

# AUPA e - Newsletter

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## Mantra to Ponder

### HAPPINESS, THE VEDĀNTA PERSPECTIVE

*All Happiness is Within Us.*

A simple approach to understand happiness is to know the connection between desires and unhappiness. There is also an equation (or formula) of happiness:

HAPPINESS = Number of Desires fulfilled divided by Number of Desires Entertained.

$$H = DF / DE$$

A man who has fulfilled a hundred desires gets only 10% happiness, if a thousand desires bother him. In contrast, a man who has fulfilled just forty desires gets 80% happiness, if a total of fifty desires are operating in his mind!



**Happiness is the nature of the Self.**

*/ raso vai sah /*

*/ rasam hi eva ayam labdhvā ānandee bhavati /*

*/ ko hi eva anyāt, kah prānyāt, yad-asha ākāsha ānando na syāt? /*

**[Taittiriya-Upanishad, 2.7]**

रसो वै सः ।

रसं हि एव अयं लब्ध्वा आनन्दी भवति ।

को हि एव अन्यात् , कः प्राण्यात् , यदेष आनन्दो न स्यात् ?

*He (the Self, our true nature) is indeed (pure) happiness.*

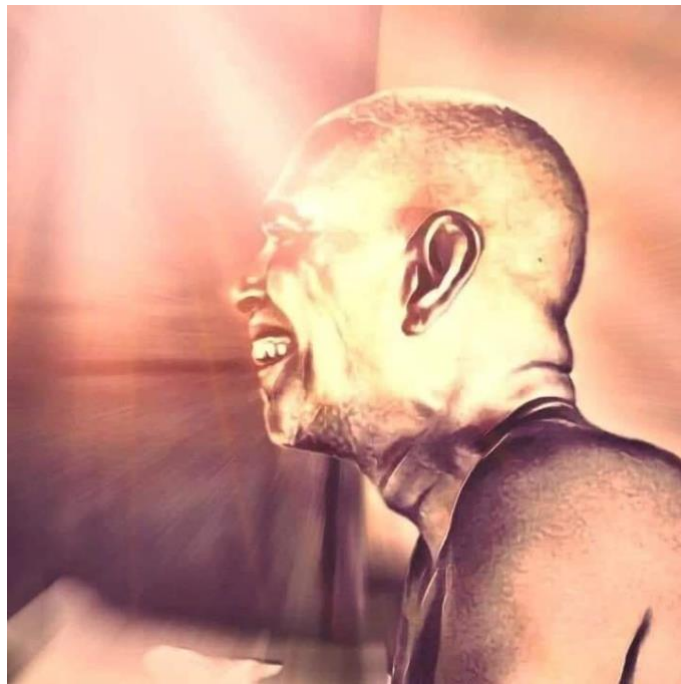
*Everybody becomes happy upon meeting this happiness (which is one's own true nature).*

*Who would breathe, who would live, if this (Self, one's true nature) were not of the nature of happiness?*

A question may arise: what is the role of the mind in this scenario? The answer is this: Our mind, in its ignorance of the Self, gets agitated and, depending on its conditioning, desires an object, a place or a person. When it does not get what it wants, it remains agitated. This obstructs our *meeting with our own true nature, the fountain of all happiness*. When the mind gets what it desires, it becomes quiet and does not obstruct our meeting with the Self, our true nature. Thus, the mind plays the secondary role in the matter of our becoming happy. The primary role is of the Self, which is the true source and timeless spring of happiness.

Neither the objects nor the mind can bring to us even an iota of happiness. Though they seem to cause happiness, they are distractions and obstructions!

**STOP THE MIND FROM RULING YOU!**



Was there the mind in your sleep?

It was not.

It is now here.

The mind therefore is impermanent.

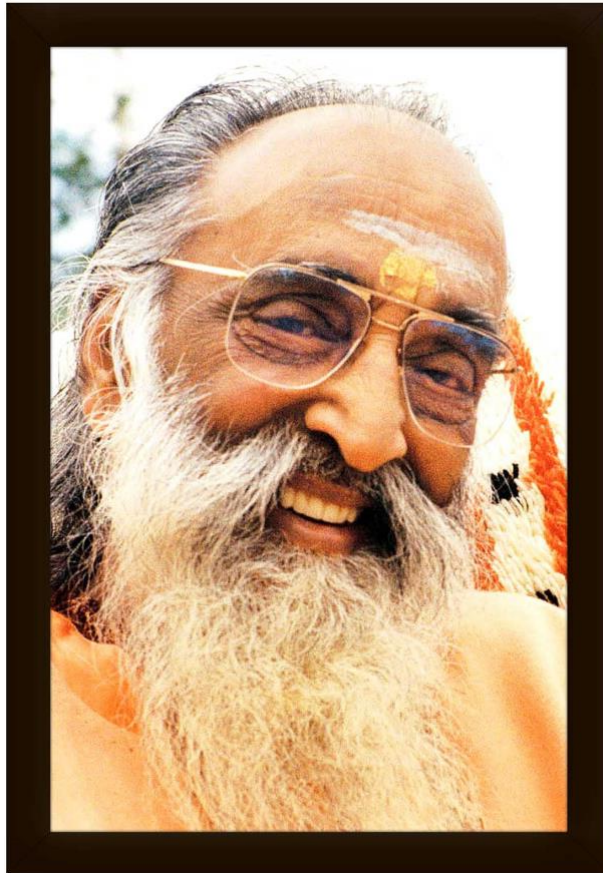
You are taken up by the manifestations of the mind and have let go of the background. Whose fault is it?

**SHRI RAMANA MAHARSHI**

Source: Talks with Shri Ramana Maharshi, Talk #238, July 4, 1936

**Thus Spake  
Chinmaya**

**BE CLEAR ABOUT  
WHAT YOU WANT TO ACHIEVE**



*Setting goals is the first step towards turning the invisible into the visible.*

**Pujya Swāmi Chinmayānandaji**

[Pujya Swāmiji's life showed how he lived a large number of robust management principles, which he taught also. – Editors]



Swami Chidananda

## **THE MOST COMMON PROBLEM**

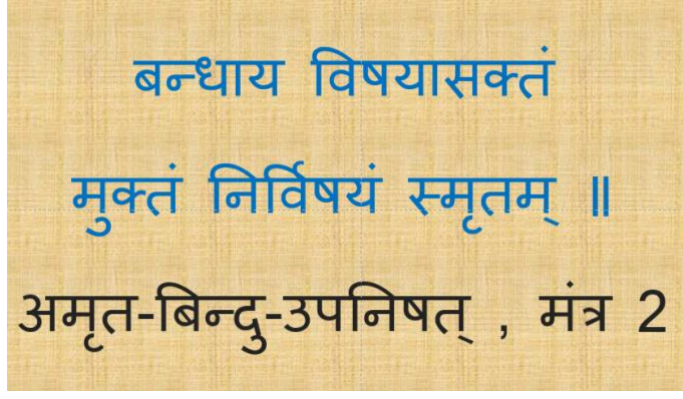
*People Dig Their Own Graves*

Consciousness in human beings can soar to dizzy heights or suffer shameful degradation. We are capable of rising in holistic excellence, to live in noble thoughts, words and deeds. We also may fall terribly and get caught in the misery of mediocrity.



*Why do we fail, falter and fall?*

A mantra in the Amrita-Bindu Upanishad explains, without mincing words, why we fall in life. *A mind attached to sense objects leads to one's fall*, says the revealed text.



*/ bandhāya vishaya-āsaktam, muktam nirvishayam smritam /*

*Attached to pleasures, you court bondage; free from such attachment, you gain liberation.*

Spiritual ignorance – *avidyā* – is the root cause of all the trouble. The three of them – *avidyā*, *kāma* and *karma* – are said to be an '*anartha-paramparā*,' a sequence of evils! They are no other than ignorance, desire, and action. They are a vicious circle too. Prompted by desires, we get into more (worldly) actions, which in turn give rise to newer desires, and all of these strengthen, as though, the veil of spiritual ignorance in us.

The way out is *sādhana*, well-chosen spiritual practices. We must weaken our sinful tendencies rather than add fuel to their fire. Repeating God's names (*japa*), engaging in God's worship, coming forward to serve fellow-human beings, regular physical exercises (like *yoga*) and staying in touch with the scriptures like the *Geetā* are the time-tested *sādhana*s. These practices purify our mind, which leads to our developing an ability to be *in the world* without being *of the world*.

*Geetā* advises<sup>1</sup> us – Be like the lotus leaf, which does not get wet despite being in the midst of water. Fixing your mind in God, move freely in the world to do your duties but do not get caught by the delusory charms of the world.

In the yesteryears, we chose to go for pleasures when we did not know where that would take us. After the scriptures have awakened us, we must now wisely change our choices. We will change when, on a daily basis, we choose differently.

*Change sustained becomes your new culture*, says Mahātriya. See his website [infiniteism.com](http://infiniteism.com)

Notes:

1 *padma-patram-iva-ambhasā*, chapter 5, verse 10

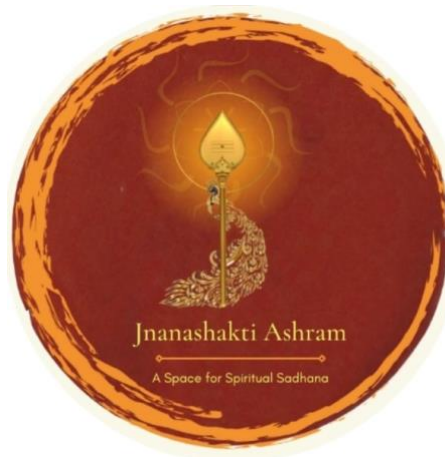
**Swāmi Chidānanda**

**Jnāna Shakti**  
Strength from Right Understanding

## JNĀNA-SHAKTI

*A Centre for Vedānta Studies*

**THE CONSTRUCTION IS IN PROGRESS**



*The Update:*

Work started in all earnest on October 9, and the foundation work for the **Block E** began. The 3D visualization that you find below shows a Meditation Hall (to the right) and two Āchārya Residences (to the left).



*3D visualization of Āchārya Residences and the Meditation Hall*

After this Block E, the Blocks D and F are planned to be taken up. A picture below shows the elevation of the Block D, which is the accommodation for the participants of the various programs to be held at the Jnāna Shakti āshram.



*Block D, Participants Residence*

The Block F is the Learning Centre, housing the main seminar hall in the ground floor where classes will be held. It will have a meeting hall and a library on the first floor.

We pray Lord for the speedy progress of this project and successful completion.

**Team Jnāna Shakti**





**DISSOLVE THE GROSS IN THE SUBTLE**

*YACCHED-VĀG-MANASI PRĀJNAH*

In this 14<sup>th</sup> selection from the Upanishads, here is an instruction that paves the way to reach higher levels on the vertical scale of consciousness. If followed properly, we will surely begin to experience the bliss of divine life.



Withdraw your attention from the organs of action and perception.

Anchor yourself in your mind.

यच्छेद् वाक् मनसि प्राज्ञः

*Yacched Vāk Manasi Prājnah*

Kathopanishad 1.3.13

One of the blunders that we commit in our so-called worldly life is that we get quite attached to various forms of indulgence through both the organs of perception (*jnāna-indriyas*) and the organs of action (*karma-indriyas*). 'Comforts come to us as our guests but linger on to become the hosts, and to persecute us,' said Pujya Swāmi Chinmayānandaji.

It is never too late. As instructed above, we can begin to dis-invest in the *indriyas* (implied by the word *vāk*, which literally means speech, which is one of the organs of action), and invest (or engage) in thoughts and feelings (implied by the word *manasi*, where the basic word *manas* means the mind). The imperative from the Upanishad here is about self-training. We are our best friends; we are our own best coach. We must practise disengaging from the

activities of the ten *indriyas*, for short durations of time in our daily life, which could be a simple form of meditation. Not eating food, not speaking to anyone, not hearing music etc, we can stay with some selected, noble thoughts and emotions.

As we gain freedom from the slavery to *indriyas*, through such practices, we can begin to experience a realignment of energies in our personality. For example, if we stop eating at odd times and choose to take nutritious and healthy food only, that too at the right time slots, that will become an implementation of this instruction. We can go quite far on this road to self-mastery.

The *mantra* takes us further on the path, making our spiritual journey end with Self-realization.

### Quote of the Issue

## EVOLVE YOUR BRAIN

*There is a science of changing your mind.*



**Dr Joe Dispenza, D.C.**

*To change and evolve is not a comfortable process for any species. To overcome our innate propensities, alter our genetic programs, and adapt to our new environmental circumstances requires will and determination. Let's face it, changing is inconvenient for any creature unless it is seen as a necessity. To relinquish the old and embrace the new is a big risk.*

[After undergraduate training in biochemistry, and postgraduate education in neurology, neuroscience, and brain function, Joe Dispenza received his Doctor of Chiropractic degree at Life University in Atlanta. He is one of the researchers and teachers in the award-winning movie *What the Bleep Do We Know!?* His book *Evolve Your Brain* discusses ways to change our brain circus. It provides the tools for us to make real changes in our life.]

DAILY MUDRĀS FOR DAY-TO-DAY LIFE

The word Mudrā in Sanskrit means a "gesture", a 'seal' or an 'attitude.' Mudrās are special postures formed by positioning of the fingers into shapes. These mystical positionings of fingers may be considered as corrective, remote-control switches and are used to channelize, regulate, or enhance the flow of energy through nerve channels called *nādis*. *Hasta-mudrās* or Hand mudrās are quite simple, very powerful and most effective for healing.

Mudra	Name	Uses
Gyān Mudrā	Mudrā of Knowledge	Enhances concentration, memory, and mental clarity; relieves stress, anxiety, and insomnia.
Prithvi Mudrā	Mudrā of Earth	Improves physical strength, vitality, and body mass; helps with weight management, skin problems, and deficiencies.
Varun Mudrā	Mudrā of Water	Balances body fluids, improves blood circulation, and addresses issues related to the water element.
Vāyu Mudrā	Mudrā of Air	Balances air element in the body, relieves gas, and improves digestion.
Apāna Mudrā	Mudrā of Downward Energy	Stimulates the digestive fire, improves elimination, and balances the pelvic region.
Prāna Mudrā	Mudrā of Upward Energy	Balances the respiratory system, improves breathing, and increases energy levels.
Dhyāna Mudrā	Meditation Mudrā	Calms the mind, promotes focus, and deepens meditation.
Ākāsha Mudra	Mudrā of Space	Balances the throat chakra, improves communication, and enhances creativity.
Anjali Mudrā	Mudrā of Prayer	Promotes grounding, reverence, and inner peace

Gyān mudrā



Ākāsha mudrā



Prithvi mudrā



Varuna mudrā



Anjali mudrā



Dhyāna mudrā (for males)



Dhyāna mudrā (for females)



Prāna mudrā



Vāyu mudrā



Apāna mudrā

(Avoid this during early pregnancy; it may be done during the last month with advice from a mudrā instructor and a doctor.)



## 5 fingers, 5 elements, body, mind, and intellect

Sl. No.	Finger	Element	Body	Mind	Intellect
1.	THUMB	AGNI	DIGESTIVE TRACT	CONFIDENCE	INTELLIGENCE
2.	INDEX	vāyu	RESPIRATORY TRACT & DIGESTIVE TRACT	THOUGHTS	FOCUS
3.	MIDDLE	ākāsha	EMPTY SPACES IN THE BODY & EVERY CELL	CLARITY	PERCEIVING
4.	RING	PRITHVI	MUSCULOSKELETAL SYSTEM & SKIN , HAIR , NAIL	STABILITY	SATHVIC ATTITUDE
5.	LITTLE	VARUNA	BODY FLUIDS (Ex : BLOOD, SALIVA, URINE, ETC.)	COMMUNICATION	ADAPTABILITY

"nāsti mudrā-samam kinchit

siddhidam kshithi-mandale"

नास्ति मुद्रा-समं किञ्चित्

सिद्धिदं क्षिति-मण्डले ॥

Meaning: There is nothing in this world like *mudrās* for bringing success to us.

*Mudrās* can be used to promote good physical and mental health.

BY



Dr. Krithika K. A., MBBS., DGO., DNB (OBG), FINEM (Fellowship in Nutritional and Environmental Medicine), Obstetrics and Gynaecologist, practises holistic healing through alternative therapies including *mudrā-vijnānam*, the science of hand-gestures, Nutrition and alternative healing therapies. She lives in Mysuru.

**AUPA Yuva**  
**As Young Eyes See**

### **MORE PRECIOUS THAN SUCCESS**

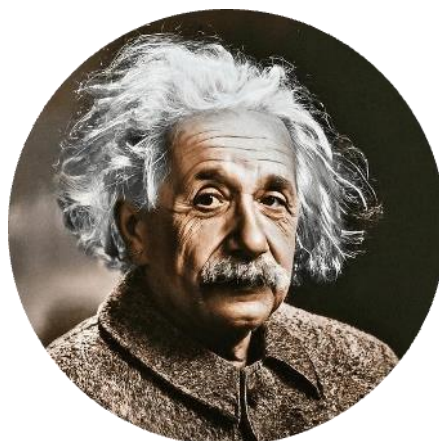
‘Man’s sorrow is in *wanting to become*,’ observed the revolutionary thinker J Krishnamurti. Humanity has always lived in dreaming of becoming rich, famous, powerful etc. We human beings are conditioned to remain dissatisfied with what we have, and seek something that we do not possess. We look at somebody else and imagine he or she is successful and we are not yet there!

It is high time we get out of this wild goose chase. Remaining unhappy with what we are, we suffer two kinds of losses. One is that we do not enjoy the present. We fail to count our blessings. We look at the upper half of the ‘half-filled glass’ and cry because it is not full with milk to the brim. The second loss is that this unhappiness makes us insensitive to others’ suffering. We often get harsh with them, and they have reason to get wild with us too.



No less a person than Albert Einstein discourages us from getting obsessed with success in the form of wealth, fame, or name. Praised as the Man of the Millennium, Einstein personally valued values more than success.

*Try not to become a person of success, but rather try to become a person of value. It is not about being the coolest or the richest person around. It is about being someone who cares about others and makes the world a better place. – Albert Einstein*



## Webinars

### WEBINARS OF FOWAI FORUM

*Learn from Cyber Space!*



#### COMING UP

Sundays, 8.30 pm IST

Dr Thimappa Hegde		Topic
November 10, 2024	Webinar #278	<b>THE LIGHT OF LIGHTS</b> <i>The Pure Self</i>
By Swami Chidananda		
November 24, 2024	Webinar #279	<b>WHO IS A TRUE YOGI?</b>

Note: All these webinars – 277 done so far – are available on YouTube. Please visit the FOWAI channel to watch them.

## News

**Kannada Talks at Bengaluru:** Swāmiji delivered three evening talks at the Shri Shankara Jayanti Mandali on October 7, 8 and 9. The topics were as follows (put in English):

- 1 *Energy, Capacity and Strength*, in the light of Upanishads
- 2 *Discrimination between Right and Wrong*, in the light of Upanishads
- 3 *Light on Meditation*, as per Upanishads

**Lalitā Sahasra Nāma Pārāyana** and a Short Discourse: At the residence of Smt Girijamma and Shri Viswanāth Bokkasam, some 50 devotees gathered on the morning of Tuesday, October 8. All recited the 1000 names of Devi Lalitā and many other hymns with devotion and fervour. Swāmiji delivered a 40 mins talk in English on the significance of the event.

**Ātmabodha Classes Concluded:** Online Discourses on this marvellous text got completed on Friday, October 11. All the 68 verses were covered by Swāmiji in 24 classes.

**Online Lectures** under the banner of Meditation and Study Circle: Swāmiji delivered a Kannada talk with the topic *Strength and Heroism in the Light of the Upanishads* on Tuesday, October 15, and an English talk with the topic *What does Meditation Mean? (in the light of the Upanishads)* on Monday, October 21.

**Sardār Patel Run for Unity:** Swāmiji, with other dignitaries, lighted the lamp, and spoke words of encouragement and motivation at the annual event, at 5.30 am in Powai, on October 20, following which nearly 2000 enthusiastic people – young and old – ran 10 kms, 5 kms and 3 kms in three batches. It was organized by Jalaja Foundation.



Shri Jayaprakāsh Shetty hands over the flag for Swāmiji to wave at the beginning of the 'Sardār Patel Run for Unity.' Smt Shilpā JP Shetty looks on.

**Offline Classes launched in Mumbai:** At the elegant venue The Wooden Stage (TWS), weekly classes on Vedānta began on Sunday, October 7. Nearly 25 people came at 7 am to hear Swāmiji begin introductory talks on Vedānta. These classes will now go on, at 7 am



every Sunday at the same venue. *Happiness Wisdom Sessions* (HWS) at the venue TWS is inspired by Jnāna Yoga (Wisdom) as the means to find lasting happiness.



### Upcoming Events

**Bengaluru, November 25, 26:** Two talks in Kannada will be delivered by Swāmiji at the Shri Shankara Jayanti Mandali in Jayanagar and the topic will be 'The Dialogue between Sage Sanat Kumāra and Rishi Nārada,' Chāndogya Upanishad, chapter 7.

**USA Tour:** Swāmiji is now contemplating a US tour beginning in the second week of February 2025.



***The First Hindu Temple in USA at Pittsburgh, PA***

**Yoga Festival:** Swāmiji will join the Mysuru Yoga Utsava between December 12 and 15, which is being organized by the INDICA group. Everyone is welcome to register for this grand event by reaching <https://mysuruyogautsava.com/>.



The main stage in 2023 (last year) of the M Y U.

**Spiritual Retreat at Anandāshram**, Kerala: Swāmiji will deliver discourses in English at the celebrations of the 100<sup>th</sup> year of H H Pāpā Rāmadās's Sannyās Sweekār, between December 27 and 31. We welcome all to join us at the well-known, serene āshram at Kanhangād, two hours' drive to the south of Mangalore. See website [anandashram.org](http://anandashram.org) //



## CLASSES ON YOUTUBE

(Note the change in some of the timings due to the ending of the Daylight Saving in the West)

**Geetā Class:** 8 am Wednesdays in India / 6.30 pm Tuesdays Pacific Time

**Webinars** under FOWAI FORUM will continue at 8.30 pm IST, which will be 7 am Pacific Time. These are typically on alternate Sundays.

The next webinar 278 will be presented by Dr Thimappa Hegde on November 10.

**Satsangs** (online) under the banner of **Suvarnamukhi Samskrit Dhāma** (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.



**New Classes in Mumbai City:** FOWAI FORUM has started weekly classes on Vedānta by Swāmi Chidānandaji at THE WOODEN STAGE on Dādābhai Road in Vile Pārle West. We welcome all to attend these sessions at 7 am every Sunday.

(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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