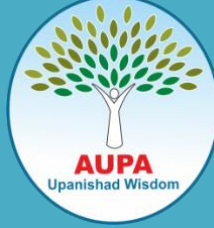


AUPA e - Newsletter

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Editor: Swami Chidananda
Associate Editor: Dolly Seth

Mantra to Ponder

OUR RELATION WITH TIME

A very fundamental aspect of spiritual ignorance is that we believe time is an unquestionable reality and we come and go on the axis of time. This error is bound to take place when we identify with our mind. When 'thought' interprets our life to us, it tells us we are limited and time is unlimited. Vedānta, the vision of the Upanishads, turns this model upside down. 'We are of the nature of Pure Consciousness,' it says, 'and time and space rise and fall in us.'



bhootam bhavat bhavishyat

sarvam omkāra eva

The past, the present and the future – all of these – are Om only.
Māndukya Upanishad, mantra 1

Omkāra – or just Om – signifies the Existence-Awareness (*sat-chit*) principle that we truly are. We need to realize this extraordinary teaching of the Upanishads through proper study and contemplation.

ARE THOUGHTS BOTHERING YOU?

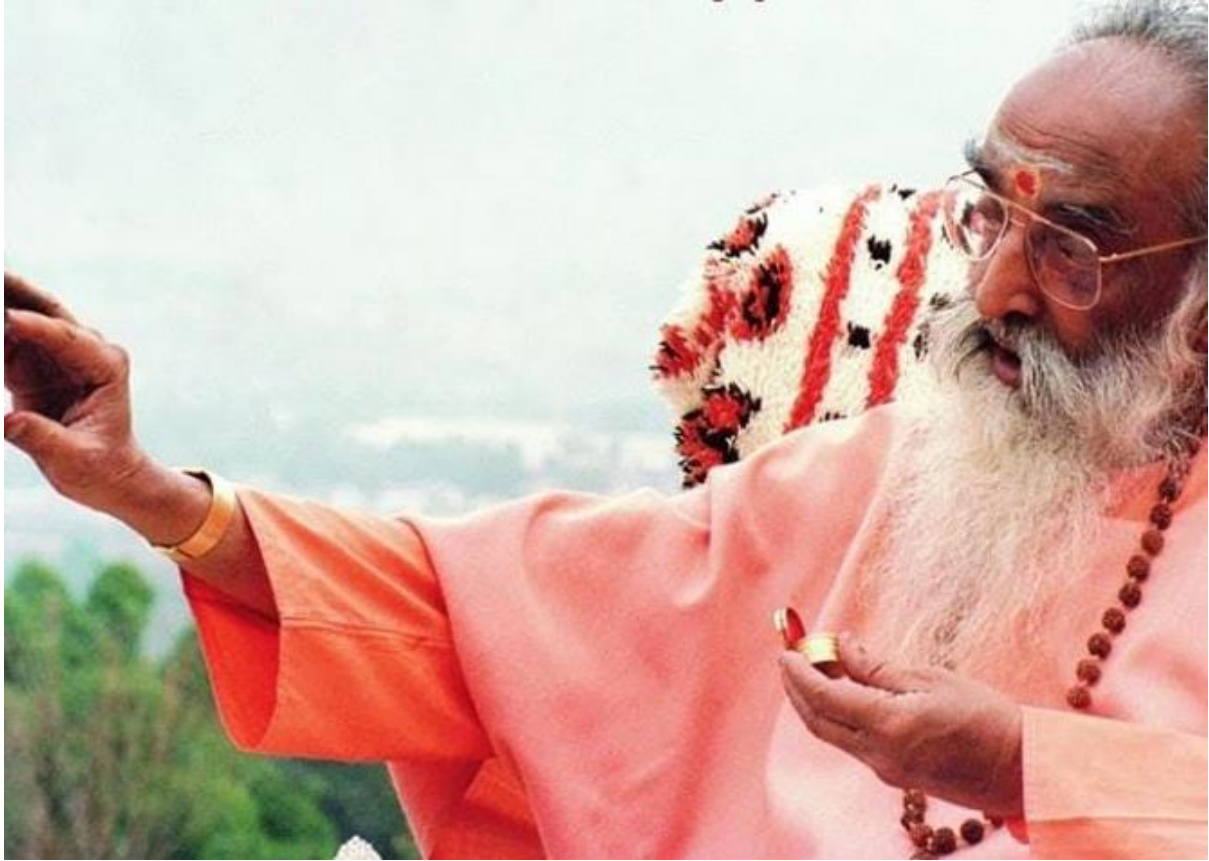


‘Remain as the Self of the thinker and there is an end of thoughts.’

Shri Ramana Maharshi

[Normally we resist certain thoughts or indulge in certain other. Is it possible for us to just watch thoughts as they come and go? Resisting or indulging implies we have as though come down to the level of thoughts; the thinker also is a thought. Being the witness implies we rise to the higher level of Pure Consciousness, *chit*, and that can be abidance in the Self – *ātma-nisthā*. – Editors]

WHY PRAY?



It is prayer that brings the reviving rains of joy and transforms the dreary wasteland of our hearts into a perfumed garden of bliss

Swami Chinmayananda ji



Swami Chidananda

IF YOU SO CHOOSE

Hard situations can become the best occasion for us to change for the better. The world may throw brickbats at us but we can use them for constructing something. In seemingly terrible scenarios in life, we can discover the best part of our learning curve, *if we so choose*.

A poet wrote:

Stonewalls do not a prison make,

Nor iron bars a cage:

Minds innocent and quiet take

That for an hermitage.

If I have freedom in my love,

And in my soul am free,

Angels alone, that soar above,

Enjoy such liberty.

And this is precisely the liberty that can be yours,

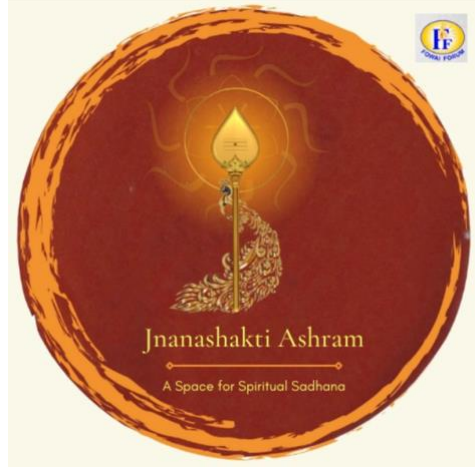
if you so choose.

(Richard Lovelace)

All it takes to *choose wisely* is taking a step back, reflecting on the right thing to do and persuading ourselves to just do the right thing. When our conscience says this is the right thing, we must not postpone wise action. As we act with care and caution, bad habits die and we will find ourselves quite ahead in both outer and inner journeys.

Swami Chidananda

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



It was indeed a divine atmosphere on Sunday 30th October 2022, when Bhoomi Poojā was performed at the Jnāna-Shakti Āshram site (Vāve village, near Jambhulpāda and Khopoli).

Priests led by Shri Guruprasad Bhat, performed Bhu-Varāha Poojā, in our holy tradition, and invoked the grace of Lord Vishnu, Bhu-mātā and many other divine powers. Shri Ashok Kulkarni, our trustee from Goa, and his wife Smt Ashwini Kulkarni officiated as the 'yajamāns' at the poojā. More than a hundred of our supporters, from near and far, attended this auspicious function. All the participants witnessed the poojā and the 'Foundation Laying Ceremony', with devotion.

Blessings of our Guru Paramparā was evident, with the benign presence of Swāmi Chidānanda ji, Swāmi Anubhavānanda ji, Mahā Mandaleshwar Abhishek Chaitanya Giri ji, Swāmi Hamsānanda ji, Swāmi Amrutānanda ji, Brni. Vibhā Chaitanya ji, Dr. Nāgaraju and other sādhas. Shri Gopal Shetty- Sāmsad (Member of Parliament) from Mumbai North West, graced the occasion and appreciated the setting up of spiritual institutions for resurrecting the glory of our Sanātan Dharma. He assured us of his support to the project.

Divine invocations and āshirvachan from Swāmijis, filled the hearts of all participants. Mangala Vādyas – Shahnai, Conch, Chende and other percussion instruments – added charm to the divine atmosphere.

We express our heartfelt gratitude to all who participated in the Bhoomi Poojā and also our dear supporters – who extended financial and organisational support to the Jnāna-shakti āshram.

Lord and Guru Paramparā have blessed us to participate and witness the emergence of a spiritual centre of sādhanā and learning in the form of Jnāna-shakti āshram. Let us join together in a spirit of cooperative endeavour and raise inner wealth and outer prosperity. We

Invoke the Grace and Blessings of Puja Gurudev Swāmi Chinmayānanda – who stated: Invoke Lord Narayana and Shree Mahālakshmi will follow. That is the secret of success.

Mohan Hejamādi, Project Director

Some photographs on the occasion of Bhumi Pooja, Oct 30, 2022



Shri Gopal Shetty, Member of Parliament, speaking. Swami Abhishek Chaitanya Giri, Swami Anubhavananda ji and Swami Chidananda ji are also seen on the dais.



The gathering following the rituals, before lunch prasād.



Brni Vibhā Chaitanya ji and Swāmi Hamsānanda ji pour sacred liquids on the spot where foundation stones were laid.

Introducing an
Upanishad

THE BRIHADĀRANYAKA UPANISHAD – 3 of 4

Our True Nature is Boundless

The great statements – mahāvākyas – are very many; four among them are widely known. One of them – aham brahma asmi – is found in this Brihadaranyaka Upanishad. Like all other mahāvākyas, it conveys the oneness of ‘the truth of the individual self’ and ‘the truth of God, the ruler of everything’. This common truth is sat-chit, Pure Existence and Pure Consciousness.



‘Wealth cannot lead to immortality,’ is the down-to-earth statement made by Rishi Yājñavalkya in this Upanishad. It appears as a part of the fascinating dialogue between his older wife Maitreyi and him. By immortality is meant freedom from death, fear, sorrow, and all other things in life that have negative connotations. A statement of this kind should help a student observe life more carefully and develop detachment (*vairāgya*).

‘If you come to know your own true nature, you will never thereafter suffer following the travails that the physical body (your psychophysical personality) goes through,’ says another mantra with vast significance. It points out the fundamental problem in our life – mistaking ‘what we are not’ to be ‘what we are’. The mantra, in other words, identifies ‘superimposition (*adhyāsa*)’ as the source of all evil.

In another important revelation, which is not possible for us to know through mere reason, the Upanishad lets us know that the Self, the seer, never ceases to be the principle of seeing, irrespective of the presence or absence of objects that are to be seen.

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

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

Quote of the Issue

IF YOU ARE CHASING SUCCESS...



The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.

Dalai Lama

DO WHAT IS POSSIBLE.

The impossible will soon be within your reach.



‘Read, write, watch, ask the right questions, be near wise and learned people. Your understanding of life will then blossom just as the petals of the lotus flower open at sunrise.’ That is what an old Sanskrit verse¹ says, conveying the practical message that there are things that we can do, doing which tremendously enhances our capacity to eventually do much more.

The error most of us commit is that, doubting our own ability, we do not do what is possible. We look to our left or to our right, postpone action and, the most laughable of all, we expect miracles to happen. Did not someone say long back, ‘God helps those who help themselves’?

The above applies in both the material and the spiritual worlds. Great women and men did not reach splendid heights overnight. They acted when opportunities came to their door. Their sincere self-application resulted in small victories, which eventually led to big victories. Sri Ramakrishna said, ‘Put one step towards God; He will put ten steps towards you.’

Let us not allow our past, which means the memories, to hold us back from mature responses to today’s situations. Someone beautifully said, ‘We do not need a great past to walk towards a great future.’

I once more wish all of you, readers of AUPA, brighter days filled with inspiration to live fully.

Indira Gautam

1 *yah pathati, likhati, pashyati*

paripricchati, panditān upāshrayati,

tasya divākara-kiranaih nalini-

dalam iva vistārita

Vasudhā sacharāchara buddhih.



Homoeopathy is a scientific system of medicine developed by German physician, Dr Samuel Hahnemann in 1790. It is based on the principle “Similia Similibus Curantur”, which means “like cures like”. In simple words, any substance which has the ability to produce symptoms in a healthy person has the ability to cure similar symptoms in a diseased person. For instance, an onion makes our eyes water and causes runny nose with burning sensation. If someone has an attack of allergic rhinitis or hay fever with similar symptoms, a homeopathic remedy prepared from onions can relieve these symptoms. This law was initially recognised by Hippocrates, but experimented and turned to healing science by Dr. Hahnemann.

As per Homoeopathy, the vital energy in our body is primarily disturbed causing illness. Therefore, it is the person who is sick and not just his organ. Hence, if we consider four patients with asthma, none will have similar triggering factors or intensity of suffering nor similar behaviour. So, patient care is individualized based on his particular complaint, genetic makeup (family history), lifestyle and behaviour, not just the ailment.

It's a myth that homeopathic care is slow, is based on placebo effect and is not effective for acute cases. In fact, Homoeopathy works well both in acute cases (fever) as well as in chronic conditions (asthma, thyroid problems, etc). Time taken for the cure depends on the sensitivity of the patient, chronicity of the disease and lifestyle management.

The WHO estimates that Homoeopathy is used by 500 million people worldwide, making it second most widely used medicine in the world. The long-term benefit of homoeopathy to the patient is that it not only alleviates the presenting symptoms but it re-establishes internal order at the deepest levels and thereby provides a lasting cure.



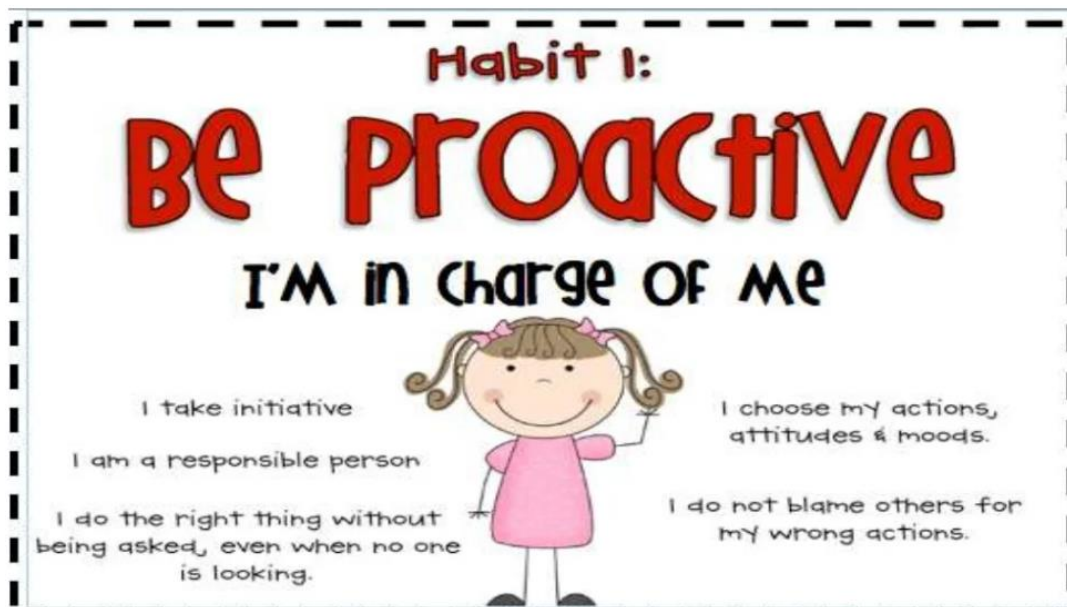
[Dr Rachana R (BHMS) is a homeopathic doctor currently practicing at “Homoeo Therapy” clinic at AG’s layout, Uttarahalli, Bengaluru. She graduated from Government homoeopathic Medical College, Bengaluru in the year 2018. Website: <https://homoeo-therapy.business.site/>]

BE PROACTIVE

And See How Dynamic You Can Be

We can change. We can elevate our life by conscious endeavour. Thoreau called this ability in everyone of us the most encouraging fact of life. We can rise.

Can we not remain calm and cool? Can we not be in control of our lives?

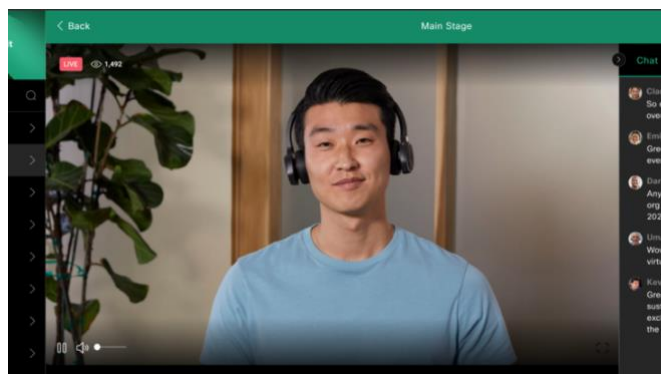


We must understand that *it is not* what happens to us *but* our response to what happens to us *that hurts us*. We must therefore learn not to get affected by our physical environment or by our social environment. If we allow our feelings, the circumstances around us and other conditions to drive us, we end up being *reactive*.

We need to stop being *reactive*. We must stay *proactive* everywhere. This implies we must identify our 'circle of influence' and act in it. For example, if we exercise regularly, remember our goals clearly, and consciously try to increase our productivity at work, we are getting proactive. We then do not lose our time and energy in blaming the weather or in some wasteful mental chatter.

Be proactive and holistic success will smile at you.

Webinars



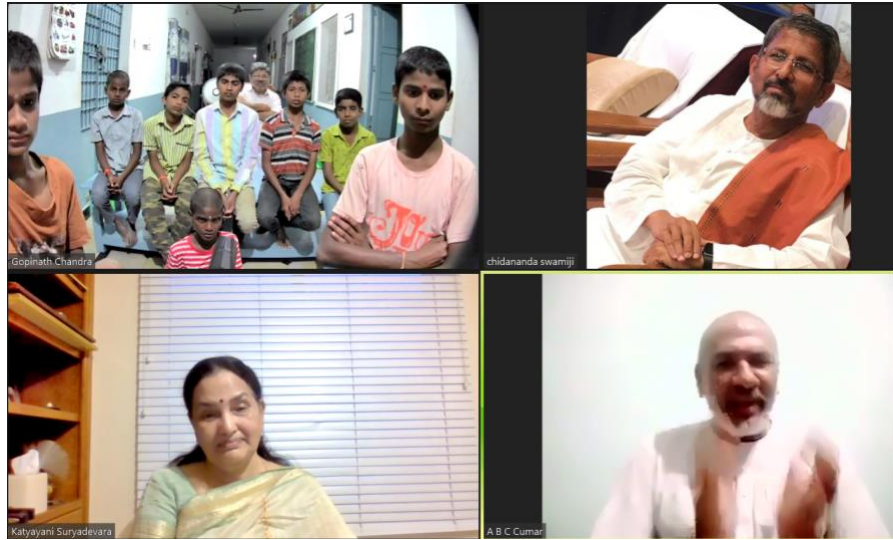
The Webinars on alternate Sundays were presented or will be presented as follows:

Webinar no. / Date	Topic	Speaker	Done?
230: Oct 9, 2022	Understanding Shānti	Swāmi Chidānanda	Done
231: Oct 23, 2022	Understanding Mukti	Swāmi Chidānanda	Done
232: Nov 6, 2022	Memories, A Prison	Swāmi Chidānanda	Coming up
233: Nov 27, 2022	A Book Review	Swāmi Chidānanda	Coming up

All these are presented at 8.30 pm IST on the Sundays mentioned above. Those who wish to join or get more details may Email fowaiforum@yahoo.com

News

Spiritual Education for Children at an Orphanage: On Vijayadashami, October 5, 2022, Swamini Shubhadananda from Hindupur addressed the children at the Sanjyot Children's Foundation in a village near Punganur in Chittoor district in Andhra Pradesh. She narrated a beautiful story of Shri Krishna, bringing out moral values. Swamiji was also present at this online activity. In its second session on October 17, 2022, a small team of teachers from FOWAI FORUM carried forward this program of spiritual education. Smt Katyayani Suryadevara from Arizona and Br Coomar Comsaripally of Bengaluru shared good thoughts with the children and Swamiji blessed all of them with some encouraging words. More sessions – in Telugu and English – will be offered periodically.



Online Satsang for Inmates at an Orphanage, Oct 17, 2022

Value-based Education at a Rural School, October 8, 2022

During his weeklong stay at the campus of the RISE School in a village near Pollachi, Tamil Nadu, Swamiji addressed the Parents and Teachers Meeting, during which many students were also given awards and scholarships. Boys and girls at this school are getting quality education in an area where good schools are quite far.



Smt Geetha, Chairman Shri Krishnan and Trustee Shri Ananth Narayanan are with Swamiji on the dais, RISE School, Samiyandipudur, Oct 8, 2022.



PTM in progress at the RISE School, with a girl playing the role of the Master of Ceremonies.

Bhumi Pooja at the site of Jnana Shakti ashram, October 30, 2022: Please see the feature 'Update on Jnāna Shakti' (page 6).

Upcoming Events



Camp in Kannada on Vidura Neeti: This will now be held sometime in December. Incessant and extended rains in Bengaluru caused certain delays in some construction of infrastructure and we had to postpone the 5-day camp, which was earlier scheduled for November 12 thru 17. The venue will again be the ADVAITAM āshram near Doddaballapur.

Shivānanda Lahari in Kannada: Starting November 9, 2022, we will have Swāmiji speaking online on Shivānanda Lahari at 5.30 pm IST every Wednesday. For details of this one-hour weekly class and the Zoom Link to it, please write an Email to aakgoa07@gmail.com

New Timings for the Weekly Geetā and Upanishad classes:

Starting Monday, November 7, following the ending of Day Light Saving in the West, we will have the following schedule:

Geetā class on YouTube: 8 am IST on Wednesdays (6.30 pm Pacific on Tuesdays)

Upanishad class on YouTube: 8.30 pm IST on Fridays (7 am Pacific on Fridays)

Talk at Meditation and Study Circle: An online talk under the banner of Bengaluru-based 'Meditation and Study Circle' will be delivered by Swāmiji on Monday, the 28th November at 6.30 pm. The topic will be: *Tender Shoots, Ancient Roots*. Those who wish to join this event on Google Meet, may write to vani.vasudev63@gmail.com

(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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