did not first arouse any interest in me. I thought such books were meant for older people. I often saw it on the bookshelf at my aunt’s house in Shimla. One day, however, I happened to take a look at its contents and I was amazed to see how the wisdom of the doctor was relevant to the young and the old alike.

Our mind tends to run away from whatever we are doing. As a result, our efficiency drops. Dr Ornish has written beautifully on the benefits of ‘living in the present’. I share here some of his good observations.



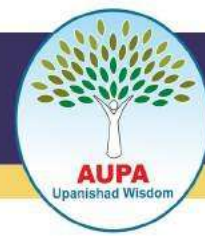
Dr Dean Ornish, physician and researcher

Begin quote.

Meditation keeps us in present tense:

The present moment is peaceful. Anxiety, fear, worry, and depression are concerns about past and future events. When we’re in the present moment, with full concentration, then even life or death situations need not cause us to feel intensely stressed. For example, great heart surgeons are often at their most relaxed in the midst of performing major surgery. They become completely absorbed in what they are doing, and their work becomes a form of meditation. Other people might find performing heart surgery to be rather stressful. Same situation, different reactions. It is primarily the mind that determines whether or not a circumstance is stressful or joyful. Of course, we need to make plans for the future and to learn from the past—but we don’t need to spend most of our time there.

The present moment is productive. Meditation is a process of learning to train the mind so we can do what we want more effectively. It’s the opposite of what I experienced in college, when my mind was racing out of control and I couldn’t function at all. As I described in chapter 4, when I was worried about getting accepted to medical school, the



anxiety kept me from being able to study. When I learned to meditate, I was able to focus better on the task at hand rather than worrying about the future. When you take care of the present moment, the future tends to take care of itself as well. When you worry about the future, then you lose twice: You may miss the joy of the present moment, and you decrease the chances of future success. Plan for the future, but don't live there.

The present moment is joyful. Often, we miss the full benefit of even the most wonderful moments—a sunset, a concert, or even a kiss—when our attention wanders to the past or future. If I'm at a concert and hear some music I enjoy, I might find myself thinking about the last time I heard that song, or who I was with when I heard it, or what happened after that concert, and so on. While I'm thinking about events in the past, I'm missing the enjoyment of the present music.

The present moment is sensual. Paying attention enhances all sensual experiences. When you meditate regularly, your ability to keep your attention focused begins to increase. And when you really focus on what you are experiencing—eating good food, making love, listening to music, smelling the roses—the pleasure is magnified. Try it and see. Take a piece of your favourite ripe fruit or a spoonful of your favourite dessert. Pay attention to it. Examine it closely. Close your eyes and bring it up to your nose; notice how it smells. If your attention wanders, keep bringing it back to what you are doing. Take a bite and chew it slowly, noticing the amazing array of subtle and overt flavours and textures as it rolls around your tongue and mouth. Finally, swallow it and notice how it feels going down your throat.

End of quote.

Dr Ornish's comments on meditation, as I have shared above, on how meditation helps us *live in the present* and on the many benefits of *living in the present* have made an impact on me. I will not wait till I get old, to meditate and experience the joy of living in the present moment.

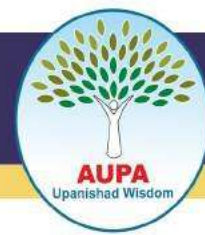
{Mr Norbu Negi is a practising lawyer in Solan, in his mid-30s. His work takes him to several cities in Himachal Pradesh. He loves reading, though spirituality is a bit new to him.}

News

Mumbai, March 5 Visit to the Global Vipassana Pagoda: Acharya Dr M Nagaraju, the President of the Suvarnamukhi Samskrit Dhama in Bengaluru, not only joined the 6-day Lonavala Retreat but also spent an extra day with us in Mumbai. Swami Advaitananda, Swami Advayaananda, Mohan Hejamadi and Swamiji took him to the magnificent 'Global Vipassana Pagoda' in the Gorai village in Borivali area of Mumbai. The location, the architecture and the atmosphere truly impressed the visitors from FOWAI FORUM.

Mumbai, March 12 An informal Satsang was organized at the residence of Smt Savita Tibrewala and Shri Ravi Redij in Khar. Attended by about 15 people, it took the form of an interaction and discussion over spiritual topics. Swamiji threw light on the wisdom of dealing with complexities of life.

New Delhi, March 28 Shri Sāi Sharanāgat, after a distinguished career in the corporate world, has recently plunged into dedicated, spiritual life. He has embarked on a big project – The International Spiritual Olympiad – where tens of thousands, if not millions, will participate in the study of spirituality of the world's religions, especially of the Sanātana Dharma, and join tests and competitions. The winners will receive fabulous prizes. The whole project is envisaged as a major program to promote spiritual literacy among girls and boys in schools and colleges, around the world. A large



number of well-placed women and men, in different walks of life, have expressed their solidarity with this plan. They are ready to play certain roles also in the project. Shri Bhāi ji (as Shri Sāi Sharanāgat is called), with a great vision and a detailed action plan, invited Swāmiji to spend some time together. Swāmiji acquainted himself with the details of this mega event to come up soon, expressed his admiration and wished Shri Bhai ji all the best in this noble endeavour.

Introduction to Upanishads, 6 Online lectures: Swamiji accepted the invitation of the School of Bhagavad Gita (SoBG) in Thiruvananthapuram to present six one-hour sessions online to an audience spread across several continents. The first three lectures took place on April 1, 2 and 3. The last three will be held on April 8, 9 and 10. Enquiries can be directed to the mobile number +91 97783 24828, or one may visit the website sobg.org and get the information.



Saturday, April 9, 2022 An online talk, at 6.45 am, under the Krishna Kamala Vedānta Pāthashālā (School) will be delivered by Swāmiji on the topic: Reverence for Traditional Vedānta (in the works of H. H. Swami Sacchidānandendra Saraswati, Holenarasipura).

Classes on Shivānanda-Lahari, 9 pm in Florida, Every Wednesday: The lectures on Shivānanda-Lahari (a hundred verses on Shiva-bhakti, composed by Ādi Shankarāchārya) started well on Thursday, February 3, 2022. This was an initiative of Sanātana Dharma Pratisthāna of Tampa, Florida and the classes will continue. Those attending from India should note that, after March 13, the time in India has become 6.30 am every Thursday (because of Daylight Saving in the West).

DAYLIGHT SAVING and revised timings of the Online Classes

Western countries like the USA put their clocks an hour ahead, starting March 13. As a result, some of our timings changed. The table below gives new timings at a glance.

ONLINE Classes

Subject	After March 13, 2022
Bhagavad Geetā	7 am Wed IST / 6.30 pm Tue Pacific
Shivānanda Lahari	6.30 am Thu IST / 9 pm Wed in Florida
Upanishads	8.00 pm Fri IST / 7.30 am Fri Pacific

Webinars

Webinars held:

218 on March 6, 2022 – *Soul and its Journey after Death* by Swāmi Chidānanda

219 on March 20, 2022 – *Kaccit Sarga (Vālmiki Rāmāyana 2.100)* by Swāmi Chidānanda

Webinars to be held:

Webinars # 220 (on Māyā Panchakam) and # 221 (on Kaupeena Panchakam) will be presented on April 10 and April 24 respectively, 8.30 pm IST.

Details will be sent to all on our mailing lists.

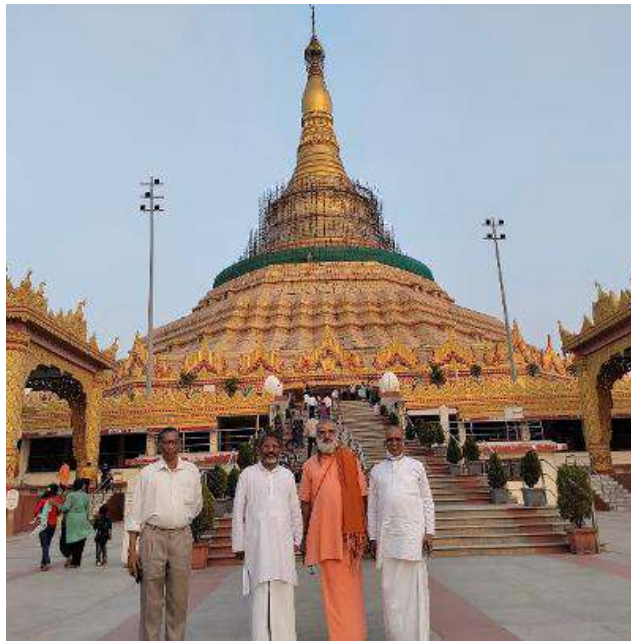
Those who wish to receive the Email invitations to our webinars may please write to fowaiforum@gmail.com |



Swami Hamsananda ji with some of the participants



Our team after the Satsang at the residence of Smt Savita Tibrewala, 12 March 2022



• Swamijis flanked by Dr M Nagaraju and Shri Mohan Hejamadi, Global Vipassana Pagoda, Mumbai, March 5, 2022



• Swāmiji visited Shri Sai Sharanāgat on March 27, 2022 at New Delhi



• Participants of the Lonavala Retreat visited the site of
Jnānashakti ashram on March 3, 2022.

WISHING YOU HAPPY RĀMA NAVAMI

Sunday, April 10, 2022

(The 9th day of the month of Chaitra, the fortnight of Shukla)



Millions study Vedānta these days, around the world. Why is it that very few reach the goal? The answer is simple. We try to take a short cut to *moksha*, by not paying heed to all the moral advice given by our scriptures. Lord Rāma represents the moral excellence praised in the shāstras. We must understand and imbibe the lofty standards set by this Prince of Ayodhyā!

We wish all our readers a happy Rāmanavami! Let us bow down before Rāma, on his birthday!

Mahavir Jayanti
(Chaitra, Shukla, Trayodashi)
Thursday, April 14, 2022



Nowhere else, perhaps, is the ideal of austerity (*tapas*) demonstrated than in the life of Lord Mahāvira, the 24th tirthankara of Jainism (birth 599 BC, *mahānirvāna* 527 BC). We bow down before this prince-turned-saint of our land.

WISH YOU HAPPY BAIŚĀKHI
Hindu and Sikh Solar New Year Day
Thursday, April 14, 2022



Apart from being the ‘Solar New Year Day’ for both Hindus and Sikhs, it is the ‘Spring Harvest Festival’ at many places in India. Associated with several major historic dates in Sikhism, this is indeed a very special day. (A bitter memory too: The Jallianwala Bagh massacre took place on a Baisākhi, 1919.)

We wish all the adherents of different faiths a Happy Baisākhi!

VISHU

The Day of Celebrations in Kerala

Friday, April 15, 2022

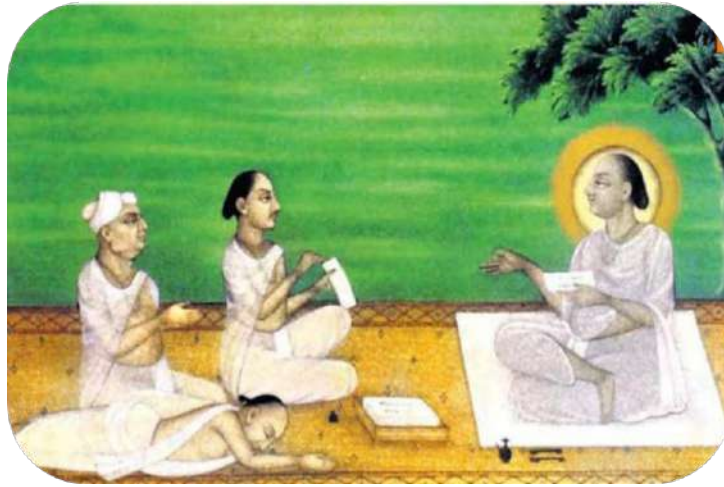


May prosperity and peace join hands and be with you in the coming year!

VALLABHĀCHĀRYA JAYANTI

Tuesday, April 26, 2022

(Vaishākha Krishna Ekādashi)



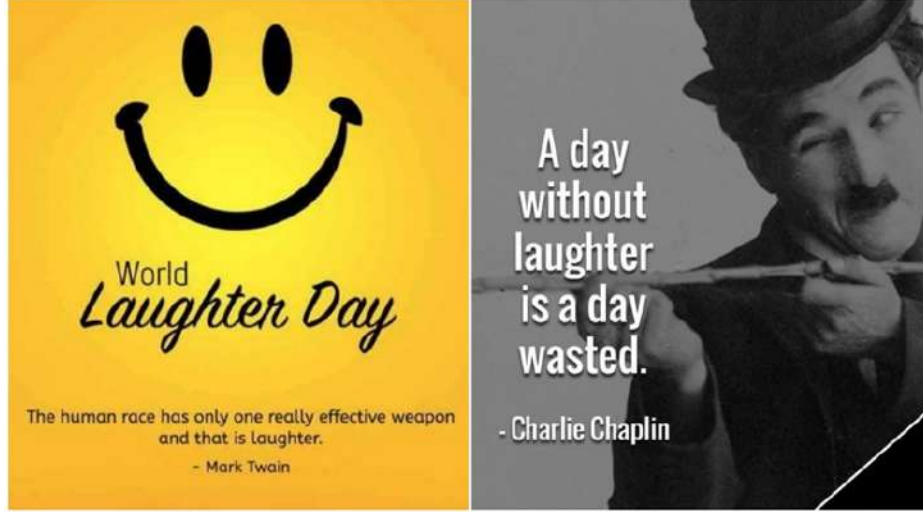
Vallabhāchārya Mahāprabhu (1479–1531 CE), is the saint and philosopher who founded the Krishna-centred Pushti-Mārg sect and the Vedānta philosophy of Shuddha advaita (Pure Non-dualism). He was the trail-blazer of his own interpretation of the Upanishads. With huge numbers of followers in the Brij area and

in the State of Gujarat, he continues to inspire millions on a unique path of *bhakti* and *jnāna* going hand in hand. We offer our humble *pranāms* at the lotus feet of the Āchārya!

WORLD LAUGHTER DAY

The First Sunday of May

Sunday, May 1, 2022



May the Wisdom of the Upanishads enable you to live better and laugh more!

(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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