

# AUPA e-Newsletter

June 2022  
Vol 7, Issue 12 (No. 84)



Editor: Swami Chidananda  
Associate Editor: Dolly Seth

## Mantra to Ponder

### Transparency and Honesty

We have been frequently pointing out that the Upanishads are a perennial source of human values. Truthfulness, for example, is embodied in Satyakāma, a young boy of probably 8 years age, when he answers Sage Hāridrumata's question without fabricating anything.

Hāridrumata: **What is your gotra?**

[Within a *varna* such as *brāhmana* or *kshatriya*, there is the gotra that indicates the person's lineage. For example, bhāradvaja, vishwāmitra or kashyapa.]

Satyakāma: I do not know my gotra. I asked my mother about my gotra and she said she had been very busy attending to guests who visited my father and her when I was small, and my father died within a few years. In the process, she never had the leisure to check on our gotra. **I am Satyakāma, son of Jabalā.**

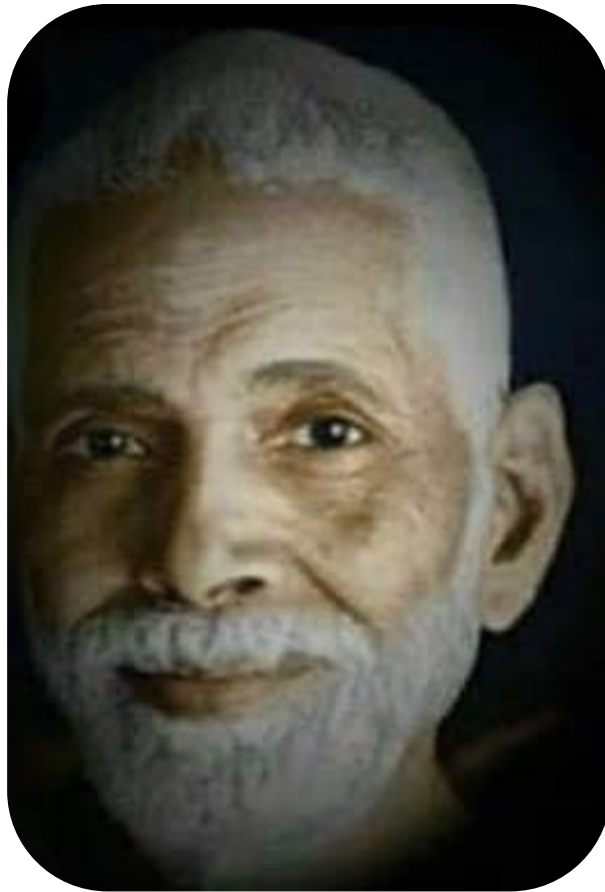
**kim gotro nu somya asi?  
so'ham satyakāmo jābālo'smi bhoh**

The boy's transparency indicated his fearlessness and his deep faith (*shraddhā*) in the power of truth. He made no attempt to hurriedly mention some *gotra* in order to get through the process of getting admitted to the *gurukula* of Hāridrumata.



**Light on Self - Inquiry**

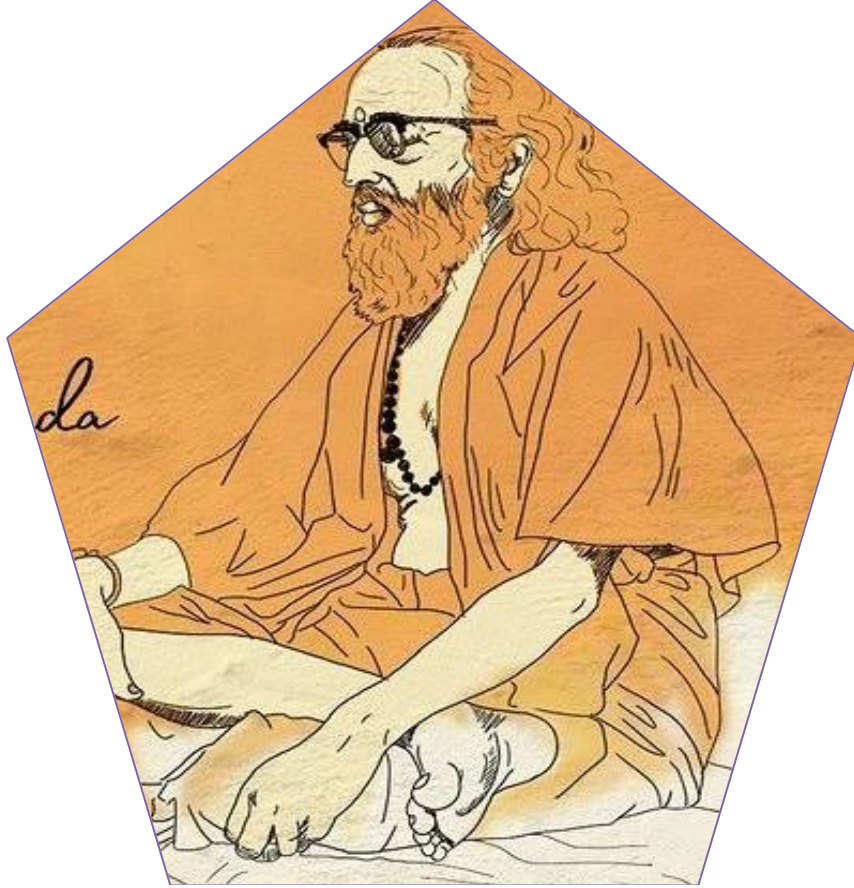
**WAIT NOT TILL YOUR TROUBLES END**



Realization must be amidst all the turmoil of life. Face the troubles but keep yourself steady in meditation.

**(Talk 150, Talks with Shri Ramana Maharshi)**

**Thus Spake Chinmaya**



*The pure mind manifests its inherent powers of concentration, contemplation and meditation.*

**Puja Swami Chinmayananda ji.**

## From the Editor's Desk



Swami Chidananda

### THE CHALLENGE IN SPIRITUALITY

The primary challenge on the spiritual path has been beautifully summarized in a verse<sup>1</sup> of Kāshi Vishwanāth Ashtakam.

*Give up your selfish desires; do not waste your energy in finding fault with others; stop, without delay, doing wrong things; bring your mind, in focus, to loving contemplation on Shiva, who resides in the lotus of your own heart!*

Our consciousness operates on different planes. To make it operate on higher planes is what spirituality is all about. Don't we do something similar in science? There is energy in sunlight and we make this solar energy do a hundred things for human welfare. Can we not make the consciousness (*chit-shakti*) within us do things for the true wellbeing of ourselves and others?

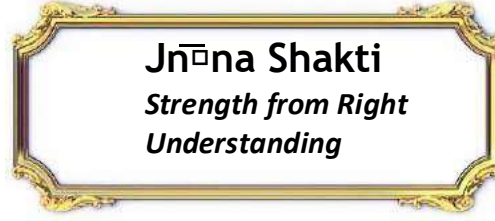
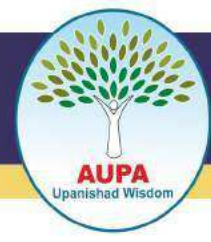
Spiritual exercises like prayer, meditation, loving contemplation on the elevating words of great masters bring about an upward movement of consciousness. The verse quoted above hits hard on our letting the most precious resource within us – consciousness – get endlessly busy with sense objects, physical comforts and emotional (egoistic) self-gratification.

To choose the upward spiral and to reject the downward movement is 'viveka', the most emphasized value in the ministry of spiritual work. Translated as 'discrimination between the eternal and the ephemeral', *viveka* the primary key to the soul's rise towards higher possibilities in life. Trapped in lower paradigms, our consciousness commits blunder after blunder. Lifted to higher paradigms, the same consciousness does wonder after wonder.

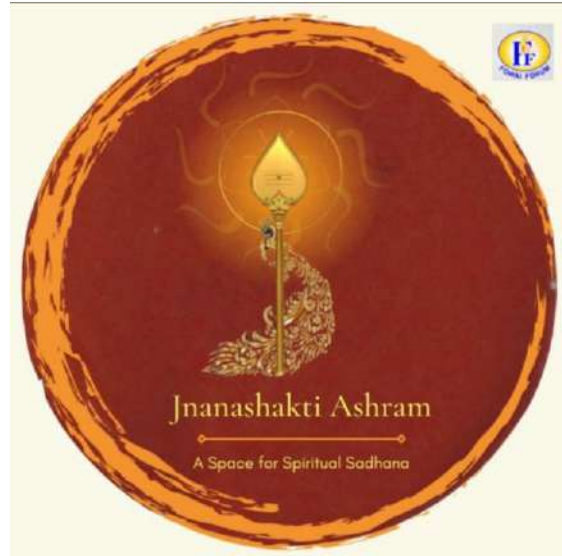
Let's wake up to the eternal truths that the spiritual science – *adhyātma vidyā* – has been revealing to us from time immemorial, through Geetā, Upanishads and hymns like Kāshi Vishwanātha Stotram.

**Swāmi Chidānanda**

Note 1: *āshām vihāya, parihriya parasya nindām* .. verse 7 of the hymn.



**An Update On  
JNĀNA SHAKTI  
A Centre for Vedānta Studies**



Slow and steady progress in this project is taking place on different fronts. Liaison work with the government is going on for approval of our architectural plans. Fundraising is moving on, at a stable pace.

We appeal to all who appreciate this spiritual work to come forward and support this endeavour.

**Team Jnānashakti**

## Tips from the Upanishads

### LEARN, SHARE, LEARN AND SHARE

Life is much more than earning money and acquiring power. In fact, greater happiness comes to us in acquiring wisdom and imparting it to receptive minds.



*swādhyāya-pravachanābhyām na pramaditavyam*

*Never stop learning and sharing.*

**Taittiriya Upanishad, 1.19**

We are lifelong students for learning never ends. When we teach, formally or informally, not only others get benefit but we also polish our knowledge. We stay in touch with our subjects and, what is more, there is continued learning. Learn. Share what you have learnt. This will take you further up in knowledge and wisdom. You will learn more. You will then share it again. It is an upward spiral. Rise.

The above applies to both secular and religious spheres.

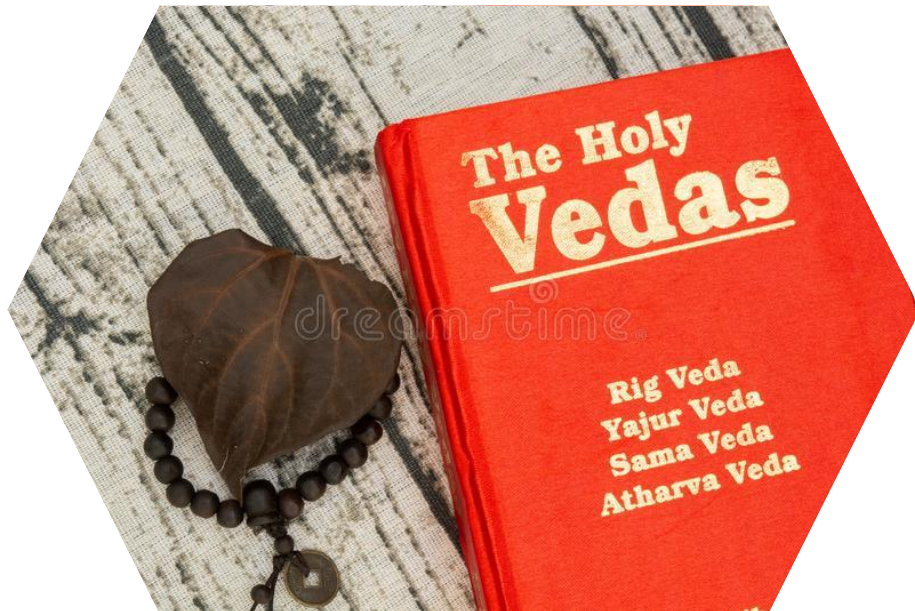


## Introducing an Upanishad

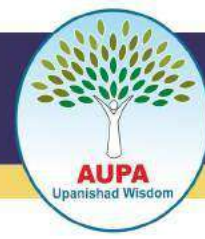
### THE TAITTIRIYA UPANISHAD – 1

The Taittiriya Upanishad, from Krishna Yajurveda, is regarded as a mighty source of spiritual guidance. It has three chapters, called Vallis. This piece of writing gives a summary of the first Valli, named Shikshā Valli. This chapter begins with observations on the science of phonetics, known as shikshā, which is one of the six auxiliaries or limbs of the Veda. (The other five Vedāngas are rituals/kalpa, astrology/jyotisha, etymology/nirukta, prosody/chandas and grammar/vyakarana.)

The first Valli begins with phonetics and goes into many forms of *upāsanas* (qualified meditations). Phonetics, the study and classification of speech or sound, has an important place in Vedic Study for all the mantras are primarily sounds (and secondarily written on palmyra leaves or paper).



Om is declared as the most divine sound, representing the highest truth of the Vedas. Meditation on Om is praised as the means to receive great spiritual benefits on the planes of the body, the mind and the speech.



We see the spirit of gurukulas (residential learning centres where students lived like members of the Guru's family) in some of the mantras here. The gurus express the earnest wish that eager students may come to them from all quarters.

Powerful concepts like *bhooḥ*, *bhuvah* and *suvah*, heralded as *vyāhritis*, are introduced. They represent planes of consciousness and are important limbs of many (more involved) *upāsanas*. There is mention of extraordinary accomplishments through these *upāsanas*, which empower a soul to enjoy great degrees of freedom, power and peace.

A mantra over here extols the versatility of Om, going into its varied uses in the performance of diverse Vedic rituals and, by way of extension, in numerous human affairs as well.

Moral instruction too is part of this Valli. Dharma, thus, is an area of interest in this first part of the Upanishad. Human values such as truth, austerity, self-control, commitment to spiritual practices and adherence to righteous ways of living that sustain a healthy social fabric are emphasized.

The last portion of Shikshā Valli is a celebrated portion that resembles a convocation address at modern universities. The teachers, having taught the Vedas to their students, wish them well as they prepare to return to their homes after years of living at the Gurukula. 'Speak truth, live righteously, never neglect Vedic studies and strive to share your wisdom with others through discourses etc.' are among the many pieces of loving advice that we find this portion. 'May your mother be a god unto you; may your father be a god unto you; treat teachers and guests as though they are gods,' goes another string of instructions.

The Valli thus is a beautiful collection of guidance on right living, healthy habits and effective practices to elevate us on the spiritual plane.

***[This is the fifth piece in this series after Ishā, Kena, Katha and Mundaka Upanishads were introduced in the previous four articles. – Editors]***



Quote of the issue

**MARKS OF WISDOM**

*Behaviour that Shines*



She or he is truly wise who always consciously opts for actions that people will admire, who carefully avoids actions that will eventually bring bad name, who keeps away from outlooks that lack faith, and who ever grows in devotion.

**Vidura**

[Vidura was a son of Veda Vyāsa, as were Dhritarāshtra and Pāndu. His mother was a maid in the service of the queens at the palace. 592 verses, found in eight chapters in Udyoga Parva of Mahābhārata, where Vidura counsels King Dhritarāshtra, constitute Vidura Neeti. The above is the liberal translation of verse 21 of the first of those 8 chapters.]

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



**PATIENCE PAYS  
Do not let your mind go into depression**

Readers of AUPA, dear friends,

Bhagavad Geetā never ceases to inspire me. The problems of life, on one hand, are endless and huge. The guidance from Shri Krishna, the Ultimate Source of Wisdom, on the other hand, is much more than what is needed to deal with life's problems.

What we need, however, is patience. Having sincerely appreciated the science of spirituality – *adhyātma-vidyā* – as brought to us by the Divine Charioteer of Arjuna, we must strive on without yielding to negative thoughts.

*yogah yuktavyah anirvinna-chetasā* Geetā 6.23

*This yoga is to be practised with a mind that refuses to despair.*

They talk about a mother bird that was grief-stricken when her eggs were swept in by the waves of the sea. She got furious and decided to teach the ocean a lesson. "I will dry up this sea," the bird decided and, a little by little, she began taking the water of the sea on her wings and throwing that water on the sands!

Very foolish, yes, in one sense. Her spirit, however, needs to be admired. In this world, there are sometimes people with enviable resources; yet, they lack confidence and direction. Then there are some who, like the mother bird in the above story, have very little money or strength but exhibit such courage and determination that anyone would envy them.

Let us move on, with directions received from Shri Krishna, and, exercising all the patience and perseverance possible, work towards reaching the expanded, elevated consciousness!

Best wishes to all of you!

## GuestSpeak

### HOW TO INTRODUCE VEDĀNTA TO KIDS?

Swāmi Sarvapriyānanda



#### **Questioner:**

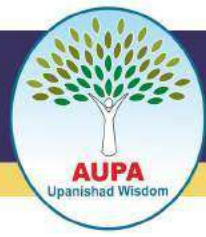
I have 2 children ages 4 and 6 and I am trying to share with them my spiritual journey. I find it very difficult to tell a child they are Brahman or even to tell them about God. It can be very confusing for them. I hate for them to go for nearly 40 years building identification with the body-mind complex, only to have to strive to remove that ignorance in their adulthood. What is the recommended way to teach Veda and Vedānta to children or to at least prime them for it when they are ready? Is there a way to give them a head start as it were?

#### **Swāmiji's response**

One may say, "Swami, can you talk about children when you don't have children?". I have however dealt with children all my life from the beginning of my monastic life. When I was a new monk, a novice, the first thing they asked me to do was to go and take care of forty children in a hostel! I was thinking they would ask me to meditate, pray or read scriptures but I had to look after a bunch of ten-year-olds! If I had got into married life, I would have one or two kids. Here there were forty! I have dealt with kids for many years.

Here is one principle to understand and firmly hold on to. *Children do not listen, they imitate.*

Child psychologists will also tell you. Up to a certain age, children do not listen. Up till the teenage years, imitation is the way they learn. [During the teenage years also, of course, they do not listen. That is a different matter.]



First thing to ask is, “What are we doing?” Children will do what the parents and the grown-ups, in a family, in the school or in the society do. They pick it up. Children imbibe the atmosphere in a spiritual household. Don’t give them talks on Advaita. They won’t comprehend at all or it might lead to a rebellious feeling or a feeling of repulsion. We are not ready for something that is forced down, even if it is good for us; we feel irritated or upset. We can of course talk to them about it (Vedānta), especially if they are curious. A spiritual household is a place of study, prayer, spiritual music, love, peace and serenity. It is a household where there is emotional comfort and support.

Coming more directly now to your question, to help them deconstruct the false identification with the body-mind is a big job. They have built it up over the years and to deconstruct it is indeed a big job.

There is a nice story in ancient Indian mythology of Queen Madālasā, which Swami Vivekananda loved. He repeated it here a number of times. To cut the long story short, this queen, who was an enlightened lady, would swing the crib, when her baby was in the crib, and, instead of a lullaby, she would sing “*niranjanah asi*”. That means you are the sinless, pure consciousness, you are not this body and mind. She was teaching the child, from the beginning, that he was not this thing, he was bigger than this little body. That’s a good idea. Here you sort of imbibe it yourself first and then radiate it out so that children can pick it up that way. The identifications will not be built up so strongly if the household where they grow up is a spiritual house.

[Swāmi Sarvapriyānanda is a Hindu monk (sannyāsi) belonging to the Rāmakrishna Order. He is the current resident Swāmi and head of the Vedānta Society of New York.]

## Story Time

### THE THREAD OF RELATIONSHIPS

#### *How do we nourish it?*

After the death of a jeweller, his family was in grave trouble as all assets had gone into paying off debts. They did not have enough money even for food. One day, his wife gave her son a sapphire necklace and said – “Son, take this to your uncle’s shop. Ask him to sell it and give us some money.”

The son took that necklace and reached his uncle’s shop. His uncle examined the necklace repeatedly and said – “Son, tell your mother that the market is very slow right now. If she sells it after some time, she will get a good price.” He gave him some money, and said, “Come and sit with me at the shop from tomorrow.”



So, the next day onwards, the boy started going to the shop every day, and there he started learning how to test diamonds and gems.

Soon, he became a well-known connoisseur of diamonds. People started coming to him from far and wide to get their diamonds tested.

One day his uncle said, "Son, bring that necklace from your mother now...tell her that the market is good now, the necklace will fetch a good price."

Taking the necklace from his mother, the young man tested it himself and found that it was fake sapphire. He was shocked! He began to wonder how this could happen when his uncle was such an expert in diamonds and gems. Why didn't he tell them that the necklace was fake?

Leaving the necklace at home, he returned to the shop. When his uncle asked, "Didn't you bring the necklace?" he said, "Uncle, it's artificial... why did you hide this from me?"

Then his uncle said, "If I had told you that it was fake, when you had first brought the necklace to me, you would have thought that I was only doing it because you were in a difficult situation and that I didn't want to help you.

"Today when you yourself have the knowledge, you know for sure that the necklace really is fake. At that time, it was more important for me to take care of the relationship than to speak the truth."

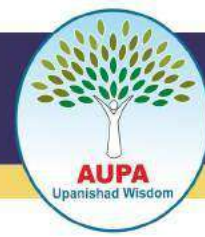
The value of the necklace may not have been in terms of money, but it was indeed a very valuable one for the boy, his mother, and his uncle, in a different way!

The truth is that, without right knowledge, everything we think, see, and know in this world is biased and is very often wrong. This would make our relationships a victim of misunderstandings leading to rifts, and our life starts falling apart.

The invisible thread by which relationships are tied is nourished by love and trust.

**[Collected and re-narrated by Shalini Keshavan.]**





**AUPA Yuva**  
***As Young Eyes See***

**The ABCs of Meaning**  
*A Modest Proposal*

**Renu Paul**

The sophists cut and split, chew the cud, dividing their prey: words, their roots, phrases,  
and thoughts desiccate in the hinterlands.

The gaping wound of half-truths and obfuscation is a cave open for the logic courts of  
justice to judge and see.

The worthless folly and failure of mouthful bits of newsfeeds and sounds reveal to seer and  
seeker that something profound is founded above the fountainhead of meaning.

Inner meanings hidden under superficial jabs, some craven, others sanctifying—one, or the  
other, both, and, or.

In a momentary state of bemusement—I glean the true worth of sophisticated talk.

See the forest for the trees, the valleys for the hills—not just the gilded illuminated illusion of  
the setting's sophisticated sophistry.

The road to truth and constancy begins when spiteful concatenations of abecedabra reach  
the bookend. The bright light at the end of the tunnel beckons.

The search for meaning is embedded in language, the handmaiden of truth. Human life is  
wedded in the matrix of sound and word beyond the banality.



[Ms Renu Paul, who grew up in North Carolina, USA, loves India and seems to have settled in Varanasi. She has been passionately exploring the rich heritage of Indian philosophy, Sanskrit, Indian culture, the Vedas, music, yoga and other sublime dimensions of Indology. She adores leading maestros of all these disciplines and derives happiness in meeting them.]



**Health is You**

## **FINDING TIME TO ENJOY LIFE**

*[Wiser time management can surely go a long way to boost your emotional health, thereby promote physical health too. – Editors]*

You say you are feeling overwhelmed because there just are not enough hours in the day. You do not have the time to do the things you really enjoy. You cannot remember the last time you spent a weekend away from the obligations of home and work. And the harder you work, it seems the further behind you get.

Is that what's bothering you?

Well, wishing for more time won't help. It will even add to your level of frustration. What you need to do is take control of the time that you've got and use it for those things that are most important to you.

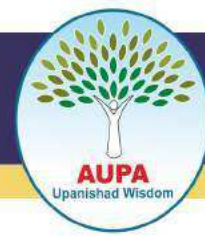


“There is no such thing as a lack of time,” says Alan Lakein, a Harvard MBA and time management consultant for such firms IBM and AT&T. “We all have plenty of time to do everything we really want to do. If, like so many people, you’re too busy to get things done, keep in mind that there are plenty of people who are even busier than you are, who manage to get more done than you do. They don’t have more time than you have. They just use their time to better advantage! Effective time use – like driving a car – is a skill that can be acquired.”

Here, then, are some suggestions from Lakein’s best-selling book, *How to Get Control of Your Time and Your Life*.

- Keep a *daily* “To Do” list.
- Consider that only two out of every ten items on that list are worth doing.
- Concentrate your effort on these high priority items; don’t get bogged down in insignificant tasks no matter how quick and easy they are to do.
- Determine your most productive time of the day and reserve it for prime projects. Don’t squander prime time on routine tasks such as reading the newspaper, answering Email, making beds.
- Schedule routine tasks for non-prime-time hours, when your energy level is at a lull.
- Just five or ten minutes to spare? Most of us would fritter away this time or use it up on simple, insignificant tasks. But Lakein has a better idea: Get started on an important project. “Let’s face it: Large blocks of uninterrupted time are comparatively a rarity,” he says. If we wait for the “right moment”, it may never come. But, by breaking down overwhelming high-priority projects into “instant tasks” that can be accomplished in five minutes or less, you can chisel away at something that’s really significant.

[The above is excerpts from an old book – *Emotions and Your Health* – with Emrika Padus as the Executive Editor.]



## News

### **BENGALURU, May 5 and 6**

Smt Indira Sastry and Dr Sridhara Sastry from Tampa, Florida, USA, organized two events on a grand scale at Bengaluru on May 5 and 6. Lalita Sahasra Nāma Homa was the elaborate Vedic ritual on the first day and Ādi Shankara Jayanti celebration was the event on the second day. Towards the end of these magnificent events, held at Āgama Bhavana in Shankarapuram, several scholars spoke. Swāmiji was among them, others being Dr K G Subraya Sharma, Prof H V Nagaraja Rao and Shri Shivarama Agnihotri.

### **Ramana Centre in New York, May 8**

As part of the 14 hours celebration of the 72<sup>nd</sup> Āradhana Day of Shri Ramana Maharshi, organized online by Arunachala Ashrama, Queens, NY, on May 8, Swamiji spoke for an hour on the 10<sup>th</sup> verse of Upadesha Sāra. Shri Mohan Ramaswamy, the Secretary of the Arunachala Ashrama, welcomed and introduced Swāmiji. Different centres from around the world – Australia, Canada, USA, UK and France – presented various items during the other hours and there was an address by the President of Sri Ramanasramam, Tiruvannamalai, Dr Anand Ramanan, towards the end of the whole program.

### **PUNE, May 9 thru 11**

Swāmiji delivered talks on chapter 12 of the Geetā at the Sungrace High School's auditorium in Wanawadi.

### **GOA, May 12 thru 15**

At the auspicious wedding of Shreyas Gawde and Sanket Prabhudesai on May 14, held at the elegant auditorium of the Mahalakshmi Temple in Verna, FOWAI FORUM released a booklet based on Valmiki Ramayana, titled *Live Wisely, Live Happily*.

## Webinars

### **WEBINARS HELD AND TO BE HELD**

The webinar 222 on May 22, 2022 was presented by Swāmiji on the topic 'Hold the Eternal, Leave the Ephemeral' where he drew from the last chapter of Vidura Neeti.

The next webinar # 223 will be on Sunday, July 3.

Those who wish to join these webinars may please write to [fowaiforum@gmail.com](mailto:fowaiforum@gmail.com)



The tall and pretty Shiv Mandir in Jatoli, near Solan in Himachal Pradesh, is the scenic spot where many visitors to Swāmiji went in recent times.

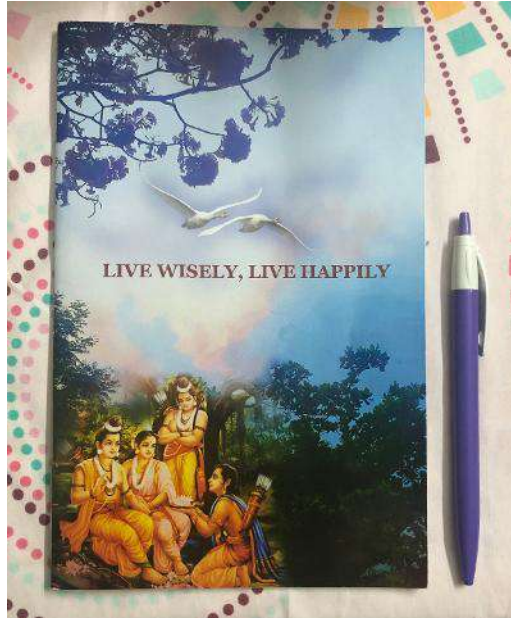




The hosts – Geeta and Janak Gandhi – took the friends for a walk around the spacious bungalow.



A bunch of friends gathered at the house of Gandhis, a fabulous bungalow in Old Goa, on May 15 for a Satsang



A booklet (prasada-pustikā) was released at the wedding of Shreyas Gawde on May 14 in Goa, with the title *Live Wisely, Live Happily*



Chapter 12 was the basis for Swāmiji's three evening talks on 'Bhakti and Jnāna: Confluence and Divergence' at Pune, May 9 thru 11, at Pune.



Arunāchala Āshrama in New York celebrated the 72<sup>nd</sup> Ramana Āradhana Day on May 8, 2022 as a daylong online event



Swāmiji speaking on “All Roads Lead to Om” at the Āradhana Day observed online by Arunāchala Āshrama, New York, May 8.





Swāmiji spoke on "Modern Science and Ādi Shankara's Teachings" at the Shankara Jayanti celebrations held at Āgama Bhavana, Shankarapuram, Bengaluru, May 6

## Upcoming Events

### 5 days Retreat



Suvarnamukhi Samskriti Dhāma  
with  
Fowai Forum  
announces  
**A 5 day Spiritual Retreat**

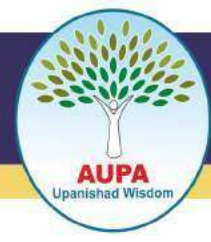
**The Alpha and Omega of**  
ॐ

with PŪJYA SWĀMI CHIDĀNANDA JI

**June 11 (Sat) to June 16 (Thu), 2022**  
Venue: Suvarnamukhi Samskriti Dhāma  
Kanakapura Taluk, Rāmanagara Dist. Karnataka

<p><b>Other Resource Persons:</b> Āchārya Dr. Nāgaraju, President SSD Swāmi Hamsānanda, Mysūru Swāmi Advaitānanda, Doddaballāpura Swāmi Advayānanda, Nāsik</p>	<p><b>Camp donation:</b> INR Rs.9000 for Indian Citizens USD 130 For Foreign Citizens</p>
--	---

 **Camp Coordinator: Brmi Vibhā Chaitanyā**  
 Contact: +91 98861 28699 , +91 93733 24070



Alpha and Omega of OM' is the theme of the Retreat at Suvarnamukhi Samskriti Dhāma (SSD) to start on June 11 in the afternoon and to conclude by noon of June 16. Dr Nagaraju, the President of the SSD, will join Swāmiji, Swāmi Hamsānandaji, Swāmi Advaitānandaji, Swāmi Advayānandaji and Brahmachārini Vibhā Chaitanya to provide 'spiritual food for thought' at this event, which will precede the 7<sup>th</sup> Anniversary of SSD on June 18 and 19.

### **ONE DAY WORKSHOP IN BENGALURU AT PARIVARTANE, JUNE 23**

'TIPS ON BALANCED LIVING, at Work and at Home' will be the theme for this workshop to be held under the banner of ERIN Foundation (Coordinator: Sai Prakash). The basis will be the book THE EQUANIMOUS MIND by Swāmiji. The venue is 'Parivartane' campus, near the Pearl Valley (mutyāla-maduvu) of Bengaluru (near Anekal).

### **WEEKEND RETREAT IN BENGALURU, JUNE 25 – 26**

FOWAI FORUM, THE SCHOOL OF ANCIENT WISDOM  
and ADVAITAM invite you for a

**WEEKEND SPIRITUAL RETREAT**

**THEME**  
**THE TIMELESS CHARM OF THE UPANISHADS**  
Selections from Three Major Upanishads  
(Mundaka, Chandogya and Brihadaranyaka)

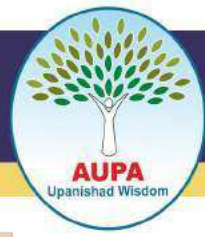
**Fees: Rs 1400.**  
(Includes one night stay, food, tuition and study material)

**Main Teacher: Swami Chidananda (FOWAI)**  
**Ably assisted by: Swami Advaitananda (Advaitam)**

**Venue:**  
**THE SCHOOL OF ANCIENT WISDOM,**  
**DEVANAHALLI, A SERENE, SPACIOUS**  
**AND ELEGANT CAMPUS**

**11 am of June 25**  
**thru 5 pm of**  
**June 26, 2022**





What made Arthur Schopenhauer, the renowned Indologist from Germany, proclaim, "The Upanishads are the solace of my life; they will be the solace of my death"? What made Swami Vivekananda roar, "I have not taught anything which is not from the Upanishads. Go back to them, and leave all this small stuff"? The teachings of these mystical writings have been shining and will shine for all time to come, like the sun and the moon.



Swami Chidananda has been a Vedanta teacher for 36 years. He has taught at ashrams, academic institutions and public platforms. His audiences have been mainly from India and USA. For 18 years, he was with the Chinmaya Mission. Since 2002, he has been independently carrying on the work. He has offered many classes under the banner of The School of Ancient Wisdom. Hailing from coastal Karnataka, he has travelled widely to ten countries outside India, carrying the wisdom of Indian Spirituality.

Swami Advaitananda received the knowledge of Vedanta from Pujya Swami Chinmayanandaji at Sandeepany Sadhanalaya, Mumbai, in early 1990s. He travelled widely in India and spent time in the Himalayas. He visited several countries in Europe, meeting representatives of spirituality, yoga and world religions. He established the serene setting of ADVAITAM in the outskirts of Bengaluru, to facilitate retreats on Indian knowledge systems. He speaks on the Upanishads and facilitates many spiritual events at his ashram.



**CONTACT: Vibha Chaitanya ji on [fowaiforum@gmail.com](mailto:fowaiforum@gmail.com) / 93733 24070**  
Please register before June 15, 2022



8/53, Varma Naagar,  
Andheri East, Mumbai  
400 059



IVC Road, Devanahalli,  
Bengaluru 562 110

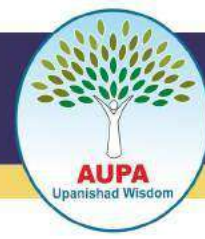


Gungamgere Village,  
Doddaballapur Bengaluru  
Rural- 561 203

## Special Days

**KABIR DĀS JAYANTI**  
**Tuesday, June 14, 2022**





We pay homage to Saint Kabir Dās (1398–1518) on his birthday. He was a 15th-century mystic poet, whose writings influenced Hinduism's Bhakti movement and his verses are found in Sikhism's scriptures too.

Born in Varanasi, he is known for being critical of both organized religion and religions. He questioned meaningless and unethical practices of all religions – primarily the wrong practices in Hindu and Muslim religion. During his lifetime, he was threatened by both Hindus and Muslims for his views. When he died, both Hindus and Muslims claimed him as theirs.

Kabir suggested that Truth is with the person who is on the path of righteousness, considered everything, living and non-living, as divine, and who is passively detached from the affairs of the world.

**INTERNATIONAL YOGA DAY**  
**Tuesday, June 21, 2022**

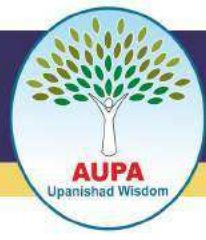


The **International Day of Yoga** has been celebrated annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of 21st June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

**MAY YOU THEREFORE BE A YOGI!**

**tasmād yogi bhava Arjuna**

**Geetā 6.46**



(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](http://aupa.in) – Upanishad Wisdom).

Publisher: Shahid Sayed, AUPA Project Manager for STEP Press