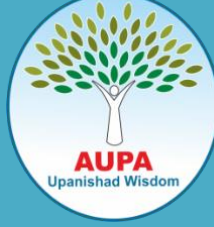


# AUPA e - Newsletter

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Editor: Swami Chidananda  
Associate Editor: Dolly Seth

## Mantra to Ponder

### AN UPANISHADIC ASPIRATION

Revealing the highest truth is the primary objective of the Upanishads. They however provide to us exercises that prepare us for the high plateau contemplation. These exercises make the 'equipment' in us – mind, speech and actions – pure.



*'By this oblation may the deeds accomplished by my mind, speech and body become purified. I pray that I become the Supreme Light, bereft of all obstructing sins and their cause, the passions in me. For this end, may this oblation be offered into the consecrated fire. Hail!*

*mano-vāk-kāya-karmāni*

*me shudhyantām*

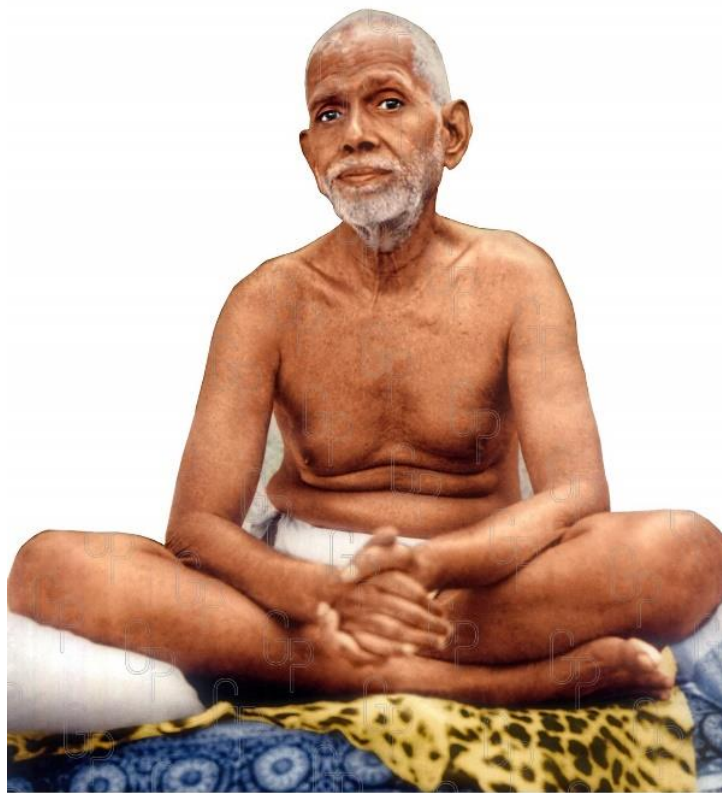
*jyotir-aham virajā vipāpmā*

*bhooyāsam svāhā*

(66.3 Mahānārāyana-Upanishad)

How compassionate these Vedānta texts are! They show us the distant mountain to climb; they hold our hand and take us on the path leading to the heights.

## INVITE GRACE



Grace is both the beginning and the end. Introversion is due to Grace. Perseverance is Grace; and Realization is Grace. That is the reason for the statement: *mām-ekam sharanam vraja* (Surrender to Me alone, Geetā 18.66). If one has entirely surrendered oneself, is there any part left for Grace? One is swallowed by Grace.

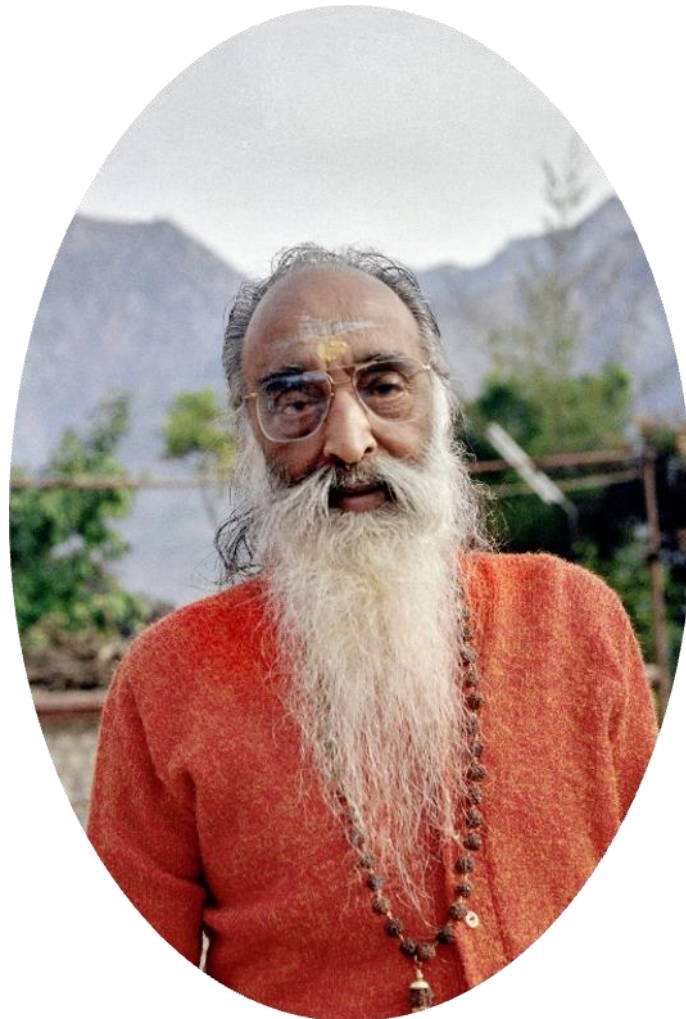
Shri Ramana Maharshi

(in Talks with Shri Ramana Maharshi, #319)

[Maharshi said enquiry and surrender are the two approaches to enlightenment. The above quote inspires us to opt for the second way, that of surrender. – Editors]

**Thus Spake  
Chinmaya**

## **UNDERSTANDING TRUE SPIRITUALITY**



*True spiritual living is not an escape from life, but an intense involvement in life's highest adventure.*

**Pujya Swami Chinmayanandaji**



Swami Chidananda

## **SHIFT GEARS PLEASE *Become a Yogi***

It is never too late to change. There are instances of people who lived in error for six to seven decades, and then changed. From being a *bhogi* (pleasure-centred), they shifted gears, and they went on to become a *yogi* (living right values of life).

What prevents us from leaving wrong ways, and adopt right ones? It seems the first difficulty is lack of willingness. We do not really want to change because, being in the grip of delusion (*māyā*), we think we are all right and the world needs to change! The old saying is relevant once more: *You can lead a horse to water but you cannot make him drink.*



Nature, however, has its ways to bring us to our knees, and realize that we have got to change. A certain earnestness about the urgency to change arises within us at the right time and we then begin to live differently.

Scriptures keep saying it but we do not listen. When the right time comes, we not only listen but act upon the kind advice of the scriptures. It is sometimes 'divine grace' that makes us take the about-turn – full 180 degrees – to leave our self-centred ways and to start serving others, worship God and do right things at the right time.

In some sense, it is no less than a mystery why we remain adamant for long years. It is equally a mystery how we let go of our obstinacy and become a new person. One rational way to understand this conundrum is to acknowledge the fact that the human mind is extremely complex, loaded with memories of ages, all of which are stored on its subconscious and unconscious layers. The forces at work within our mind, which drive our impulses and make us say yes or no at the right or wrong places, are too hard either to notice or to handle.

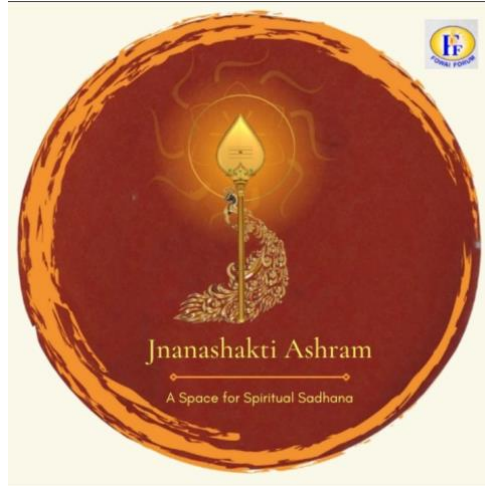
We may attend a brilliant discourse from a wise man but may use it to advise somebody else rather than apply to our own way of living. When divine grace descends on us, we do not need any discourse at a hallowed spiritual centre. The right advice can come to us, loudly enough, from birds and animals. Our spouses may say something that hits the nail on the spot, where learned philosophers had miserably failed.

We must shift gears, if we truly wish to experience peace and love.

**Swāmi Chidānanda**

**Jnāna Shakti**  
Strength from Right Understanding

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



Dear friends and well-wishers,

We regret that there has been a lot of delay in the matter of beginning to construct the Jnāna Shakti āshram. There is no other reason than the fact that, due to different reasons, government permission has not yet reached our hands.



Some recent, new developments embolden us to say, “We are almost there! It is now the last mile before we start the work!”

Your good wishes, patience and support mean a lot to us.

**Team Jnāna Shakti**

## Educate your Intellect *Gain Clarity on Moral and Spiritual Values*

By saying, 'Your intellect is the charioteer' of the journey of life, where the body is the chariot, the Vedānta asks us to constantly educate our intellect to discern and determine the good, and to reject the bad. This need to ensure that our intellect is well informed, and, in trying circumstances, will supply the right direction to our journey, makes the statement of the Kathopanishad the second chosen imperative from the Upanishads.



*Educate your intellect, which is your charioteer<sup>1</sup> (buddhim tu sārathim viddhi).*

In this second of the eighteen, we are told to study scriptures and to study life itself. We must stop living mechanically, doing the same thing again and again without applying our intelligence to emerging situations. No wonder the Taittiriya Upanishad asks us<sup>2</sup> *never to allow any lapse in the matter of learning and teaching*. 'Update your own knowledge and share it with others all the time,' is the advice, in other words.

Many people wrongly believe that their conscience is their unfailing guide in deciding what to do and what not to do. They forget that, at a given point of time, this conscience within them, their inner voice, may not know many aspects of the situation on hand. As a result, the inner voice is a voice of ignorance. Spiritual education opens new vistas of understanding the vicissitudes of life that we need to deal with. Sometimes, even when we know the right thing to do, the numerous likes and dislikes (*rāga and dwesha*) create such din and roar within our bosom that we mistake their voice to be the call of the conscience. Scriptural study and associated practices can save us from the terrible scenario of the devil being our torchbearer. We must not be led by our attachments and aversions. They should not inspire us to move ahead in a certain direction. Therefore, we look for sane advice, which can come from studying the *shāstras* (scriptures) and doing necessary contemplation (*manana*) upon them.

'Keep polishing your wisdom,' therefore is the advice restated. Let your charioteer be well-trained. Let him be aware of the road ahead on one hand and of the strengths and shortcomings of the chariot on the other. He pulls the strings, which your emotional mind is. He rightly controls the horses, which your sense organs make. The horses must run on the roads, which consist of sense objects, some of which are healthy and others unhealthy.

Life is indeed a journey by a chariot. We are the master sitting upon the vehicle. Our *buddhi* is at the driver's seat. We must constantly help the driver to remain wise and sharp.

Notes:

1 *buddhim tu sārathim viddhi* – Kathopanishad, 1.3.3

2 *swādhyāya-pravachanābhyām na pramaditavyam*, Taittiriya Upanishad 1.19.



## Quote of the Issue

### DESTROY AND SHINE FORTH



*Make not mistakes about it – enlightenment is a destructive process. It has nothing to do with becoming better or being happier. Enlightenment is the crumbling away of the untruth. It is seeing through the façade of pretence. It is the complete eradication of everything we imagined to be true. Enlightenment, peace, and joy can never be given to you by another. The well is inside you.*

**Swami Vivekananda**

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

### WHAT MAKES YOU GREAT?

*Conduct is the Supreme Factor*

Most people hastily value a man based on his family background, his academic qualification, the wealth he possesses etc., not to mention his colour of the skin, ethnicity, religious affiliation etc. Even a hundred examples or cases where these criteria went wrong do not seem to have taught humanity a lesson.



Good conduct, really speaking, is the sure test of how great we are. How we behave (in public view and in our private affairs) is the sole criterion – in God’s eyes – to decide whether we are worthy of respect.

Like many other values, conduct has been declared, from time immemorial, to be the basis on which a human being must be evaluated. Look at this verse<sup>1</sup> from Mahābhārata, for example:

*I do not think one’s family decides one’s worth  
when one lacks character;  
Good behaviour sets a man apart  
even when he is born in socially disadvantaged communities.*

Even a wee bit of true spirituality makes us remember that God is watching us, all the time. Alas, the power of māyā is so much that even the learned people behave wrongly when they imagine nobody is watching them.

If we have everything but we lack right conduct, we practically have nothing. In contrast, if we do not have anything but behave rightly, we do not need anything. If character is lost, everything is lost.

Hearty best wishes,

**Indira Gautam**

Note 1:

*na kulam vritta-heenasya  
pramānam-iti me matih |  
anteshvapi hi jātānām  
vrittameva vishishyate ||  
(M.B. Udyoga Parva, chapter 34, verse 41)*

**Health is You**

## **EAT ONLY FOR HALF THE CAPACITY OF THE STOMACH**

Diet is an essential factor for a healthy life. Āyurveda lays a lot of stress on how, what, and when to eat. An imbalance in this pattern of diet leads to diseases. Charaka, the famous āyurveda-ācharya, states, “An appropriate and suitable diet during sickness is equivalent to a hundred drugs. Any quantity of drugs is of no use when proper diet is not followed.”





Ayurveda mentions that, for living a full life span with perfect health, one should take into consideration the place, the time/season, and the *rasa*/taste of the food, along with the measure. One should eat only when one is truly hungry, and when the 'pitta' (bile element) is most active. This generally is the noon time. Also, the portion should be such that half the stomach (meaning half its capacity) should be filled with solid food, one fourth with liquids, and the rest should be kept empty for the free movement of body humours.

**Courtesy: Giri Bhakti**

**AUPA Yuva**  
As Young Eyes See

### **SIX MISTAKES TO AVOID IF YOU WANT TO EXCEL IN LIFE**

Old is gold, many a time, if not always. In the ancient work of 'pancha-tantra,' we have a gem of a verse<sup>1</sup> that pinpoints six mistakes that a lot of young people commit and therefore, despite their having a lot of potential within them, they end up as mediocre performers.



The six follies are no other than the following:

- 1 Lying on bed more than what is necessary.
- 2 Sluggishness (slow responses to every need)
- 3 Fearing unnecessarily (without enough basis)
- 4 Getting angry at the wrong place in wrong measure
- 5 Laziness (not acting upon things)
- 6 Taking too long a time for completing tasks undertaken.

Young ladies and men should take special care to avoid the above six stupidities. Excellence then is guaranteed.

~

Note 1:

*shat-doshā purusheneha  
hātavyā bhootim-icchatā  
nidrā tandrā bhayam krodhah  
ālasyam deergha-sutratā*

(Panchatantra)

## Webinars

### PRESENTED

Swāmiji presented the following webinars at 8.30 pm IST, on Sundays:

October 15, 2023	Webinar # 254	Understanding Hinduism, Episode 6
October 29, 2023	Webinar # 255	My Experience of the Parliament of the World's Religions, Part 2

### TO BE PRESENTED

The following webinars by Swāmiji will come up at 8.30 pm IST, on Sundays:

November 12, 2023	Webinar #256	Understanding Hinduism, Episode 7
November 26, 2023	Webinar #257	The Power and Limitations of WILL

## NEWS

**NRI Vedānta Students visit Swāmiji:** Ranjani and Amit from Dallas, TX, visited Swāmiji at his Mumbai residence on October 10, discussed a range of topics, took lunch prasad and left. Ryan from San Diego, Ca, spent a day with Swāmiji at Bengaluru on October 18. The two visited the International Pyramid Valley, the Suvarnamukhi Samskriti Dhāma and the Art of Living Foundation, while discussing Vedanta, the teachings of Francis Lucille (with whom Ryan has had a long association) and meditation.



Mohan Hejamādi, Renu Gāndhi, Swāmiji, Ranjani and Amit.



Ryan, Swāmiji and Dr Nagaraju at the **amphitheatre** in SSD.



**Remembering Arizona:** Dr Rāmanath Pai and Smt Rajashri Pai drove from Phoenix to Tucson to meet Swāmiji and attend the session at SAINT (Seniors' Association of Indians in Tucson), Sept 15, 2023.

**Bengaluru, Oct 19 thru 26:** Swāmiji delivered three evening talks on '*yajna*, *dāna* and *tapah*' at the Shankara Jayanti Mandali (SJM) on Oct 19, 25 and 26. He also delivered a special talk (in Kannada) on 'Pain is unavoidable but Suffering is our Choice' on the 19<sup>th</sup> at 11.30 am at SJM. Another event was at 'SVĀSA', an impressive residential area, where 'Param Vedānta' – the students' group guided by Dr Thimappa Hegde gathered on Wednesday, Oct 25, to listen to Swāmiji on 'Greatness of Kathopanishad'. Prof. Rājeev Gowda and his wife Smt Sharmilā hosted the event, attended by more than 80 enthusiastic people.



Audience at SVĀSA, 'Param Vedānta' Satsanga



Dr Thimappa Hegde (to Swāmiji's left) and Mr Venkatesh Murthy leading Swāmiji to his seat.





Smt Sharmilā (extreme right), Prof Rājeev Gowda and their daughter at SVĀSA.

Mumbai, Oct 29: A large group of about a hundred enthusiastic citizens gathered at D-Mart, Hiranandani Gardens, Powai at 5 am on Sunday the 29<sup>th</sup>. Swāmiji, Mohan Hejamādi and Sadāshiv Mendon also reached there on time. The occasion was the 'Sardār Patel Run for Unity,' organized by Jalajā Foundation. Shri J P Shetty welcomed and requested Swāmiji to speak a few words of blessings for the program. Swāmiji spoke a few words of appreciation at the idea and wished everybody holistic development in their lives.



## DHIMAH I

Deriving Holistic Insights into Management  
from the Heritage of India

The SIES College of Arts, Science and Commerce at Nerul (New Mumbai) invited Swāmiji for the second time this year to deliver a talk on 'Management Lessons from the Vedas and Kautilya's Arthashastra'. Held on Friday, October 13, the event was attended by nearly a hundred girls and boys. Brni Vibha Chaitanya and Ms Renu Gandhi accompanied Swāmiji on the occasion. Dr Koel Roychoudhury, the Principal, graced the function and spoke briefly at the beginning. Ms Bhumika More, with support from a few other members of the teaching faculty and a few student volunteers, ably organized the very satisfying programme. The audience consisted of students from various commerce programs like BCom, Banking and Insurance, Financial Markets, Accounting and Finance.



The memento the Principal gave to Swāmiji had this written on it:  
*The larger the island of knowledge, the longer the shoreline of wonder!*

### Upcoming Events

**Spiritual Retreat in Kudal, Nov 3 thru 9:** As this issue reaches the screens of our readers, the Retreat with the theme, 'Mind Management: Light of Geetā and Ramana Geetā' will be in progress.

**Indica Retreat in Bengaluru, Nov 24 thru 26:** Those who wish to join the program may register at [www.indicayoga.com](http://www.indicayoga.com) , or Email [namaste@indicayoga.com](mailto:namaste@indicayoga.com) or telephone 63636 63313.



**INDICA** | YOGA


24 to 26  
November, 2023

**Residential Retreat**  
**INNER STRENGTH &  
LASTING PEACE**  
The Teachings Of Sanat Kumāra  
In The Chāndogya Upanishad

by  
**Swami Chidananda**

at Indica Ritambhara Retreat  
Bengaluru

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or email : [namaste@indicayoga.com](mailto:namaste@indicayoga.com)



We invoke the  
**Grace and Blessings**  
of  
**Lord Sri Krishna**  
and  
**Maharshi Ramana**  
as we prepare  
for a  
**Spiritual  
RETREAT**  
in November 2023

(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).

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