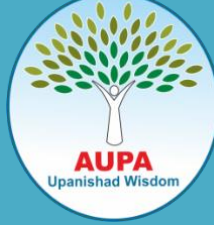


AUPA e - Newsletter

October 2022
Vol 8, Issue 4 (No. 88)



Editor: Swami Chidananda
Associate Editor: Dolly Seth

Mantra to Ponder

DO NOT IGNORE THIS LIGHT WITHIN

In spiritual ignorance, we give a lot of importance to the abilities that our senses (*indriyas*), our mind (*manah*) and our intellect (*buddhi*) possess. We pride over their good condition and cry if they do not work well. Alas, all these have but borrowed power. The source of their capacities is the Pure Self, the *ātmā*. We need to ponder the statement in the Upanishads, 'It sees without eyes; it hears without ears.' (Shvet. Up.3.19)



The Pure Self alone is the Light for everyone.

ātmā eva asya jyotir-bhavati

Brihadāranyaka Upanishad 4.3.6

Our ignorance of the Primary Source and our dependence on secondary sources can be considered the main reason for our suffering. We must set things in right order. Even as we use our faculties, sharpening them in all possible ways too, we must take time off to dwell on the 'Light of all lights' – the Self – that is the perennial spring of life's energies.

GOD AND SELF-INQUIRY



‘You say you breathe. Who is breathing in you except God?’

Shri Ramana Maharshi

[The ‘Who am I?’ inquiry, championed by Maharshi, does not ever deny God. It is God’s grace that makes us embark on the inquiry, spiritually advance and finally merge in God alone. If anything is denied, it is the ego, the little separate self, that is not granted the status of being real. – Editors]

MIND ALONE IS MAYA AT PLAY



“I” and the “world around me” are creations of the mind.

Pujya Swami Chinmayananda

[The Pure Self, which is the true I, alone is the undeniable truth; it is the substrate for the mind also, which is an illusion. Within the realm of this illusory mind, the separate self (the subject) and the world of names and forms (the object) appear. Awakening is when the subject-object duality is erased and, like water in the waves, the Pure Self alone is perceived amidst all names and forms. – Editors]



Swami Chidananda

Dr Jekyll and Mr Hyde

Do we have two personalities within us?

Human life is very complex. Everyone of us goes through a tug of war when the good nature within us is pitted against the evil one, which is also within us. There are times when, on the same day, we behave in a saintly manner during certain hours and in wicked ways during other.

Robert Louis Stevenson wrote in 1886 the novella, Dr Jekyll and Mr Hyde, where mystery shrouds the character of Hyde, who is believed to be a criminal person in contrast to Jekyll, who is a respectable citizen. The plot finally ends with the unbelievable revelation that these two – Hyde and Jekyll – are not two persons at all. Jekyll occasionally drinks some serum, a special concoction, to transform into Hyde for a length of time, during which he can satisfy some of his base urges. When the effect of the serum decreases and finally vanishes, he is back to being Jekyll.



Stevenson's novella stirred a lot of thinking in many circles, including those of psychology and spirituality. The debates on the duality of human nature, the inner struggle between good and evil, was expressed so powerfully in this work, which became popular in both theatre and cinema. This fiction also threw light on many issues like the division between public image and private life of many people. Outward respectability and inward lust, for example, seemed so common in all the societies of the West and the East.

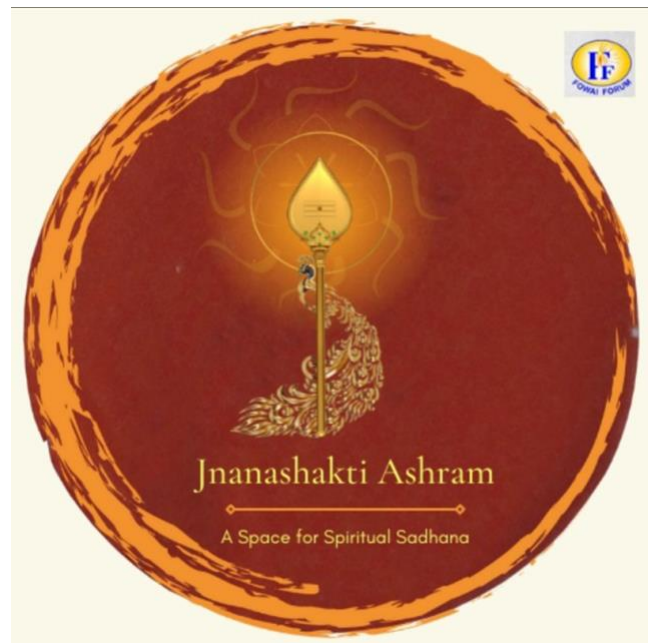
Vedānta addresses this issue, it seems to me, on a high plateau of Self-knowledge. We, as seekers of liberation, often find the self in us swinging from good to bad like a pendulum.

The wisdom of the Upanishads asks us to slowly rise to mature outlooks where, rather than fighting with our base instincts and trying to strengthen our noble tendencies, we are advised to contemplate on our true nature – *sat-chit* (Existence-Awareness) – that is above both good and bad. Such abidance in the Self (*atma-nisthā*) resolves the problem of alternation or fluctuation in us. While we inwardly remain in a state beyond virtue and vice, our personality shines with upright conduct.

Swami Chidananda

Jnāna Shakti
Strength from Right Understanding

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



With Bhoomi poojā slated for Sunday, October 30, the project is about to be launched. Please see under 'EVENTS COMING UP' where the e-leaflet is shown with all the details.

We welcome voluntary support to this noble endeavour.

Team Jnāna Shakti

THE BRIHADĀRANYAKA UPANISHAD – 2 of 4

On what does the whole universe stand?

Gārgi, the daughter of Vachaknu, enters the court of Janaka where a large number of mighty Vedic scholars have gathered. Sage Yājñavalkya is challenged by many of them and he very ably answers all their queries. In the 5th and 8th sections of chapter 3, Gārgi is the questioner. The dialogue culminates in Yājñavalkya pointing out the ultimate truth, which he calls the 'imperishable' (akshara). He declares that human life goes to waste if one dies without realizing Brahman, the imperishable.



A single syllable 'da' is what Prajāpati (God) uses to instruct gods, humans and demons when these three categories go to him, seeking spiritual instruction. It 'means 'exercise self-control' in the context of enjoyments (*da = dāmyata*), as regards the gods; 'share your wealth' (*da = datta*, give) as regards humans, who tend to hoard; and 'have compassion' (*da = dayadhvam*) as regards demons, who are known to be cruel and harsh. This story appears in chapter 5, sections 1 and 2.

An example of how the Upanishads do address the needs of the vast majority of human beings, who are not ready for the metaphysical teachings, is found in chapter 3, section 2. Two illustrious Vedic scholars – Ārtabhāga and Yājñavalkya – discuss the teachings of the Vedas. They go to a private chamber to deliberate on the matter with enhanced intensity. When they emerge from their space, they declare, 'action (karma) alone is emphasized in the Vedas.' Meritorious actions lead us to higher regions and sinful actions take us down to lower births. Thus the Vedānta comes one notch below the liberating wisdom of *brahmavidyā* and advises us to first rise in purity of thought, word and deed.

This Upanishad elaborates upon preparedness for a contemplative life, which is on a higher plane as compared with a life of action. In the 4th chapter and 4th section, a student who is fit to enter the classroom of *brahmavidyā* is described as one who has the six-fold qualifications: *shama* (mind control), *dama* (sense control), *uparama* (withdrawal from unwise choices), *titikshā* (putting up with hardships), *shraddhā* (faith in scriptures) and *samādhāna* (concentration).

We will see more glimpses of this voluminous scripture, which guides us in either of the two pursuits, of *dharma* and *moksha*.

[This is the ninth piece in this series after the Upanishads – Ishā, Kena, Katha, Mundaka, Taittiriya-1 (shikshā-valli), Taittiriya-2 (Brahmānanda-valli), Taittiriya-3 (Bhrigu-valli) and Brihadāranyaka-1 were introduced in the previous seven articles. – Editors]

Quote of the Issue

LIVE ON TWO PLANES AT THE SAME TIME



My challenge to you, as fellow pilgrims on the journey, is to cultivate the stability of living on two planes of consciousness simultaneously – as Christ said, ‘in the world but not of the world,’ to be fully passionately involved in life and also be totally equanimous and centered. This is not an either/or, it’s a both/and.

Ram Dass

[Born in 1931 in USA, Richard Alpert was deeply touched and transformed by Neem Karoli Baba in the 1960s. He spent the rest of his life, under the name Ram Dass, championing the wisdom of the Vedanta in his own language. His teachings had widespread appeal, with huge numbers taking his guidance in their spiritual journey. His most popular book is *Be Here Now*. He passed away in 2019.]

LET'S LEARN FROM FIRE, THE SUN AND THE EARTH

The best part of human life, it seems to me, is that no matter how our life has been so far, we can make a different beginning today, now. 'A great future does not require a great past,' observed someone. Choice is at times perceived as a burden, no doubt. If we take a second look, however, choice is a great privilege.

We can quietly begin to serve, without asking for reward or recognition. This service, with no need to repeat, can be at our own home too. Numbers do not matter. Publicity is not necessary. Without any frills, we can just change the quality of our life.



'Fire cooks (food) without a murmur; the sun shines in the sky in all quietude; and the earth supports countless life forms and inert stuff (like hills) too without demanding praise.' Thus says an old Sanskrit verse¹ (another *subhāshita*).

This, my friends, seems to be the open secret of happy life. It is in giving that we receive; it is in forgiving that we are forgiven; it is in dying to our little self that we are reborn to the Pure Self.

May grace of Divine Mother – expressing as Lakshmi, Saraswati and Durgā – bless all of you.

Harih Om!

Note:

1 *Pachati agnih avākyas-tu*

Tushneem bhāti divākarah |

Tushneem dhārayate lokān

Vasudhā sacharācharam ||

16 TIPS FOR GOOD HEALTH



1. Eat a healthy diet
2. Consume less salt and sugar
3. Reduce intake of harmful fats
4. Be active, not overactive.
5. Exercise 5 days in a week.
6. Sit quietly for 5 minutes, twice a day.
7. Check your blood pressure regularly
8. Get tested
9. Give yourself 6 to 8 hours of sleep at night.
10. Cover your mouth when coughing or sneezing
11. Prevent mosquito bites
12. Follow traffic laws
13. Drink only safe water
14. Talk to someone you trust if you're feeling down
15. Clean your hands properly
16. Prepare your food correctly



News

Sept 1 thru 5: Visit to Andaman Islands

Along with Dr M Nagaraju and 19 others, Swamiji went to the Andaman Islands, beginning with Port Blair. There are more than 570 islands constituting this group but some 38 only are inhabited by human beings. In Port Blair, seeing the 'Cellular Jails' – where freedom fighters were imprisoned (along with criminals of many kinds) and were brutally treated – was the highlight. All felt very sorry for those prisoners, who included Vir Sarvakar too. The other two islands – Havelock and Neil now renamed Swaraj and Shaheed Dweep – had wonderful beaches. Every evening, Swamiji addressed the group on spiritual topics. On the last day, Sept 5, Dr Nagaraju and Swamiji visited the Chinmaya Mission in Port Blair and paid their respect to Pujya Swami Chinmayanandaji, the founder. Swami Shuddhananda ji, the head of the Centre, welcomed the two visitors and had Swamiji speak a few words to the gathering at the temple hall.



The Cellular Jails of Port Blair, Andaman Islands, Sept 2



At Havelock Island (Swaraj Dweep), Andaman. Swamiji is flanked by Dr Nagaraju on his right and Shri Chandranna on his left, Sept 3.



The last of the beaches the group visited was 'Mund Pahaad' in Port Blair, Sep 5.

Sept 17 thru 19: Hamsa Āshrama

Swāmiji was at the Hamsa Āshrama, near Hosur, for the monthly 'nāma-sankirtana' on Sunday, Sept 18. He stayed for 3 nights in serene atmosphere, joining the residents in their daily routine of prayers, poojā and meditation.

Oct 2, 2022: Visit of an upcoming Vedāntin

Ms Manjushree Hegde, an upcoming Vedāntin and a well-accepted speaker on Vedānta, visited Swāmiji at the calm and quiet campus of Krishnamurti Foundation India on Greenways Road, Chennai. Dr A Kumaraswamy, Shri K Krishnamurthy and Swamiji – all three being trustees of KFI – had meaningful discussions with the young researcher at IIT Madras. Manjushree, hailing from Bengaluru, is presently pursuing her Ph D in (Advaita Vedanta) philosophy at the IIT.



Manjushree Hegde, doing research at IIT Madras on Advaita Vedanta philosophy is seen here, with Dr Kumaraswamy in the centre and Swāmiji at extreme left, Oct 2.


Oct 30, 2022: Bhoomi Pooja at Vāve



FOWAI FORUM
8/53 Verma Nagar, Off Old Nagardas Road, Andheri (E),
Mumbai - 400069 | www.fowai.org : www.aupa.in

Invitation

JNANASHAKTI ASHRAM



Bhoomi Pooja
on Sunday 30th October 2022
You are cordially invited to participate in the
Bhoomi Pooja Function

10 am to 11.30 am : **BHU VARAHA POOJA & HAVAN**
11.54 am : **Laying FOUNDATION STONE**
12.15 to 1.30 pm : **Stage Function**

Invocation
Details of the Ashram Project and progress
Support from philanthropic donors and Guest of Honor



Ashirvachan by Swamijis
Address by Pujya Swami Chidananda Ji
Expression of Gratitude



1.30 pm to 2.30 pm : Lunch Prasad

Location Address : Jnanashakti Ashram, Vave Village, Via Khopoli and Jambhulpada
(25 km from Khopoli Toll Naka on Khopoli - Pali Road, 95 km from Mumbai and Pune)

Please confirm your participation on any of the following numbers:
Renu Gandhi : 7715933334, Uma Muchhala : 9920790512
Anita Mehra (Pune): 9372671008, Mohan Hejamadi : 9833146286

PS: For commuting to the Ashram Site, if you have additional space in your car, kindly inform us.
A Bus (AC) also will be arranged from Mumbai

Google Map (GPS) of the Ashram Site is given separately.

For GPS directions, please send a Whatsapp request to +91 98331 46286


Nov 12 thru 17: Camp in Kannada


ಶಿಬಿರ
**ವಿದುರ ನೀತಿ
ಬಾಳಿಗೆ ಬೆಳಕು**

ಸ್ಥಳ - 'ಅದ್ವೈತಮ್', ಗುಂಡಂಗಿರೆ ಗ್ರಾಮ,
ದೊಡ್ಡಬಳ್ಳಾಪುರ
ಬೆಂಗಳೂರು ಗ್ರಾಮೀಣ, ಪಿನ್ 561 203 ಶುಲ್ಕ - ಧರ್ಮಜಿಜ್ಞಾಸೆ ಮಾತ್ರ

**ಮುಖ್ಯ ಬೋಧಕರು - ಸ್ವಾಮಿ ಚಿದಾನಂದರು
ಸಹಾಯಕ ಬೋಧಕರು - ಸ್ವಾಮಿ ಅದ್ವೈತಾನಂದರು**

**ಪ್ರಾರಂಭ - 11 AM, ಶನಿವಾರ, ನವಂಬರ 12, 2022
ಸಮಾಪನ - 10 AM, ಗುರುವಾರ, ನವಂಬರ 17, 2022**


8/53, Verma Nagar,
Andheri East,
Mumbai 400 069


ADVAITAM
Gungamgere Village,
Doddaballapur Bengaluru
Rural- 561 203

For details of this Retreat (Nov 12 thru 17, near Bengaluru, in Kannada medium, to be taught by Swami Chidananda and Swami Advaitananda, please call / message: S Gopal on 99808 82000 OR Dr Durgalakshmi on 99807 21038.

Webinars

On Sundays

WEBINARS PRESENTED, by Swami Chidananda

228 on 'Five Teachings of the Geeta', Sept 11, 2022

229 on 'Five Teachings of the Upanishads', Sept 25, 2022

WEBINARS COMING UP, by Swami Chidananda

230 on 'Understanding Shanti' on October 9, 2022

231 on 'Understanding Mukti' on October 23, 2022

(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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Manager for STEP Press