

# AUPA e - Newsletter

May 2023  
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Editor: Swami Chidananda  
Associate Editor: Dolly Seth

## Mantra to Ponder

### THE POWER OF ASPIRATION

We once more would like to bring to the notice of our readers that the Upanishads, while admittedly are concerned with liberation (*moksha*), which is the ultimate goal of human life, do cover realities of our intellectual and emotional life in their total coverage. An example of such justice done to what we go through in daily life is a mantra in an Upanishad from the Sāma Veda, where Sage Sanat-kumāra praises aspirations.



*/ āshā-iddho mantrān-adheete, karmāni kurute, putran pashunscha icchate, imam cha lokam amum cha icchate, āshām-upāssva /*

*It is only when we are fired by aspirations, we study Veda-mantras, perform actions prescribed therein, seek to have children and wealth, and want to attain glory in this world and enjoyments in other worlds.*

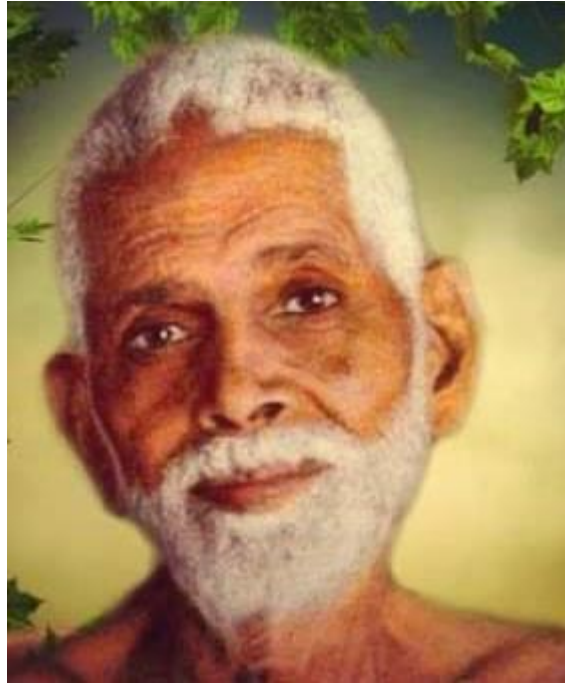
*Adore aspiration!*

Chāndogya Upanishad 7.14.1

A whole lot of motivational literature, no doubt, ask us to 'dream big, achieve big'. Within the domain of duality and normal life, aspirations provide the fuel to work with focus, tackle issues with energy and rise in life.

Hardly anyone can bypass the stage of desiring, mobilizing energies, achieving, and shining.

**SILENCE IS GOLDEN**



*Silence is ever-speaking; it is a perennial flow of language; it is interrupted by speaking. These words obstruct that mute language. There is electricity flowing in a wire. With resistance to its passage, it glows in a lamp or revolves as a fan. In the wire it remains as electric energy. Similarly, silence is the eternal flow of language obstructed by words. What one fails to know by conversation extending to several years can be known in a trice in Silence, or in front of Silence. For example, Lord Dakshināmurti's silence quelled the doubts of his four disciples. That is the highest and most effective language.*

**Shri Ramana Maharshi**

*(In the book Talks with Shri Ramana Maharshi, talk 246)*

~

{That the highest wisdom is often diametrically opposite our ordinary understanding should not baffle us.

For thousands of years, humanity thought the sun actually rose and set; then it dawned on them that sunrise and sunset were appearances. Likewise, we think actions and speech are most precious; we are awakened by Masters to realize the glory of silence. – Editors}

**Thus Spake  
Chinmaya**

**Om Shri Chinmaya Sadgurave Namah**

[The 107<sup>th</sup> Jayanti of Pujya Gurudev just passed by, on May 8. We offer prayers here at his lotus feet. –  
Editors]

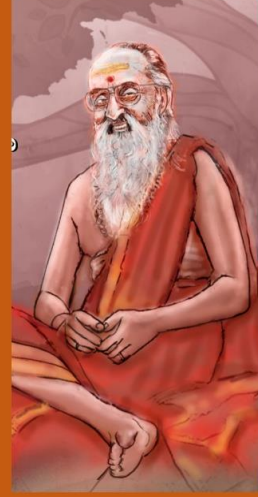
**CHINMAYA JAYANTI 2023**

ध्यायामि चिन्मयानन्दं  
गुरुदेवं महामतिम् ।  
प्रेमपूर्णं क्रियाशीलं  
सदा लोकहिते रतम् ॥

कृपालुं सुन्दराकारं  
समर्थं सत्यदर्शिनम् ।  
वाचा तत्त्वप्रकाशिन्या  
शोकमोह-विनाशिनम् ॥

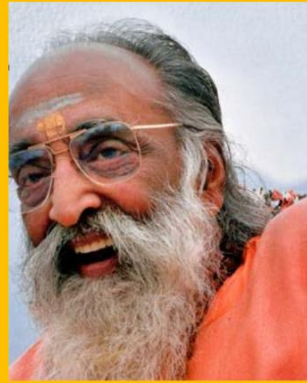
I salute Swami  
Chinmayananda ji, the  
revered teacher with a  
mighty intellect. Full of  
love and ever active, he is  
always engaged in doing  
good to the world.

Compassionate and of  
handsome form, able and  
a seer of truth, he  
destroys all of grief and  
delusion through his  
words that illumine the  
reality.



**REMEMBERING CHINMAYA**

*Dhyāyāmi Chinmayānandam  
Gurudevam mahāmatim  
Premapoomnam kriyāsheelam  
Sadā lokahite ratam .  
Kripālum sundarākāram  
Samartham satyadarshinam  
Vāchā tattva-prakāshinyā  
Shoka-moha-vināshinam .*



May his grace and blessings be upon all of us!



Swami Chidananda

## WHEN YOUR MINDSET MAKES A BIG DIFFERENCE

All of us, with no exception, face situations where we are praised; a good label is put on us. All of us, with no exception again, meet with scenarios where we are criticised; a bad label is put on us. Remaining calm in the face of praise and criticism is just one aspect of how we deal with such circumstances. This piece of writing focuses on another, more important, aspect. That is about how we interpret the good or bad labels, how we form an opinion on the people who put those labels on us.

Geetā talks about *remaining equal in the face of felicitation and insult*<sup>1</sup>. I would look at a healthy mindset as a deeper dimension of this 'remaining equal'. We may maintain a sort of peace by reconciling with what the day brings to us – success or failure. What do we do after that? For example, if it is meeting with failure or dealing with criticism, do we learn a lesson and try to correct ourselves? Or do we just manage to stay calm but, internally, blame the situation that caused failure or the person who made nasty comments about us?



Psychologists<sup>2</sup> describe two kinds of mindsets – the growth mindset and the fixed mindset in this matter. A book<sup>2</sup> by a professor<sup>3</sup> considers the growth mindset as the harbinger of excellent personality development and the fixed mindset as the cause of stagnation and misery.

If we develop the growth mindset, we will take criticism as something that helps us become aware of our shortcomings; we will decide to focus on working on those weaknesses, and, in a short or long period of time, get freed of them. If we have a fixed mindset, we refuse to accept the criticism and say to ourselves, "I am all right but these people (who found fault with me) are utterly biased. They need to change; not I."

Those of us with the growth mindset also get hurt when we are criticised but despite the hurt, we take the direction of trying to truly understand the self in us. If we stay with the fixed mindset, we not only get hurt but also imagine that there is no use of trying to find out some possibly unknown parts of the self and work on them.

A true student of Vedānta needs to develop the growth mindset, make mid-course corrections in his spiritual journey and never stop learning.

**Swāmi Chidānanda**

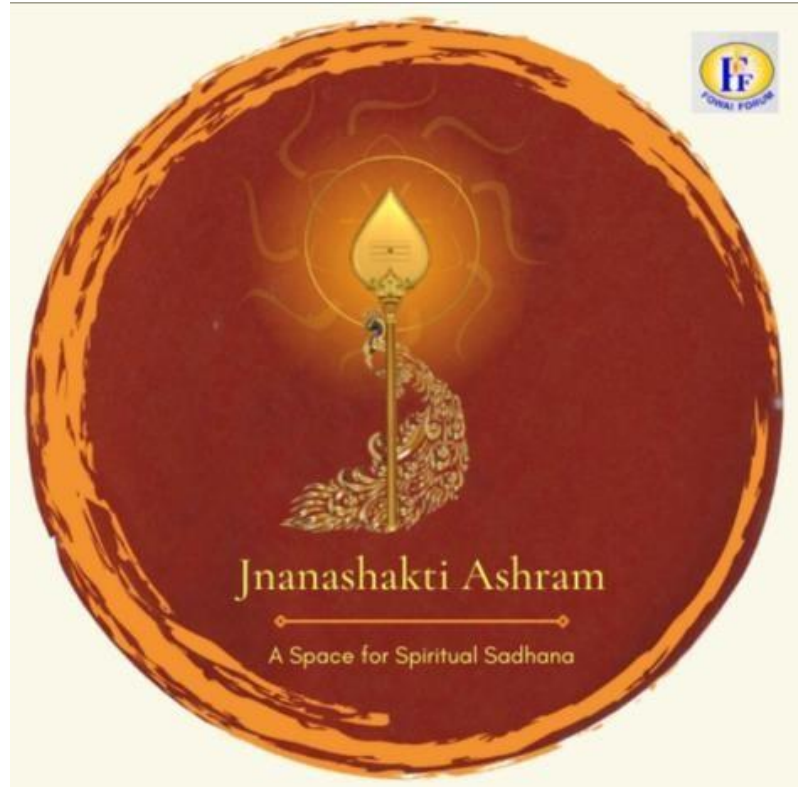
### Notes

1 *tulya-nindā-stutih* 12.19

2 Mindset, the New Psychology of Success

3 Carol S Dweck, Ph D, for example.

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



*Getting Ready to Build*  
**THE PILOT PHASE**

We are happy to let all of you know that our team has planned to build first a Pilot Phase, where we will have a single building, on a single foundation, that will initially fulfil several of our needs.

Features like the seminar hall, the participants accommodation (for 12 to 15, to begin with), the kitchen, the dining room, Swamiji's residence, an administrative room etc. will all be in the first building to come up. We plan to have a soft opening in January 2024.

We invite you to support this Jnāna-Shakti project in all possible ways.

TEAM JNĀNA SHAKTI

**Team Jnana Shakti**

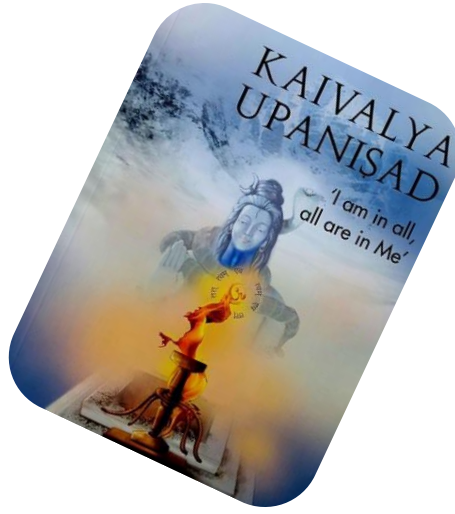


## THE KAIVALYA UPANISHAD

### *The Bliss of Aloneness*

Loneliness is painful. There are others; we want someone to interact with but no one seems to want us. Aloneness is bliss because there are no others. Neither the sense of wanting company nor that of being rejected marks this state of wisdom. We see ourselves in all and we realize that all are within us! That is Absolute Oneness, the freedom of aloneness. The study and practice of this Kaivalya Upanishad, which is from the Atharva Veda, bestows upon us this uncaused happiness and ever-free aloneness.

Consisting of just 25 mantras, this text is considered a Minor Upanishad, not because of its small size but because the great āchāryas – Shankara, Rāmānuja and Madhwa – did not write a bhāshya (commentary) upon it. Āshwalāyana is the student in this celebrated dialogue and Lord Brahmā, called Paramesthi, is the teacher.



Faith (*shraddhā*), devotion (*bhakti*), meditation (*dhyāna*) and concentration (*yoga*) are extolled at the beginning by the guru as the royal path to the highest attainment. The well-known mantra (*na karmanā, na prajayā...*) that dismisses action, offspring and wealth as the possible means to the liberating wisdom, which takes us beyond death, appears in this Upanishad. Renunciation (*tyāga*) alone is held high, which should mean letting go of the sense of limited I, which is possible only in knowing our true nature.

The body of the mantras here covers valuable topics such as physical and mental preparation for meditation, the nature of the object of meditation, and the ever-luminous destination of right meditation. In addition to contemplating upon the formless reality devoid of attributes, this sacred work recommends meditation upon Lord Shiva, the Consort of Mother Umā, as the gateway to emancipation.

Om (*pranava*) is the upper firestick; the ignorant self is the lower firestick; careful study of Brahmanvidyā is the friction between the two of them; the fire born of this friction burns all the bondage in which we are caught. The vision that arises in proper study, reflection and meditation transcends the three states of waking, dream and deep sleep. The limitations of the body, the senses and the mind etc. do not anymore apply when we are anchored in this vision.

This short and sweet treatise concludes with praise of the rewards of the Vedānta study by saying that sins of all conceivable forms are washed away upon the dawn of the highest knowledge of Brahman.

[This is the sixteenth piece in this series after the Upanishads – *Ishā*, *Kena*, *Katha*, *Mundaka*, *Taittiriya-1* (*shikshā-valli*), *Taittiriya-2* (*Brahmānanda-valli*), *Taittiriya-3* (*Bhṛigu-valli*), *Bṛihadāraṇyaka* (in four parts), and *Chāndogya* (in four parts) were introduced in the previous fifteen articles. – Editors]

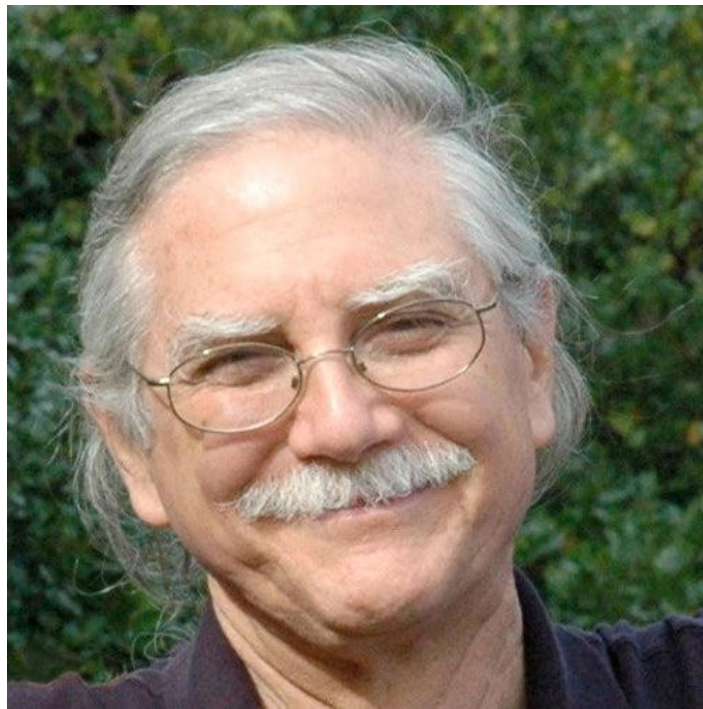
Quote of the  
Issue

ARE YOU AIMING AT SILENCE?

*Silence does not mean the absence of noise.*

*Silence means the absence of you.*

Michael Singer in his book, 'The Untethered Soul'



**Michael Singer** (born 1947) is an American author, journalist, motivational speaker, and former software developer. Singer is best known for his writings on spirituality, meditation, and New Age philosophy, and two of his books on the subject, *The Untethered Soul* (2007) and *The Surrender Experiment* (2015), were *New York Times* bestsellers.

**Smt. Indira Gautam**  
**Writes from the US**

## **GOOD CONDUCT IS ABOVE ALL**

Dharma, they say, is a matter of conduct<sup>1</sup>. Any amount of scholarship is in vain unless we conduct ourselves in virtuous ways. Wealth, physical health and popularity etc. are also inconsequential if we lack good conduct.

Good conduct has a lasting impact on relationships while everything else impresses us for a while only. Even enemies would stop and admire a man of good conduct, thinking, 'Ah, he is really not at fault!'



***Right and Wrong***

Thus, an ancient verse<sup>2</sup> goes on to say, "That man deserves to live for a hundred years, who is virtuous in his dealings, has faith in moral rectitude and does not harbour any envy regarding others' wealth or position."

Honesty, transparency and hard work are among the things that make for good conduct. Add to this list values like caring for others, extending a hand of help to those who are suffering. Our tradition has maintained the position that faith in God and related practices can be the foundation of a bunch of values that make us people of good conduct.

Envy often disturbs our sāttvik temperament by vitiating the atmosphere of contentment and serenity within our bosom. We ought to, therefore, be extra careful when traces of envy arise within us.

Let me conclude quoting the good old words, "If wealth is lost, nothing is lost; if health is lost, something is lost; if character is lost, everything is lost!"

Best wishes to all of you, dear readers of AUPA!

Notes:

1 āchāra-prabhavo dharmah (in verses related to Vishnu Sahasra Nama)

2 *sarva-lakshana-heeno'pi  
yah sadāchāravān narah  
shraddhadhāno'nasuyascha  
shatam varshāni jeevati*

**Indira Gautam**



## EMOTIONS AND YOUR HEALTH

Poor emotional health can weaken our body's immune system. This makes us more likely to get colds and other infections during emotionally difficult times. Also, when we are feeling stressed, anxious, or upset, we may not take care of our health as well as we should.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.



Depression, anxiety, stress, poor body image, grief, loss, a major change in our life such as becoming a new parent can all affect our mental and emotional health and day to day living.

There have been expert views on the connection between particular organs in our body and our health. For example, a physician states the following: " Liver oversees anger, heart oversees happiness, spleen oversees thoughtfulness, lungs oversee sadness, and kidneys relate to fear. " On top of all these, it is generally admitted that different organs are, to an extent, inter-related. A holistic view of our body should never be ignored.

Good health can contribute to cheerfulness. It is true the other way around also: cheerfulness (and other forms of emotional well-being) can contribute to good health.

As an example of the relationship between parts of the body (or of the brain), we may consider the role of Hypothalamus, which is involved in expression of emotions. It regulates many fundamental programs such as keeping the body temperature, eating, drinking, and sexual behaviour. The hypothalamus also plays an important role in influencing our emotions.

Dopamine, serotonin, endorphins, and oxytocin are the secretions much connected with our moods, emotional states. We can boost levels of these hormones with some simple lifestyle changes, like diet, exercise, and meditation, and possibly improve our mood in the process.

The hypothalamus, a structure deep in our brain, acts as our body's smart control coordinating centre. Its main function is to keep your body in a stable state called homeostasis. It does its job by directly influencing our autonomic nervous system or by managing hormones.

When do we cry? (Or what happens when we cry?) The lacrimal gland and its innervation are connected to tears. The lacrimal glands, located in the upper lateral quadrant of the ocular orbits, are responsible for both our reflexive and emotional tears.

There is a lot to discover when it comes to exploring the mind-body relationship and the dynamics of the system. True spirituality can go a long way in improving both our emotional life and physical health.

(From several sources)

## **MINDFULNESS IN TODAY'S WORLD**

**Kanchi Dheer**

A still mind is not one that does not think. it's also not the one that's devoid of any emotions. In our attempt to *control* our thoughts and emotions we miss out on what they are indicating. A still mind is one that acknowledges all emotions, thoughts and feelings but doesn't get attached to them. It doesn't indulge in them more than necessary.

And one way to do that is by cultivating Mindfulness.



Mindfulness is the practice of purposely bringing one's attention to the present moment, but doing so gently, kindly and compassionately.

The key word here is mind- *management* rather than mind- *control*.

In today's all consuming, multi-device world, constant stimuli, our brain structures are changing, attention spans are lowering, resulting in a change in cognitive functioning.

I often hear from Gen Z (11–26-year-olds) that they can't focus on a task for more than 5 minutes. From my generation ie.: the millennials (27 - 42-year-olds), I hear "My mind is all over the place, all the time."

But we can't blame ourselves nor technology because, although wellbeing and mental health are gaining popularity, busyness is worn as a badge of honour and hustle culture is celebrated.

So, how can we start to cultivate a better relationship with ourselves, to better manage our time, to cultivate mindfulness and improve brain and physical health? I believe it starts with kindness and compassion for self.

By recognizing that every human is different and we need to find ways and methodologies that work for us. Journaling, spending time in nature, with yourself, identifying what values hold true to you and of course with a meditation technique that works for you.

When we meditate, we connect with ourselves in a very authentic way and develop self-awareness. This enables us to connect better with the world around us and live each moment fully and intentionally. Use meditation as a tool to cultivate mindfulness in your life. When you do that, you become more aware of your feelings, behaviors, patterns and with that self-awareness, you can then connect with everything around you intentionally.

"The thing with meditation is you become more and more you", David Lynch.

Meditation is a tool everyone can use to build a healthy, joyful, and mindful life.

**About Kanchi Dheer**

A former marketing strategy professional, who has worked and lived in multiple countries, Kanchi Dheer is from India and is the founder of Nama: Through all the trials, tribulations, ups and downs she has faced, her meditation practice has been a constant anchor in Kanchi's life. She believes that anyone can cultivate inner peace and a deep sense of self with courage, persistence, patience and finding techniques that suit them!



**About Nama:**

Nama: is a virtual meditation studio with the mission to make good quality meditation practices easy for everyone to follow consistently. We offer guided meditations, classes and workshops.

Website: [www.namameditation.com](http://www.namameditation.com)

Instagram: @namameditation

**Webinars**



PRESENTED by Swamiji on Sundays at 8.30 pm

April 9, 2023	242	Understanding Hinduism	Episode 1
April 23, 2023	243	Attachment, Possessiveness etc.	-
May 7, 2023	244	Understanding Hinduism	Episode 2

TO BE PRESENTED by Swamiji on Sundays at 8.30 pm

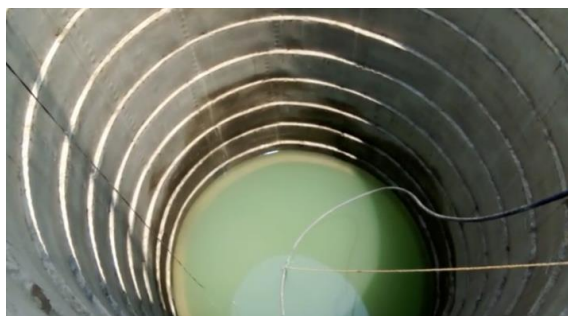
May 21, 2023	245	Understanding Psychological Insecurity	-
June 4, 2023	246	Understanding Hinduism	Episode 3

To join these webinars on Sundays at 8.30 pm IST, please go to YouTube, FOWAI channel at the time. To join on Zoom, where you get to see other participants and ask questions through voice, please Email

## News

### GOA / KUDAL

April 2 thru 5: Brahmachārini Vibhā Chaitanya accompanied Swāmiji to Goa, from where both of them went to Kudal, along with two more trustees – Shri Ashok Kulkarni and Shri Suryakānt Gāwde – to take a look at the progress made at FOWAI FORUM's land at Kudāl (in Mahārāshtra). During this visit on April 3, all the trustees, Smt Ashwini Kulkarni and Engineer Sanket Prabhudesai were happy to see that a new well was made completely ready and the 3-bedroom farmhouse was about 40% completed.



On the next day, eight people accompanied Swāmiji to Rivona, where a Gurukul is running. Nearly 30 girls and boys are staying at the Gurukul, studying Mimāṃsā, Nyāya and Vyākaraṇa. Our group met the principal āchārya (Shri Devdutt Patil) and his learned wife (Aparnā ji). Their son Priyavrat Pātīl was appreciated by PM Shri Narendra Modi two years ago – over a tweet – for his extraordinary accomplishment in the form of mastering several *shāstras* at a record-breaking age of 16. The C M of Goa, Shri Pramod Sāwant, visited the Gurukul following the PM's appreciation over Twitter.



At the Pāthashālā (Gurukul) in Rivona, South Goa, April 4, 2023

## Bengaluru

April 10, Swāmiji delivered an online talk at M and S Circle on the topic 'Our Mindset, the Basis for Our Effectiveness'.

April 18, another Online talk in Kannada was delivered at M and S Circle with the topic 'Dangerous words: Nothing will happen, leave it'.

April 27, 28, 29: Three talks on Hastāmalaka Stotra were delivered by Swāmiji (offline) at Shankara Jayanti Mandali in Jayanagar, 3<sup>rd</sup> Block. The text was completed.

### **DHIMAH I**

Deriving Holistic Insights into  
Management from Ancient Heritage  
of India

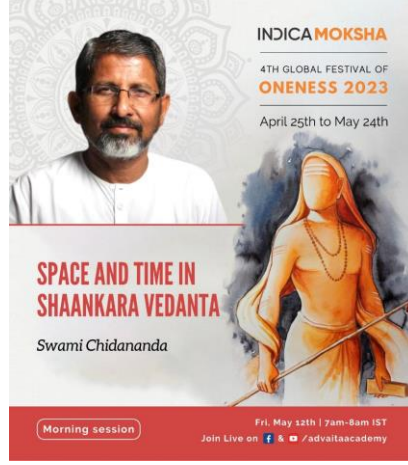
Indrashil University, near Ahmedabad, set up by the well-known pharmaceutical company CADILA, invited Swāmiji to speak at their 5-day Workshop on 'Science and the Spiritual Quest'. Accompanied by Ms Uma Muchhala, Swāmiji went to their campus for a 48 hour stay. He spoke on 'What is Consciousness?' on May 3, which was much appreciated by the students and the teaching staff of the University.



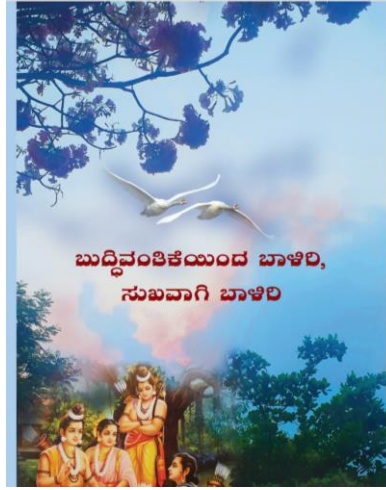


## Upcoming Events

Indica Moksha: May 12, 2023: This online talk will be under Advaita Academy. The flyer below gives all the details. Please may register (and watch this) at – <https://indica.events/event/global-festival-of-oneness-gfo2023/>



Release of the Kannada version of 'Live Wisely, Live Happily' will be done on May 14 during an 'Upanayana' ceremony at the village Saligrāma in Udupi district, where Swāmiji will personally join the event.



(Front cover of new booklet)

**Bengaluru:** Shankara Jayanti Mandali will again be the venue for three offline talks by Swāmiji on May 29, 30, 31 on the theme: Gems of Insights from Shankara's Commentary on Geetā.

**The Leadership School (TLS):** Talks on Hinduism: June 2 thru 7: A bunch of about 30 young men and women will be Swāmiji's audience at NĀGALOK in the city of Nāgpur, where the classes will be on *Understanding Hinduism*. See [www.disomfoundation.org](http://www.disomfoundation.org) for details of the TLS.

## ANNOUNCEMENT – ONLINE SALES

FOWAI FORUM is happy to let you know that you may now place orders for our books, pen-drives (with audio recordings of talks on scriptures) or subscribe to INNER FLAME, the magazine) by visiting the website: [www.fowai.org](http://www.fowai.org)



(AUPA is the short form of AUPANISHADA-PURUSHA, the truth of the sacredsource called Upanishads. This e-newsletter comes from Project Manager of the website: [aupa.in](http://aupa.in) – Upanishad Wisdom).

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