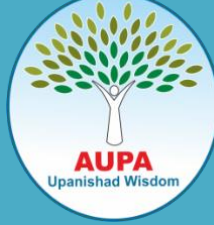


AUPA e - Newsletter

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Associate Editor: Dolly Seth

Mantra to Ponder

CAN WE WORK AT THE SPEED OF LIGHT?

The Upanishads Say We Can Surpass Light's Speed

Physics speaks of the speed of light as the maximum possible in this phenomenal universe. Philosophy refers to the speed of thought as the highest possible. Vedānta says we have the potential to do things at a speed that is higher than that of the mind(thought)! (*manaso javeeyah* in the mantra below means faster than the mind.)



The Speed of Light, the highest possible in the phenomenal universe

The Upanishads are, undoubtedly, the highest mysticism mankind ever came upon. In the awakening that is often called Self-realization, we function on a plane that defies science. While we do not wish to give too much importance to miracles or supernatural powers¹, we must all the same acknowledge the operation of intelligence, which is not bound by space or time. Intelligence beyond thought does wonders.

*/ anejad-ekam manaso javeeyah /
/ nainad-devā āpnuvan, poorvam-arshat /
/ tad-dhāvato anyān atyeti tisthat /
/ tasmin-apo mātariśhvā dadhāti /*

This *ātman* (spiritual intelligence) moves not but is faster than the mind (thought). Even gods (the great, known forces of Nature) cannot catch it. It goes ahead of them, while remaining at one place. It overtakes all others that move. The divine controller organizes results of actions (*āpah = karmaphala*) on its platform.

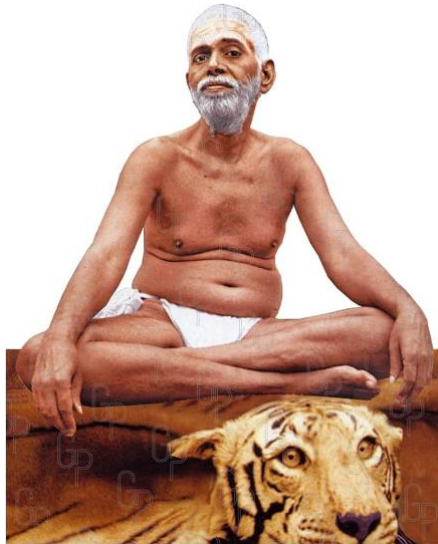
(Ishāvāsya-Upanishad, mantra 4)

Anchored in the Pure Self (*shuddha ātmā*), we influence our surroundings in unseen ways. Ordinary methods, in this world, of solving problems resemble fire-fighting jobs, which have short-term benefits. While they solve a problem, they generate two new problems! Better ways, in this world again, are preventive in nature and bless humanity for longer periods of time. Spiritual ways, rising above worldly parameters, are another step higher; they are transformative. Their depth of impact, breadth of application and extraordinary nature are not understood by most people. In that sense, we may say Self-knowledge (*ātma-jnāna*) works at a higher speed than (light and) thought.

Note 1: Peace, ending of sorrow and universal love are more important than possessing superhuman gifts.

Light on Self-Inquiry

WHY DOES OUR MIND WAVER?
The notion 'I am the doer' is the culprit.



Mr. Eknatha Rao asked: Are there not modulations in contemplation according to circumstances?

Maharshi: Yes. There are. At times, there is illumination and then contemplation is easy. At other times, contemplation is impossible even with repeated attempts. This is due to the working of the three *gunas* (qualities in nature).

Devotee: Is it influenced by one's activities and circumstances?

Maharshi: Those cannot influence it. It is the sense of doer-ship (*kartrutva buddhi*) that forms the impediment.

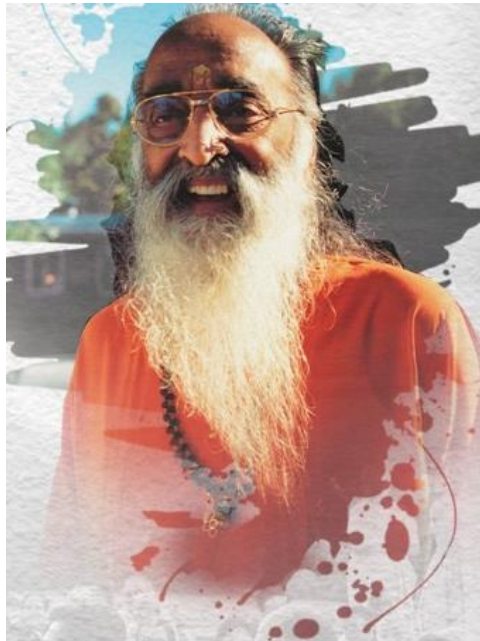
Shri Ramana Maharshi

Talks with Shri Ramana Maharshi #214, 20th June, 1936

[The notion, 'I am the doer', is responsible, on a deeper level, for the unsteadiness of our mind. – Editors]

**Thus Spake
Chinmaya**

WHAT IS IMPORTANT IN PRAYER?



God does not care how good the vocabulary of our prayer is. It is the feeling behind the prayer that truly counts.

Pujya Swāmi Chinmayānandaji

[We move from the non-essential to the essential as life teaches us lessons and there arises maturity in our thoughts and emotions. – Editors]



Swami Chidananda

THE POSITIVE SIDE OF SEEING THE NEGATIVE ASPECT

The Books of Wisdom are Well-meaning.

We often notice statements in the spiritual literature, which seem to paint a dark picture of life. 'Come to me, upon recognizing this world to be impermanent and filled with sorrow,' says¹ Lord Shri Krishna in the Geetā. And, in Kathopanishad, the teenager Nachiketā observes², 'Even the so-called long life is short only!' The Buddha also is said to have remarked³, 'Everything is momentary; everything is filled with sorrow.'



Nothing remains the same (everything perishes).

Many in this world make a face when they read such comments or hear such words from speakers on spiritual themes. They think in their own minds, 'Why are these scriptures saying things that depress us? They should motivate us to rise and do some good work! They should encourage us to enjoy life!'

Such a reaction is surely due to some misunderstanding. With guidance from competent teachers, the same people will be able to see how *positive* these remarks are, which point out the *negative* facets of life. Like some bitter pills, these observations cure us of suffering. They awaken us from our sleep, where the sweet dreams will soon be shattered. If we listen to the factual utterances of the scriptures, we will be better prepared to face life as it is, rather than getting utterly disappointed and plunging into sadness.

In that sense, such portions of the books of wisdom are comparable to warning boards that say, 'High voltage, beware!' They protect us rather than hurt us. When appreciated in the right spirit, we develop a balanced view of life and move fast towards living our life more meaningfully, culminating in blessedness.

No wonder Pujya Swāmi Chinmayānandaji compared the scriptures like the Geetā and the Upanishads with kind policemen. Their job is to guide us on the right path. We become

aware of the painful but factual limitations (the negative side) of worldly life, which enables us to make midcourse corrections in the way we live, to travel towards liberation (the positive aspect) that is the highest goal of life.

Swāmi Chidānanda

Notes:

1 *anityam-asukham lokam-imam prāpya bhajasva mām. Geetā 9.33*

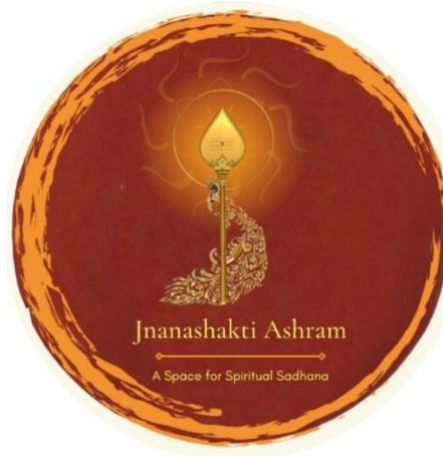
2 *api sarvam jeevitam alpam-eva. Kathopanishad 1.1.26*

3 *sarvam kshanikam kshanikam; sarvam dukkham dukkham.*

Jnāna Shakti
Strength from Right Understanding

AN UPDATE ON JNĀNA-SHAKTI

A Centre for Vedānta Studies



WORK HAS BEGUN!

The Update:

After due deliberations and right procedures, FOWAI FORUM appointed JK Structural Work LLP as the contractor for the First Phase of Jnāna Shakti Ashram project.

On July 11, 2024, the representatives of the contractors, the Project Management Consultant (PMC), and key persons from FOWAI FORUM gathered at the site, where Ganesh-pooja and bhumi-poojā were held.



Smt and Shri R K Nayanar, Shri Mohan Hejamadi and the Priest at the Ganesh Poojā on July 11 at the premises of Jnāna Shakti, Vāve.



Cdr Bijur, Shri Saravanan, Swāmiji, and Brni Vibhā Chaitanya seen at the Poojā.

The construction work began soon after the poojā. Initially, preparing the ground and making various markings were taken up.



Team Jnāna Shakti

ASPIRE, PURSUE YOUR ASPIRATION
Right Aspiration can Lead you to Great Heights

Left to itself, with hardly any watching or supervision, our mind can get very scattered. As they say, water flows from a higher level to the lower level. With countless temptations and provocations coming towards us from different directions, our mind is highly likely to suffer much degradation. We may fill years in our life but there is no life in our years!

We however do frequently come across an inspiring idea, with which our heart resonates. We can follow it up, with a little self-awareness, and can identify a meaningful role for ourselves in some area of work, service, or endeavour. It is at such time that we can nurture a healthy aspiration within us, which helps us gather our energy and work with focus and diligence.

The eleventh imperative, which we have selected from the Chāndogya Upanishad, asks us to develop a noble aspiration, around which we must collect all our resources.



/ āshām-upāssva /

Entertain, adore, and strengthen an aspiration!

Chāndogya Upanisahd, mantra 7.14.1

The mantras of the Upanishad itself elaborates how such an aspiration makes a big difference to the quality of our life. An intense aspiration makes our memory work better; we can then recite and study Veda-mantras with vigour; following that, we will do the actions prescribed by the Veda-mantras with more enthusiasm than otherwise; we then rise to higher and higher levels of a worthy life.

Neither attachment to comforts and pleasures nor confusion with regard to philosophical teachings should keep us stuck at lower levels of energy and enthusiasm in daily living. Do

we not really wish to live cheerfully and joyously? Is it not very saddening for us to sometimes see young people just moving around with no clear directions? They drag on, and their faces are not lit up. They are not inspired by anything. They do not have an aspiration (*āshā*) burning in their hearts. They have sometimes a lot of general knowledge; they have managed to acquire many a degree (qualification) too. Despite a lot of social advantages that they enjoy, they live a mechanical life and a lot about them is superficial.

When noble ideas come to us – either from outside or from our own within – we must examine them, and select one of them saying, ‘I will work on this seriously; it has great potential to make both me and people around me contribute better to the society.’

We must thus align the resources we possess in line with a great vision, followed by a robust mission. All this is the significance of this eleventh imperative – to develop and value *āshā* (*aspiration*)!

Quote of the Issue

YOU ARE HE.
Forget this body/illusion.



By words you have become bound, and by words you can be free. Ignorance came by hearing; it must go off by hearing. Words are false; only the meaning they convey is true. Although everything is illusion, to understand the illusion, illusion is needed.

Shri Ranjit Mahārāj

[Ranjit Mahārāj was born in 1913. His father died when he was 6 years old. In 1924, he met Siddharāmeshwar Mahārāj. The following year he was initiated by Siddharāmeshwar Mahārāj. In 1934, at the age of 21, he got initiated into monkhood. He belonged to the Inchegeri Navnāth Sampradāya (lineage/tradition). Shri Nisargadatta Mahārāj and he were guru-bhāis, having the same guru. Only in 1983, at the age of 70, he initiated his first disciple, Shri Siddharāmeshwar Mahārāj's granddaughter-in-law. Hereafter, he started to attract an international following. In 1996, he was invited to visit Germany, France, and the USA. In the following years, he visited these countries several times, as well as the UK, Switzerland, and Spain. He 'died' in the year 2000.]

AUPA Yuva
As Young Eyes See

JUST MIND THESE TWO

Taking care of 'upāya and apāya' can save you from big troubles.

/ upāyam chintayet prājñah

/ tathā apāyam cha chintayet

A wise person carefully considers practical strategies to accomplish his goals, and, secondly, deliberates in detail on what can go wrong.



'upāya and apāya'

Right from our young age, we must develop an ability to see the pros and cons of every situation. We must not get carried away from just one or two aspects of circumstances that arise in life. The old Sanskrit saying given above uses the two words (that rhyme well) – *upāya* and *apāya* – to mean the best possible ways to go about a goal and the dangers lying ahead of us.

Life is full of opportunities but most people take their own (long, sweet) time to learn the skills needed to live in a mature manner. They lose lots of opportunities along the way, and, as they get old, their bosoms are filled with regrets.

Therefore, our scriptures have always warned us – *tasmād jāgrata, jāgrata! Be alert, be careful.*

Swāmi Chidānanda

Webinars

FOWAI FORUM'S WEBINARS

Extend the Frontiers of Your Spiritual Knowledge!



PRESENTED ALREADY

Sundays, 8.30 pm IST

By Swāmi Chidānanda		
July 7, 2024	Webinar #271	An Overview of Jeevan-mukta-ānanda-lahari, Part 2
By Swāmi Chidānanda		
July 21, 2024	Webinar #272	An Overview of Jeevan-mukta-ānanda-lahari, Part 3

COMING UP

Sundays, 8.30 pm IST

By Dr Rajashekhar		
August 11, 2024	Webinar #273	JOIN HANDS WITH NATURE Towards Excellent Health
By Swāmi Chidānanda		
August 25, 2024	Webinar #274	UNDERSTANDING HINDUISM <i>Episode 14 - Temples</i>

Note: All these webinars – 270 done so far – are available on YouTube. Please visit the FOWAI channel to watch them.

Sundays, 8.30 pm IST

News

July 14, 2024 Satsang at a residence in Bengaluru

The house of Shri Venkatesh Kini and Smt Vidyā Kini was full, with some joining from the first floor over the Internet, when a Satsang was held on Sunday, July 14, by Swāmiji on the topic of Geetā's teachings. There was lively interaction following the talk, and all the participants were treated to prasād at the end.



Talk in Kannada in Bengaluru, July 14.



The family of Kinis felicitating Swāmiji.

July 21, 2024 Guru Purnimā in Mumbai:

The mini hall on the third floor of the Māheshwari Bhawan in Andheri West was the venue of a grand celebration of Guru Purnimā on July 21, which was well attended. Dr Piyul Mukherjee was the master of ceremonies, and amidst the poojā and bhajans, Swami Satyanisthānanda from Tasmai āshram (Kudāl) and Swāmiji spoke on the significance of the special occasion. Dr Navin Singhi, a distinguished mathematician of India (formerly with TIFR Mumbai) was felicitated on the occasion.




Dr Navin Singhi (just behind Swāmiji) looks on as Swāmiji does ārati.



Shri Viswanath Devarajan and Smt Ratna Viswanath were the yajamānas at the poojā.

Upcoming Events

FOWAI holds the first camp in Hindi, Sept 5 thru 9, 2024: Members of FOWAI FORUM from different parts of the country are getting ready to travel to Chattisgarh to join the spiritual get-together at the Shri Krishna Pranāmi Sādhanālaya (āshram) near Raigarh in Chattisgarh.



THE FIRST
HINDI Talk Series
at a Residential Retreat

Sri Krishna Pranāmi Sādhanālaya
Shri Prannath Vani Prashikshan Kendra
Gram: Darramura, Dharampur, P.O. Garhumariya,
Dist. Raigarh 496001 (C.G.)


5 September - 9 September 2024
Participants may reach before September 4th night.

जीवन के लिए समग्र मार्गदर्शन
(संपूर्ण भगवद्-गीता पर प्रवचन)

Talks by Pujya Swami Chidanandaji

Retreat donation: Rs. 3000

BANK DETAILS	INQUIRY
(Indian Passport Holders ONLY) FOWAI FORUM HDFC Branch: Vishal Hall, Andheri East SB ACCOUNT No. 50100 24494 2248 IFSC: HDFC0000086	Please contact: Renu Gandhi (+91 77159 33334)
(Foreign Citizens) Please contact+91 9373324070	



सान्निध्य
प्राचार्य महेन्द्र महाराज

प्रवक्ता
पूज्य स्वामी चिदानंद जी

CLASSES ON YOUTUBE

Geetā Class: 7 am Wednesdays in India / 6.30 pm Tuesdays Pacific Time

Ātmabodha Class: 8 pm Fridays in India / 7.30 am Fridays Pacific Time

Webinars under FOWAI FORUM will continue at 8.30 pm IST, which will be 8 am Pacific Time. These are typically on alternate Sundays.

Satsangs (online) under the banner of **Suvarnamukhi Samskrit Dhama** (SSD), in **Kannada**, have been going on. They are at 7.30 pm IST every Wednesday. Anyone who wishes to join may send a Whatsapp message to the Headmaster of the SSD School on +91 99729 70502.

(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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