

AUPA e - Newsletter

March 2023
Vol 8, Issue 9 (No. 93)



Editor: Swami Chidananda
Associate Editor: Dolly Seth

Mantra to Ponder

THE TRULY WISE DO NOT SHOW OFF

There is a big difference between the silence of the ignorant ones and that of the illumined ones. People between these two categories make a lot of noise in this world. They just express the noise they have within themselves, which is the outcome of their self-created problems.



The illumines ones, the Kenopanishad says, are so humble and silent that they do not proclaim they know. In contrast, those who go around trumpeting their knowledge really do not know!

They know who do not claim that they know,

They do not know who announce that they know!

/ yasya amatam tasya matam, matam yasya na veda sah /

Kenopanishad 2.3 (chapter 2, mantra 3)

A full pot is seen to be silent while a half-filled pot makes a lot of noise as though clamouring for attention. We can understand the situation of the half-baked scholars for they are still caught in their personal aspirations to become somebody. They are not free from comparison and competition, which are the widespread evils of human society.

OUR LIFE IS TRULY BLESSED WHEN....



The only useful purpose of the present birth is to turn within and realize it (the Pure Self). There is nothing else to do.

Shri Ramana Maharshi

Talks 219

[How much time, energy, and other resources we waste, pursuing the glitter and glamour of the world! Influences of all kinds pull us here and there. We postpone the main work – the *sādhanā* towards Self-realization. The quote above reminds us of our true purpose, by fulfilling which our life becomes truly blessed. – Editors]

TIPS ON MAINTAINING GOOD RELATIONSHIPS



If you want to be popular, never say a single unkind word about anybody.

Pujya Swami Chinmayananda ji

[This quote is not about giving undue importance to popularity but is more about avoiding strained relationships through irresponsible speech. Loose talk on our part often spoils a good, long-standing relationship. – Editors]



Swami Chidananda

HOW FAR ARE YOU FROM FREEDOM?

We are so used to thinking in terms of space and time regarding problems to be solved that we imagine freedom (*moksha*) also to happen as a result of our effort, taking its own time. The situation is comparable with a man who is dreaming, who looks at a clock within his dream that shows, for example, 3 pm and thinks he will wake up from his dream at 4 pm, that is after an hour. When he actually wakes up, he realizes that the time points 3 pm and 4 pm have no meaning in the waking state, nor does the interval of one hour have any validity when looked at from the angle of view of a clock of the waking state.



Moksha, called liberation or enlightenment, is not the product of effort (*karma*). Therefore, it is not a phenomenon that takes place on the axis of time. A bud becomes a flower in course of time. A child at one point of time becomes an adult at another point of time. A person who is bound, however, does not get liberated at a point of time in future. She or he rather discovers the freedom that ever was, is and will be. Time rises and falls in the Pure Self, and it would be incorrect to say the Pure Self emerges at some point of time.

This waking up – from the waking state – to the ever-shining Self is indeed a mind-boggling affair. Though we call it a journey at times, there is really no one going anywhere. The real I never slept, never dreamt, and was never born, says Shri Gaudapāda, the grand guru of Shri Shankarāchārya. We do not go; we let go! There is an ending of the paradigm of space, time, and causation.

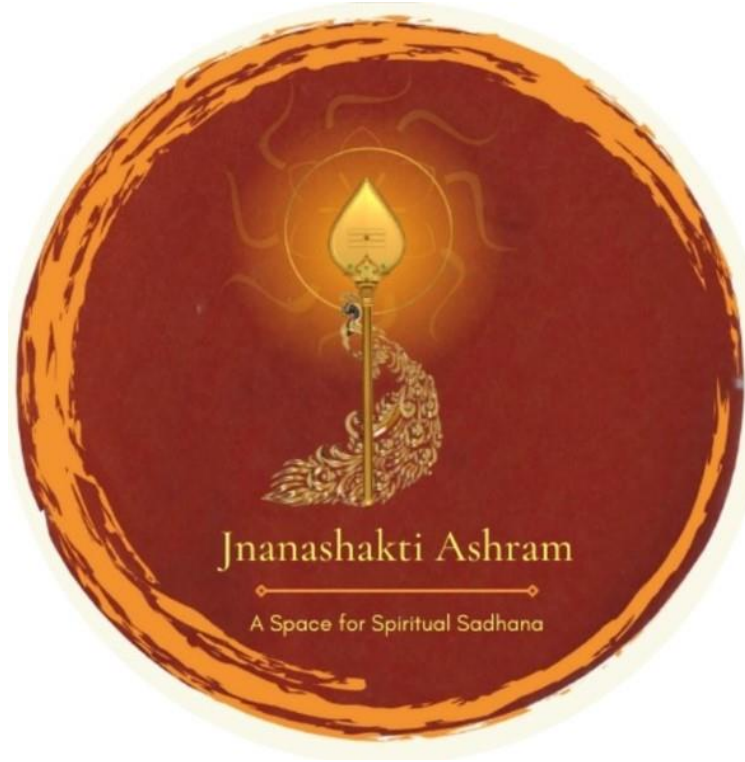
Therefore, the Vedānta lays stress on right understanding of the revelations of the Upanishads, on purity of mind and on silence. We say goodbye to stress not by some technique to reduce it but by seeing the falsity of it.

We must understand the Great Statements and then we know we were never away from freedom.

1 *ajam-anidram-asvapnam* – in the *kārikās* on Māndukya Upanishad.

Swami Chidananda

An Update On



There is many a slip between the cup and the lip, goes the old saying. Even at the eleventh hour, some changes in our architectural drawings had to be made. These were necessitated, on one hand, by the requirements as stated by government authorities and, on the other, a little rethinking on our part too.

Now, last minute procedures are under way and we should soon be getting the final green signal from the Town and Country Planning department of the Maharashtra State Government (operating in Alibaug, the district headquarters of Raigadh).

We will start the construction of the Pilot Phase very soon.

We thank the numerous donors for their generosity and appeal to many more large-hearted people to come forward and support this cause.

Charity brings prosperity!

Team Jnāna-Shakti

THE CHĀNDOGYA UPANISHAD – 3 of 4

Anything Finite Cannot Give You True Happiness



Each of the last 9 sections of the sixth chapter (namely section 8 thru 16) reveals the truth of the oneness of the Supreme Soul (paramātmā) and the individual soul (jeevātmā), with the great statement (mahāvākya) – *tat-tvam-asi* (That thou art). With nine different kinds of thought development, supported by different illustrations or settings, the divine nondual truth is presented in these sections.

The seventh chapter of the Chāndogya Upanishad is referred to as *bhooma-vidyā*, the wisdom of the Infinite. Nārada, the sage among the gods (*devarshi*), approaches the ever-young Sanat-Kumāra for the liberating wisdom. Despite having been a master of numerous subjects, Nārada is not truly at peace within himself. The young guru whom he approaches gives him a rude jolt by saying, 'All that you know is mere names!'

The master then guides his erudite disciple through 15 factors that deserve to be adored, which lead one to great eligibility for the wisdom of enlightenment. Starting with name (*nāma*) and ending with vital air (*prāna*), these 15 factors (on which *upāsana* is prescribed) actually indicate various forms of hidden potential within everyone of us. The progressive sequence delineates the trajectory of human evolution, taking one to the far edge of expansion of consciousness. One is then poised to take the quantum leap – from duality to the nondual.

Sanat-Kumāra speaks of the undivided Pure Awareness (the Self), calling it Bhoomā. The word literally means the infinite. An extraordinary definition of the Bhoomā is given by the youthful luminary: That is Bhoomā, where one does not see anything other than oneself, where one does not hear anything other than oneself and where one does not know anything other than oneself.

The implication is that there is no division anymore between the seer and the seen; between the hearer and the heard; and between the knower and the known. This Bhoomā is above, below, to the right, to the left, and everywhere. Bhoomā alone is everything.

The scintillating instructions of Sanat-Kumāra conclude with some praise of pure food. 'If you eat pure food, your mind becomes pure,' is a statement in the last section of the seventh chapter of Chāndogya Upanishad, which has much bearing on how our sādhanā (spiritual practices) may succeed.

(To be continued)

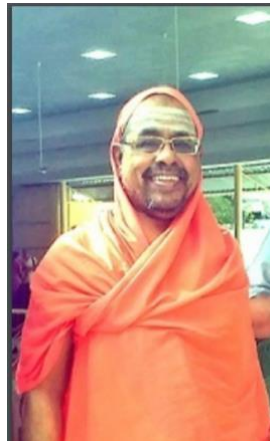
[This is the fourteenth piece in this series after the Upanishads – Ishā, Kena, Katha, Mundaka, Taittiriya-1 (shikshā-valli), Taittiriya-2 (Brahmānanda-valli), Taittiriya-3 (Bhrigu-valli), Brihadāranyaka-1, Brihadāranyaka-2, Brihadāranyaka-3, Brihadāranyaka-4, Chāndogya-1 and Chāndogya-2 were introduced in the previous thirteen articles. – Editors]

Quote of the Issue

WHAT IS THE WAY OF WISDOM?

Jnāna Yoga is a systematic and consistent study of spiritual scriptures, for a length of time, under the guidance of a competent Āchārya. Every word in this (previous) sentence is important.

Swāmi Paramārthānanda



[Swāmi Paramārthānandaji is an erudite, competent, traditional teacher of Vedānta based in Chennai. He was with the Chinmaya Mission for some eight years (1975 – 1983) in the beginning and has been independent afterwards. He ably teaches a wide range of texts as guided by his Āchārya, Swāmi Dayānandaji (1930 – 2015).]

Smt. Indira Gautam
Writes from the US

HUMILITY AND SILENCE ARE A GREAT WEALTH

Much of our sorrow is self-created. We hurt ourselves by certain wrong attitudes that we adopt. We develop expectations and, when others do not act as per our expectations, we feel sad or angry.

The remedy to self-created issues is quiet self-observation. A hundred people may tell us of a problem in our personality but the real beginning, in the process of its ending, happens when we become aware of the problem.

Among the psychological factors that contribute to our unhappiness is pride or a sense of superiority over others. We think we are special or that we need to get special attention. We then do not behave with true love and care. We do not listen to anybody's advice either.



The age-old wisdom compares a proud man with a half-filled pot¹, which makes a lot of noise when somebody is carrying it upon his head. A pot fully filled with water remains silent.

The way out – of course – is not pretending to be humble, without pride. Understanding the error in our own behavioural patterns, and seeing clearly how it has been causing disturbance to us and pain to others, we begin to let go of our false self-concept. An image arose in the past in spiritual ignorance and we got attached to it. The image dissolves away now in intense self-awareness.

May we grow in self-knowing, the divine process within us that can completely set us free of all shackles.

Note 1: *ardho ghato ghosham-upaiti noonam* – a Subhāshita.

Indira Gautam

A GENTLE REMINDER

You Already Know It, Don't you?

Yoga is often partially understood as being limited to āsanās or poses, and its benefits are only perceived to be at the physical level. However, we fail to realize the immense benefits that yoga offers in uniting the body, mind, and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling. So, if you are keen to lose weight, develop a strong and flexible body or being at peace, then yoga can help you achieve it all.



Top 10 benefits of yoga

1. Yoga helps you in all-around fitness.
2. Yoga benefits in weight loss.
3. Yoga is one of the best solutions for stress relief.
4. Yoga helps for inner peace.
5. Yoga Improves Immunity.
6. Practice of Yoga Offers Greater Awareness.
7. Yoga improves relationships.
8. Yoga Increases Energy.
9. Yoga Gives you Better Flexibility and Posture.
10. Yoga helps in improving intuition.

Sri Sri Ravi Shankar puts it this way, "Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving, and enthusiastic you are." Yoga poses, prānāyāma (breathing techniques) and meditation are a holistic fitness package. The benefits accrued by being a regular practitioner are numerous. Yoga improves health, gives mental strength, improves physical strength, protects from injury and detoxifies the body.

Courtesy: Art of Living Foundation

THE VALUE OF TIME



To realize the value of One Year,

Ask a student who failed his or her AP* exams.

To realize the value of One Month,

Ask a mother who gave birth to a premature baby.

To realize the value of One Week,

Ask an editor of a weekly magazine.

To realize the value of One Day,

Ask a daily wage labourer who has six kids to feed.

To realize the value of One Hour,

Ask the lovers who are waiting to meet.

To realize the value of One Minute,

Ask a person who missed their train.

To realize the value of One Second,

Ask the person who survived an accident.

To realize the value of One Millisecond,

Ask the person who won a silver medal in the Olympics.

*[**Advanced Placement** – AP tests, in USA, are college-level exams on specific subjects and are administered in May upon the completion of an AP course taken at a student's high school. At many colleges and universities, a high enough score will earn the student college credit.]

Webinars



Webinars presented and to be presented by Swamiji:

Presented		
12 Feb 2023	#238	Is Spirituality Easy?
26 Feb 2023	#239	To Keep Moving is Life
To be presented		
12 Mar 2023	#240	An Outline of Amritabindu Upanishad
26 Mar 2023	#241	Pride and Prejudice

To join these webinars on Sundays at 8.30 pm IST (8.00 am Pacific Time), please go to YouTube, FOWAI channel at the time. To join on Zoom, where you get to see other participants, please Email fowaiforum@gmail.com

ON YOUTUBE FOWAI CHANNEL

Timings to Change from March 12, 2023



As the Western countries begin Daylight Saving from Sunday, March 12, we will have the following changes in the timings of our weekly online classes by Swāmiji.

Subject	On and after March 12	Before March 12
Geeta	7 am IST Wednesdays /	8 am IST Wednesdays
	6.30 pm Pacific Time Tuesdays	6.30 pm Pacific Time Tuesdays
Upanishad	8 pm IST Fridays /	8.30 pm IST Fridays
	7.30 am Pacific Fridays	7 am Pacific Fridays
Webinars	Alternate Sundays 8.30 pm IST	Alternate Sundays 8.30 pm IST
	Alternate Sundays 8.00 am Pacific Time	Alternate Sundays 7 am Pacific Time

Those who wish to join the webinars over Zoom may please write an Email to fowaiforum@gmail.com to receive the link.

News



Mysuru, Bengaluru: Spiritual discussions were held at Satsangs, organized at the residences of Savitha and Ravishankar in Mysuru on Feb 6, and of Dr Sucheta Nadiger in Bengaluru on Feb 7. Small groups of Vedānta students gathered, listened to Swāmiji, and interacted with him.

Badlapur: J Krishnamurti Self Education Society in Badlapur (about 50 kms to the east of Mumbai) organized its Annual Day Gathering at its Anand Vihar Retreat facility. Swāmiji spoke on the topic ‘Order in Daily Life’ at this event, attended by about 40 participants.

Pune: Talks on Geetā were held, open to the public, for six evenings – Feb 18 – 23. The venue was the auditorium of the Sungrace School in Wanawadi. In addition, a grand celebration of Shivarātri, with rudrābhisheka and archanā with 1008 names of Lord Shiva was held at the residence of Brni Vibhā Chaitanya on Feb 18, in the forenoon. Satsangs were held at the residences also of Sheetal Sonar and family on Feb 19, of Monica Agrawal and family on Feb 20, of Padma Rao and family on Feb 22 and of Neerad and Sheetal Trivedis on Feb 23.

Pollachi, TN: The beautiful RISE Matriculation School in the village near Pollachi (near Coimbatore) in Tamil Nadu hosted Swāmiji for four days: Feb 27 thru March 3, during which the school’s Science Day was celebrated. Swāmiji was one of the judges in evaluating the projects on science done by the classes one to ten. He also addressed the students, interacted with the principal – Ms Hitashi Shah – and joined the trustees of the RISE Foundation in their meeting.



Audience at the Geeta Talks, Pune, Feb 18 thru 23, 2023



Ms Anita Mehra greets Swamini Amrutananda at the inaugural function



Vibha Chaitanya lights the lamp while Sheetal Trivedi (right) and Rakhee Menghrajani look on.



Swamiji speaking at the auditorium of Sungrace School in Wanawadi, Pune, Feb 22, 2023



Cdr Shrirang Bijur, a trustee of FOWAI, summarized the talks of the six days, Feb 23, 2023



Kolkata:

On Mar 11, the International Relations Council (IRC), headquartered in Kolkata, will have Swāmiji speak under their banner for the second time in three years on the topic 'Wellness, Spiritual Perspectives'. The event will be online.

Bengaluru:

On Mar 13, Swāmiji will speak on 'Upanishads on Turning Within' under the banner of Meditation and Study Circle. The event will be online.

On Mar 16, 17, and 20 Shankara Jayanti Mandali in Jayanagar 3rd Block will have Swāmiji's talk on 'Hastāmalaka Stotram'. These offline talks will start at 6 pm.

On Mar 18 – Niramaya Yogakuteera will have Swāmiji address an audience – offline – on the topic 'Welcome Positivity, Say Goodbye to Negativity' at 6.30 pm

The flyer is divided into two main sections. The left section is white with black text, and the right section is blue with white text and images of speakers.

IRC INTERNATIONAL RELATIONS COUNCIL

“Wellness”

1st Episode :
11th March 2023 from 6 pm to 7.30pm


Our distinguished speakers will start off this first episode by giving us an in depth understanding on the importance of Wellness in their respective fields.

Webinar Link: Please Email a request to: ircouncil18@gmail.com

Dr. Paromita Mitra Bhaumick
Consultant Psychologist/ Learning and Development Coach /Academician

Swami Chidananda
Vedanta Scholar

Sowya Gupta
Senior Nutritionist with Rujuta Diwekar


RAMATHEERTHA
SEVA FOUNDATION

Ramatheertha Seva Foundation
Jayanagar, Bangalore - 560 011
Ph : 94480 64675, 98868 16153 Email : ramatheerthaseva@gmail.com

Special Lecture on
Topic :
WELCOME POSITIVITY
Say Good Bye to Negativity

by **Swami Chidanandaji**
FOWAI FORUM

on Saturday, 18th March 2023 at 6.30 p.m.

VENUE :
"Niramaya Yogakuteeram"
"Aashirvad", 9/1, 2nd Floor, OVH Road
Near Nettakallappa Circle, Basavanagudi
Bangalore - 560 004

All are welcome

(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).

Publisher: Shahid Sayed, AUPA Project Manager for STEP Press
Mobile: 99678 78798