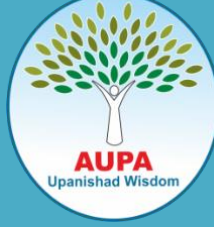


AUPA e - Newsletter

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Editor: Swami Chidananda
Associate Editor: Dolly Seth

Mantra to Ponder

RISE TO EMINENCE THROUGH MEDITATION

Not many in this world may look at meditation as a source of power, strength, or eminence. The Upanishads point out the role that meditation – in some form or another – plays in awakening the giant within us. We can rise to unimaginable heights in our chosen field of work through bringing our mental and verbal energies to certain focus, which is the essence of meditation.

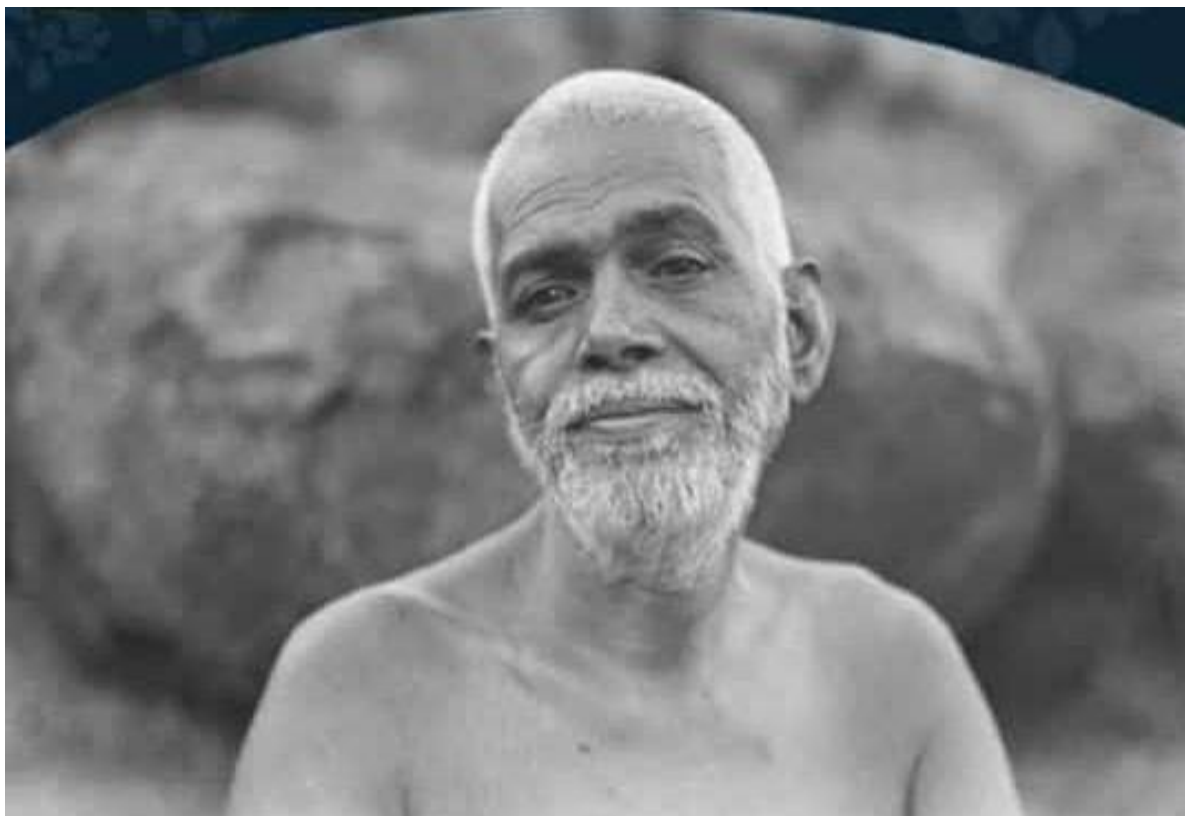


'If you find certain people around you, who have risen to greatness, please know for sure they have done so by tapping into a portion of (what is hidden in) meditation.'

*/ ye iha manushyānām mahattām prāpnuvanti
/ dhyāna-āpāda-amshāh iva eva te bhavanti
(Chāndogya-Upanishad 7.6.1)*

The traditional meaning of *dhyāna* (meditation) here is concentration, where one has a succession of thoughts of the same kind, without interruption of dissimilar thoughts; and the thoughts are related to a chosen form of God, as suggested by the holy scriptures. In its larger sense, however, meditation means focus. All eminent people have risen to enviable heights thanks to certain gathering of energy within them, which is no different from focus. Those who dissipate their energy in numerous directions become weak and fade into the background.

IF YOU FAIL, DO NOT BLAME YOURSELF



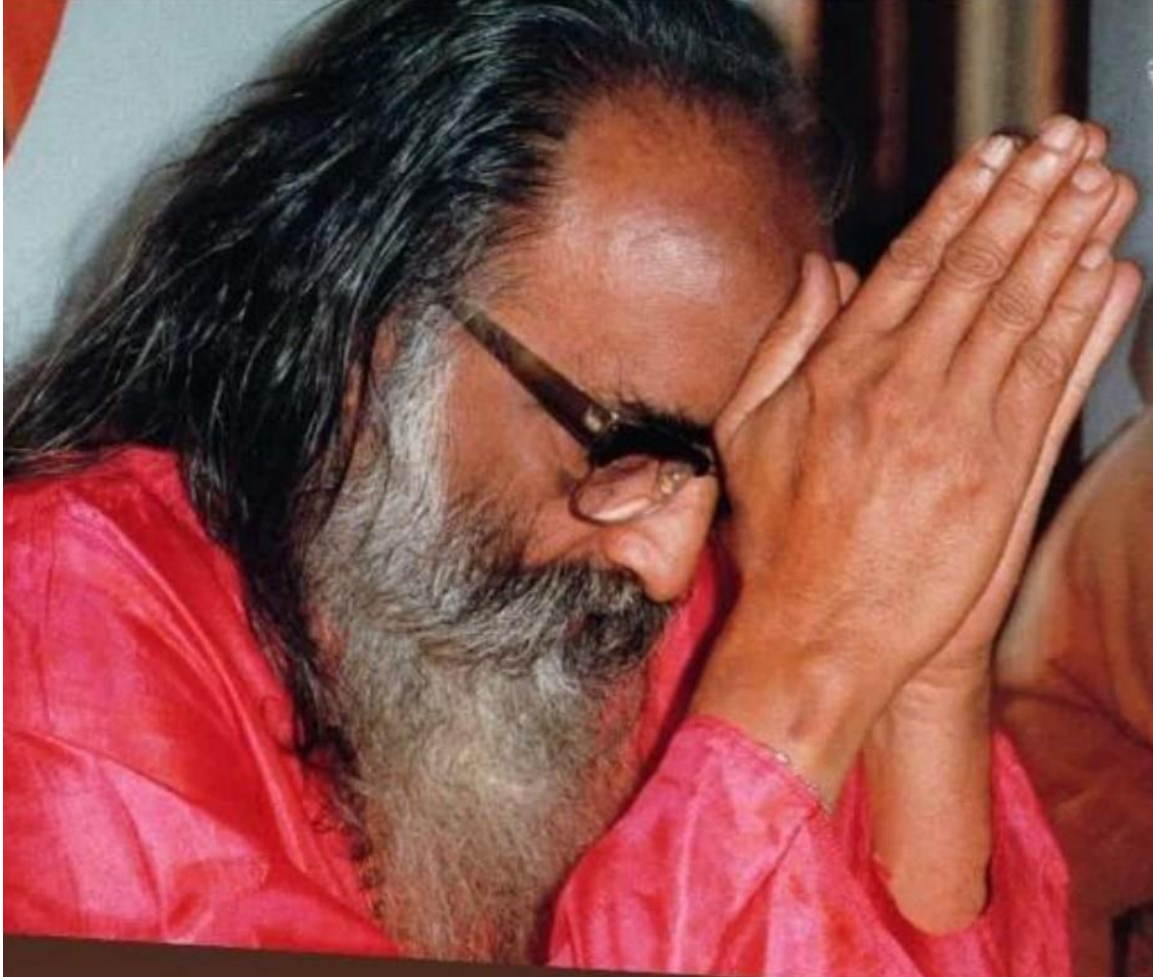
Success and failure are due to prārabdha karma, and not to will power or the lack of it. One should try to gain equipoise of mind under all circumstances. That is will power.

Shri Ramana Maharshi

(in Gems from Bhagavān)

[The wisdom above can greatly help us free ourselves of guilt or shame. Whether we win or lose in a situation is not in our hands. How we face the victory or defeat is up to us. – Editors]

A SUGGESTION ON GAINING EQUIPOISE



Be grateful. Do not complain.

Pujya Swami Chinmayanandaji

[All of us typically make this mistake: when someone criticizes us, we fret and fume; we vehemently defend ourselves; we bitterly react; we find fault with those who spoke the uncomplimentary words about us and so on. All this dissipates our energy and we become weak. Pujya Swamiji advises us to intelligently face criticism (or bear with various discomforts) and maintain a healthy state of mind by staying grateful to life for the lessons that it brings to us. Complaining can often hurt us rather than benefit us. – Editors]



Swami Chidananda

WORRIES ARE WORSE THAN CREMATION FIRE

chintā can burn you in a more vicious way

When you write *chintā* (worry) and *chitā* (funeral pyre) in simple *devanāgarī*, the difference is just a dot above 'chi' in *chintā*. An old verse¹ says worries are worse of the two because they burn a living individual while the funeral pyre burns a body where there is no life.



Call it worry, sorrow, agitation, conflict, fear, or anything else, it is a negative emotion in two simple words. These negative emotions can make us fall sick if not kill us. Geetā (or the essential wisdom of the Vedānta) guides us to put aside *chintā* and live in dignity.

Geetā begins with Arjuna lamenting that he finds himself in great turmoil and that various fears and worries are burning his skin². Geetā ends with Shri Krishna saying³, 'Do not worry'.

Long back, I read in some magazine, 'Most people in this world get tired by work but some get tired by the thought of work!' Apart from humour, this observation shows the place of mental conditions in our getting tired, feeling depressed, losing motivation etc. Therefore, the topic of managing our thoughts and emotions occupies a central place in most spiritual philosophies.

There was an able police officer who was much appreciated for his hard work and disciplined lifestyle. Sometime in his married life, maybe 25 years after their wedding, his wife became bed-ridden with some ailment that could not be diagnosed properly by any doctor. The top cop also was puzzled and sad. A young mystic came to their town one fine morning and happened to visit their home. Upon seeing the lady of the house in a very sick condition, he closed his eyes and went into a meditative mood. He then said the lady's ailment was related to her sorrow at her son not settling well in life. What is more, she was deeply sad that her husband, much adored in the town, had always been too hard on their son and that had made the young fellow develop tremendous inferiority complex. When the young mystic diagnoses the mother's illness as caused by *her thoughts and feelings*, and reports his findings to the police officer, the latter understands the whole matter. The tough cop breaks down and cries. He changes his stance towards his son. Slowly the son gains

confidence, begins to do well in everything that he takes up, and his mother regains her health.

A lot of our sickness is these days found to be psychosomatic, where the body (soma) falls sick because of problems with the mind (psyche).

We must therefore study the Vedānta (the Upanishads and the Geetā), and sincerely live its teachings. Our mind gets straightened, our worries go away and we will enjoy what has been called 'sound mind in a sound body.'

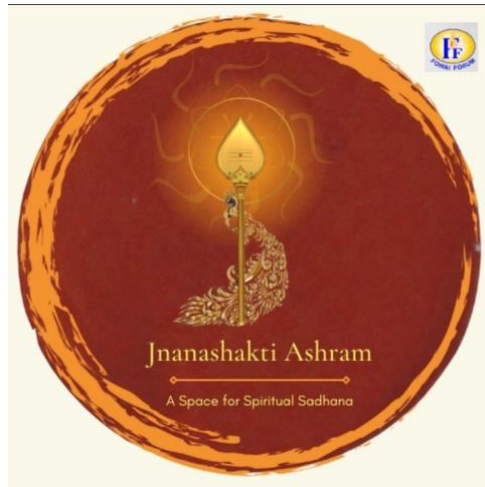
Swāmi Chidānanda

Notes:

- 1 *chintāyāh chitāyāscha*
bindu-mātram vishishyate
chitā dahati nirjeevam
chintā dahati jeevinam.
- 2 *tvak-chaiva paridahyate* 1.30
- 3 *mā shuchah* 18.66

Jnāna Shakti
Strength from Right Understanding

An Update on
JNĀNA SHAKTI
A Centre for Vedānta Studies



Dear friends and well-wishers,

Sant Kabir sang:

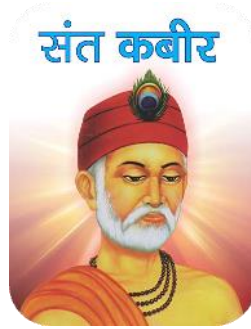
O mind, have patience.

Certain things take their own time.

The gardener may pour a hundred pots of water

.. but certain trees bear fruit only when the season arrives!

(the poem: dheere dheere se manaa, dheere sab kuch hoy..)



We understand the sentiments that many of you have expressed at the long delay in the matter of our starting the construction of the *āshram*.

Our team is exerting a lot and sincerely at it. Some factors, which were not in our control, surfaced unexpectedly and we lagged.

Now we are seeing *the light at the end of the tunnel*. Some helping hand has appeared and the files are moving fast.

We will announce the work of laying the foundation very soon.

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

Be in touch

Team Jnāna Shakti

**Imperatives from
Upanishads**

2

Know the Self

Leave all other talk

We now look at an instruction, the third imperative in this series, that operates on a high plateau. It is obviously meant for advanced seekers, who have examined the world and its hollow charms, who can withdraw their attention from the glitter and glamour around them and turn towards the divinity within them.



Know that Self alone (tamevaikam jānatha ātmānam¹)

What prevents all and sundry from following this advice? Well, such pieces are not *per se* exclusive – available to some privileged class only – but the ground reality is that everyone is simply not mature enough to leave aside other pursuits and go after Self-realization alone. Einstein’s theories of relativity are open to all but very few in the world choose to study them, reflect on them, and go further. Likewise, very few are likely to pay heed to the appeal from the Rishis to say goodbye to engagements in other areas and go after Self-knowledge alone.

Such statements however create certain impressions (*samskāras*) in our bosom, even when we are not fully ready for them. These impressions will fructify at a later point of time. For now, most of us may engage in many forms of *karma* and *upāsanas*. In addition, we may also get involved in works related to our professions as well as social work. All this happens because we attach value to very many fields of activity, where the likely benefits of our action seem valuable to us on our present level of consciousness. We act out of our attachments (*rāga*) and aversions (*dvesha*). As life teaches us lessons, as we learn them, and as we get spiritually educated through classes (on *dharma* and *moksha*) that we attend, we rise to higher levels of consciousness.

When we are fit to go by such instructions as the above, we not only *may* follow them but also, we *must* follow them. That is the concept of eligibility (*adhikāra*) in our scriptures (*shāstras*). The two – *may* and *must* – come together in the zone of eligibility.

To go by this imperative, we need to gather our energies, focus well, and, empowered by rich detachment (*vairāgya*), dig deeper into the question, ‘Who am I?’

As the saying goes, we cannot have the cake and eat it too. Here, we cannot delve into the intricacies of Self-knowledge and, meanwhile, talk about sports, politics, and cinema. Therefore, the Upanishad insists² – leave all other talk!

Divine grace will make it happen. We must tie the sail of our boat up when the favourable winds of divine grace begin to blow.

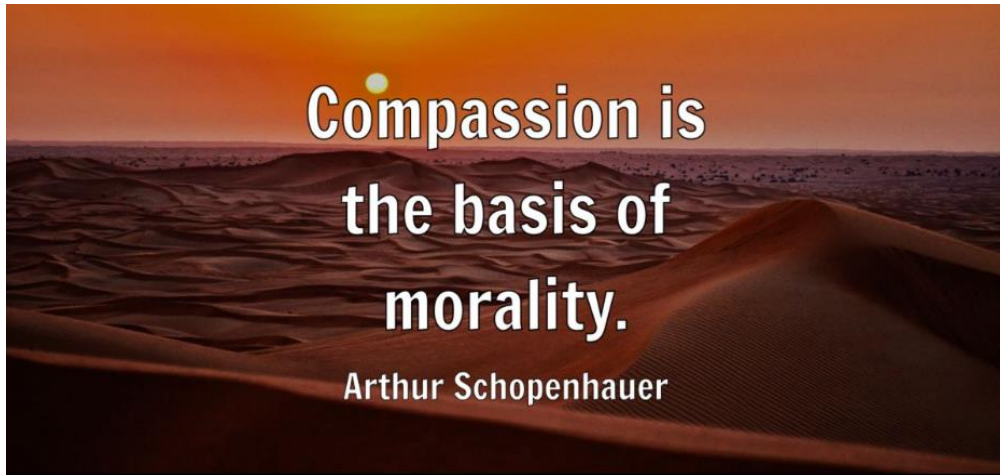
Notes:

1 *tam-eva-ekam jānatha ātmānam* – Mundakopanishad, 2.2.5

2 *anyā vāco vimunchatha* – Mundakopanishad, 2.2.5

Quote of the Issue

THE PLACE OF HEART IN RIGHT LIVING

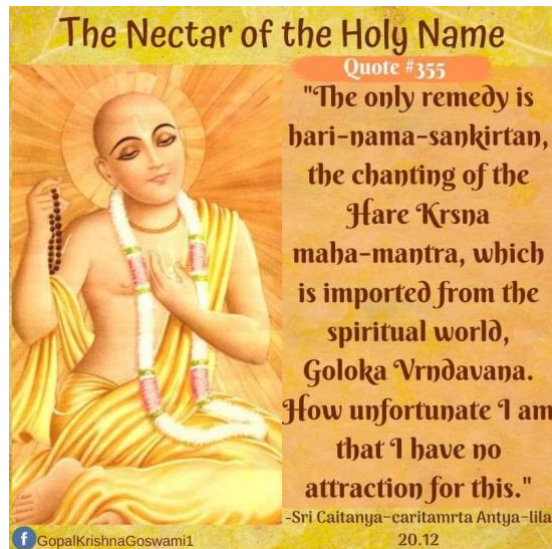


[Prof. Arthur Schopenhauer (1788 – 1860) was a German philosopher. He is best known for his 1818 work *The World as Will and Representation* (expanded in 1844), which characterizes the phenomenal world as the manifestation of a blind and irrational noumenal will. Building on the transcendental idealism of Immanuel Kant, Schopenhauer developed an atheistic metaphysical and ethical system that rejected the contemporaneous ideas of German idealism. He was among the first thinkers in Western philosophy to share and affirm significant tenets of Indian philosophy, such as asceticism, denial of the self, and the notion of the world-as-appearance. – Editors]



THE BEST MEDICINE *In These Troubled Times*

It is an irony that our modern times are fraught with untold complications despite astounding advancements in science and technology. Even India, a developing country, has successfully sent a rocket to the moon and its machines are exploring the surface of the satellite of the earth. The great country at the same time continues to suffer from terrorist attacks where she lost her soldiers recently in an episode of cross-border terrorism.



The emerging geopolitical situations around the world are causing increased insecurity in the world and a lot of stress to humanity. The question before us, spiritually speaking, is: what is the best medicine that can cure us of our psychological ills and restore sanity to us?

Our saints have said with uncompromising clarity¹:

Let me tell you the plain truth:

All suffering and ailments come to an end

by the devoted and repeated utterance of

the holy names Achyuta, Ananta and Govinda.

This may sound too good to believe but countless are the cases where pious people have verified the efficacy of 'nāma-japa.' Logic supports it to a certain extent. Holding on to the names of God, our mind is freed from getting caught in unnecessary and worrisome thoughts. Then there is the 'beyond logic' aspect of the revealed texts, like the sacred literature like the Bhāgavatam.

Before we fall a prey to the wicked influence of sheer materialistic forces, we must develop the good habit of remembering God in daily life, as much as possible, and save ourselves from sinking in the quicksand of egoism and its numerous manifestations.

Hearty best wishes,

Indira Gautam

Note 1:

/ achyuta-ananta-govinda-

/ nāma-ucchārana-bheshajāt |

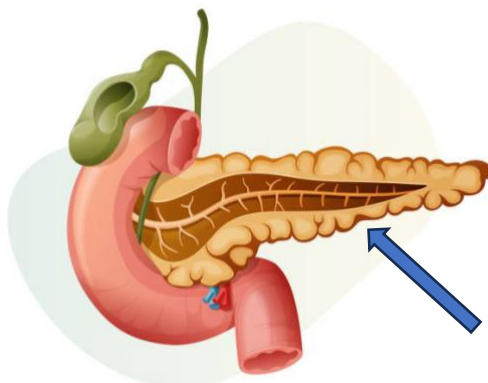
/ nashyanti sakalāh rogāh

/ satyam satyam bravimi-aham ||

Health is You

WHAT IS INSULIN?

In our body, there is a gland called pancreas. This secretes digestive juices required for digestion of the food that we consume. There are groups of cells in this gland with specialized functions. They are called islets of Langerhans. There are 10 to 20 lakhs of such islets in the pancreas. Each of these has a breadth of 0.3 mm and is arranged around the capillaries. Due to this vicinity, the secretions from these cells directly enter the blood stream. The islet has three types of cells namely alpha, beta and delta. Beta cells are around 60% of the total cells in the islets and they secrete two hormones – insulin and amilin. We have little knowledge of the functions of amilin.



THE PANCREAS

Alpha cells are about 25% in the islets and they produce another hormone called glucagon. Remaining 10% cells are of delta type and they produce the hormone somatostatin. As the

cells of the islets are in close contact with each other, there is a mutual control on regulation of secretion of various hormones secreted by these cells. Insulin inhibits the secretion of glucagon and amilin inhibits the secretion of insulin.

Best and Banting discovered insulin in 1922. This discovery proved as a boon to the patients of diabetes who were dying due to various complications of diabetes. They could live a normal life after intake of insulin. From the beginning, insulin was always associated with glucose in blood, and rightly so. Insulin has a major influence on the metabolism of carbohydrates. Though this is so, many times patients of diabetes die due to increased levels of acidity in blood (acidosis) and atherosclerosis, which are the complications of deranged fat metabolism. In people with longstanding diabetes, the synthesis of proteins gets affected and, as a result, there is wasting of muscles and adverse effects on the cellular metabolism also. This proves that insulin has equally important influence on metabolism of fats and proteins similar to that on carbohydrate metabolism.

Insulin starts its function when the body gets good supply of energy. Consumption of high-energy-yielding, carbohydrate-rich foods increases the insulin secretion from the beta cells of the Islets of Langerhans. Storing excess energy is the main function of insulin. Under the influence of insulin, excess amount of glucose, the end product of carbohydrate digestion, gets converted into glycogen in muscles and the liver. In a person of 70 kilograms weight, there is 100 grams glycogen in the liver and 400 grams in the muscles. When needed, this store of glycogen can provide 2000 calories of energy. The glucose that remains, after quite a bit gets converted to glycogen, is then converted in the fats, under the influence of insulin, and stored in the fat cells of the body. Under the influence of insulin, amino acids, the end product of protein digestion, are transported into cells where they are used to synthesize proteins. At the same time, insulin prevents catabolism of proteins present in the cells. This is ample evidence to prove that insulin is a saving hormone. Under its influence, the body tends to store energy and nutrients.

(to be continued)

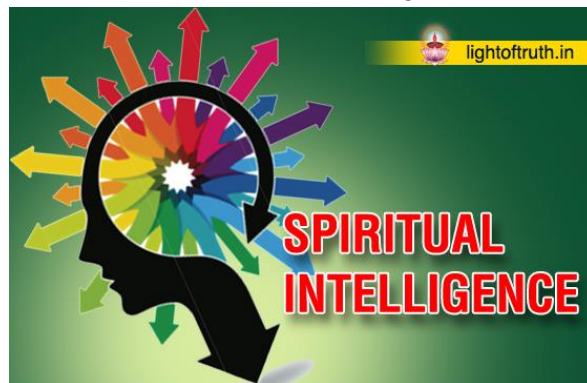


Courtesy: Dr Jagannath Dixit in his book '*Effortless Weight Loss and Diabetes Prevention.*'

YOUTH AND SPIRITUAL INTELLIGENCE

We are not human beings having a spiritual experience. We are spiritual beings having a human experience. – Pierre Teilhard de Chardin

What is the meaning of life? What are we here to do? Don't we all long to do something great in our life-time and yet struggle to make sense of why we are here? At our core we have a *spiritual intelligence* that is our potential guide to the real meaning of the human experience, why we are here, and what we are here to do. It is a pure light of intelligence that illumines the way and nourishes all those who long to live their lives meaningfully.



Our spiritual intelligence is the very foundation of self-leadership. After all, how intelligent is it to be outwardly successful when we obscure this powerful core of intelligence and are often stressed or depressed? How can we lead others from stress and depression when they are struggling to find their own meaning?

Come with me on a journey through the seven steps of releasing your spiritual intelligence, not by escaping from the world but by engaging in it afresh with a new intelligence. Through Steps One, Two, and Three—*Awareness, Meaning, and Evaluation*—we become centred (Step Four) in our self and *why we do what we do*. This then enables us to take an overview of the situation (*Vision, Step Five*), *act with projection* (Step Six), and develop our effectiveness to realize our true mission (Step Seven).

Spiritual intelligence is not just about “what” we learn or “how” we behave, it is about “why” we do what we do. Unless we are developing our level of self, we are missing the most precious resource of all—our engagement in living. Happiness, success, creativity, spontaneity, natural confidence, leadership—these are not things we can learn, nor are they techniques or quick fixes that can be adopted. They are fundamental ways of engaging in a field of intelligence that is unlimited—spiritual intelligence.

{Courtesy: Richard A Bowel's 'Seven Steps of Spiritual Intelligence'}

Webinars



PRESENTED

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

November 12, 2023	Webinar # 256	Understanding Hinduism, Episode 7
December 3, 2023	Webinar # 257	The Power and Limitations of WILL

TO BE PRESENTED

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

December 17, 2023	Webinar #258	Understanding Hinduism, Episode 8
December 31, 2023	Webinar #259	Solace from Bhagavad Geetā

News

Vedānta Retreat held at Kudāl, Nov 3 thru 9, 2023:

About 30 participants joined the 6 day Spiritual Camp at Sarsolidhām in Kudāl. Everybody enjoyed the atmosphere, the classes, group discussions, meditations and QA. They liked the facility and appreciated the food too.



Dr Nāgaraju and Swāmiji in Goa: Responding to the invitation by our trustee Shri Ashok Kulkarni and Smt Ashwini Kulkarni, Swāmiji and Āchārya Nāgaraju (President of Suvarnamukhi Samskriti Dhāma in Bengaluru) visited Margao after the Kudāl retreat, for three and two days respectively.



At Shri Lakshmi Narayan Mandir in the campus of BITS Pilani in Goa, Nov 11, 2023

Krishnamurti Gathering 2023 near Pune:

Swāmiji spoke on 'Living in a Changing and Divided World and the Place of Self-knowledge' at the Annual Gathering of the Krishnamurti Foundation India (KFI), held in the campus of the Sahyādri School near Rājguru Nagar in Mahārashtra. His talk was on Sunday, November 19, amidst the 3-day event.

Events at Bengaluru:

Two talks at the Shankara Jayanti Mandali (in Kannada) on 'Live wisely, Live happily' were held on Nov 22 and 23. Swāmiji addressed the gathering on Friday the 24th, at the residence of Shri S A Guruprasād and Smt Geethā in J P Nagar, where a Guru-Pāduka-Poojā was held and devotees remembered Pujya Swāmi Chinmayānandaji with much feeling. The poojā was part of the 108 such poojās being held to mark the 108th Chinmaya Jayanti coming up in May 2024. A two-day (Nov 24 thru 26) retreat on 'Inner Strength and Lasting Peace,' based on the Sanat-Kumāra – Nārada Samvāda in the 7th chapter of the Chāndogya Upanishad was held at the serene campus of Ritambharā Retreat in north-western Bengaluru. A small group of 10 to 12 participated. Swāmiji spoke on the Upanishad; Datta Prasād taught yoga; Dr Thimappa Hegde conducted the morning meditations plus a special lecture; Shri Raghuveer held the morning prayers. Shri Vinaya Chandra, the head of the Retreat Facility, was present at the concluding function. Before returning to Mumbai, Swāmiji spent a night at ADVAITAM, the ashram near Doddaballāpur, in the district of Rural Bengaluru, to the north west of Bengaluru.



A class in progress at Ritambharā Retreat, Kammasandra, Bengaluru, Nov 26, 2023

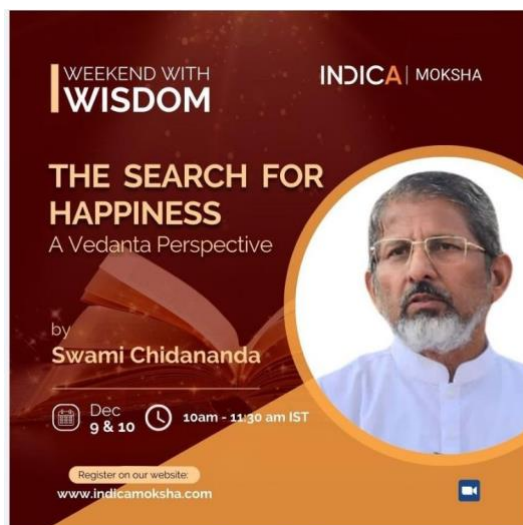


The statue of Shri Dakshināmurti on the grounds of Advaitam (āshrama) near Doddaballāpur.

Upcoming Events

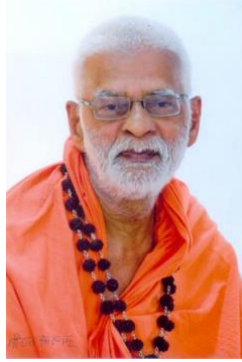
Two Online Talks, December 9, 10:

INDICA MOKSHA, one of the verticals of INDICA group, has announced two talks by Swāmiji. The poster below has all the details. Those who wish to join must register and then receive the link to the session.



Geetā Jayanti, Saturday, Dec 23, 2023:

Swamiji, Brni Vibhā Chaitanya, Swāmini Amrutānanda and a few others will be at Hamsa Āshrama, to the south-east of Bengaluru (politically in Tamil Nādu), where Swāmiji will deliver a few talks on Geetā at the spiritual centre established by Pujya Swāmi Virājeshwarānandaji.



The Founder of Hamsa Āshrama

(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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