

# AUPA e - Newsletter

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Editor: Swami Chidananda  
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## Mantra to Ponder

### THIS GODDESS IS A POWERHOUSE

*Durgā empowers us to cross the hardest hurdles.*

As we are in the midst of *nava-rātri*, the nine nights when we worship especially the Divine Mother as Lakshmi, Durgā and Saraswati, it is appropriate for us to know one of the mantras that praises Mother Durgā.



Devi Durgā

/ k̄atyāyanāya vidmahe /

/ kanya-kumāri dheemahi /

/ tanno durgih prachodayāt /

**[Mahā-Nārāyana-Upanishad, 1.33]**

कात्यायनाय विद्महे

कन्यकुमारि धीमहि ।

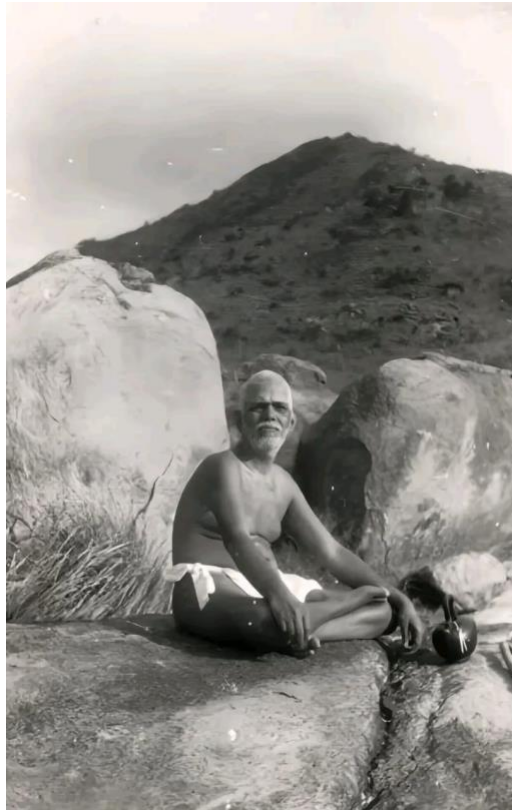
तन्नो दुर्गिः प्रचोदयात् ॥

महा-नारायण-उपनिषत् 1:33

May we know Kātyāyana (Devi Kātyāyani). For that, may we meditate upon Kanya-kumāri. May Durgi (Durgā) impel us towards it.

The above mantra is called Durgā-gāyatri. When it comes to Vedic rituals, this mantra is used to light up and worship a particular sacred fire, with which Durgā is identified. Kanyā-kumāri (expressed as Kanya-kumāri in the Vedic mantra) means a shining virgin, as the verbal root *kan* has the meaning *to shine*. Kumāri (a virgin) also has the meaning 'destroyer of evil' (*kutsitam anistham mārayati iti*). Durgi and Durgā are one and the same. She is called Kātyāyani, as she was the offspring of Katya in one of her incarnations: Katya (ancestor) → Kātyāyana (father) → Kātyāyani

## TWO CHOICES BEFORE US



*You can entertain thoughts*

*or relinquish them.*

*The former is bondage*

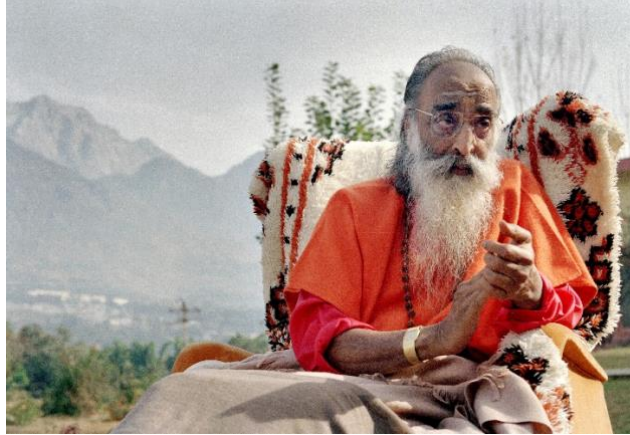
*and the latter is release.*

**Shri Ramana Maharshi**

**Source: Talks with Shri Ramana Maharshi, Talk #524, October 2, 1938**

[How we wish we can relinquish thoughts as per our sweet will! It seems a blend of advanced *viveka*, high *vairāgya* and abundant grace make it possible. – Editors]

## Thus Spake Chinmaya



*Children do not learn from books. They imitate their parents. We, the parents, must change.  
The remedy is with us.*

### **Pujya Swāmi Chinmayānandaji**

[Pujya Swamiji repeatedly emphasized how our actions, and not mere words, can be the basis of change around us.. – Editors]

## From the Editor's Desk



Swami Chidananda

### **THE ART OF WITNESSING** *Transformation is not through Thinking*

The least evolved imagine that good actions change life. The middle ones realize noble thinking brings in all healthy changes. The most mature ones know that right seeing is at the root of radical transformation. It is insightful understanding that has noble thoughts and good actions as its byproducts.



*Seeing is the basis of thought and action.*

In the powerful illustration of *Two Birds on the Same Tree*, found in the Mundakopanishad, the first bird is – symbolically – caught in thought and action. The second bird is anchored in seeing.

*/ pippalam svādu atti* – The first bird eats sweet (and bitter) fruits, and lives in conflict.

*/ ananshnan-anyo abhichākasheeti* – The second eats not, and shines.

**(Mu. Upanishad, 3.1.1)**

Being aware of not only our thoughts but the motives behind our thinking can make a big difference to the quality of our living. While we do not act in the mental state of *tamas*, we get into a lot of action in the state of *rajas*. Interestingly, we again do not act in the state of *sattva*, which does not literally mean we are inactive but we are primarily driven by right understanding thanks to the light of *sattva*.

*Sattva* brings wisdom. Geetā 14.6

*Rajas* makes us attached to action. Geetā 14.7

*Tamas* causes insensitivity and inaction. Geetā 14.8

The wisdom arising from *sattva-guna* is not so much through bookish knowledge as it is from quiet self-awareness. The mind in balance, a gift of *sattva*, makes possible groundbreaking insights, where we discover win-win solutions to problems that lead to harmony and joy.

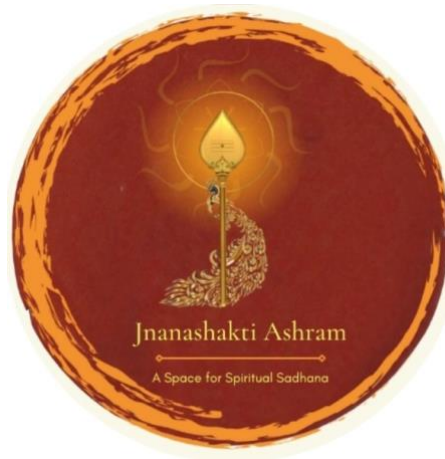
With due respect to all the power that thinking has, and to all the grandeur that action possesses, we must acknowledge the grace of silence in which the doors of liberation open. Think we must, and act we should, but we will be great losers if we do not give to ourselves the special gift of silent and open-ended observation, witnessing.

It is therefore good for us to withdraw from thought and action occasionally and look at life without any preconceived judgment. From the state of ‘not knowing’ can arise fresh knowledge, which can then help us handle situations with mature, new approaches.

**Swāmi Chidānanda**

AN UPDATE ON  
**JNĀNA-SHAKTI**  
*A Centre for Vedānta Studies*

**ALL SET FOR THE CONSTRUCTION TO BEGIN**



*The Update:*

We decided to start with constructing the **Block E**, which consists of A Meditation Hall and two Āchārya Residences. The 3D visualization that you find below shows the entrance of the Āchārya Residences in the foreground, and the Block D, which is participants' accommodation, in the background.



*3D visualization of Āchārya Residences (in the foreground)*

The meditation hall, adjacent to the Āchārya Residences, to the northern side, will be about 1000 square feet in area. The two Āchārya Residences, each measuring about 450 sq ft, will be a mirror image of each other and will have modest place of stay for two spiritual teachers / Swāmijis / Resource Persons, during various spiritual and other programs on the Jnāna Shakti (JS) campus. Each of them will have enough space for a resident teacher to meet

with two or three visitors, in addition to his / her personal resting area. When there are more visitors seeking audience with the Resource Person, they will gather at the Visitors' Room in the F Block (Learning Space), having a seminar hall and a "visitors' hall – cum – board room" in the ground floor and a library on the first floor.

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

***Team Jnāna Shakti***



**Imperatives from  
Upanishads**

13

**CONTEMPLATE ON THE SUPREME**

*TAD-JA-LA-AN-ITI (tajjalāniti)*

In this 13<sup>th</sup> selection from the Upanishads, here is an instruction that provides certain high-plateau tips for us to meditate on Brahman, the supreme reality.



/ *tajjalāniti shānta upāseeta* /

Remaining calm, meditate on the Supreme Truth, knowing it to be the source of birth, the destination in death, and the basis of sustenance of all that is.

Chāndogya Upanishad, mantra 3.14.1

॥ तज्जलानिति शान्त उपासीत ॥

छां. उ. 3.14.1

Remain calm, and meditate on the highest truth (*shānta upāseeta*): We are asked to meditate on God, being free from personal likes and dislikes, and exercising control over our senses.

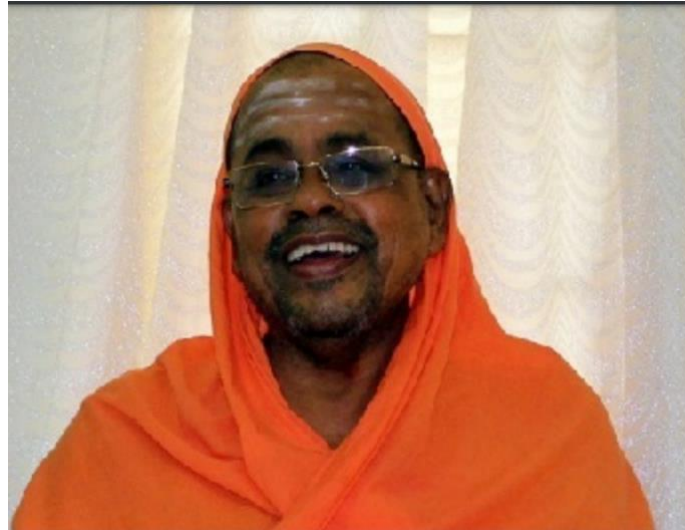
The truth is the source from which everything comes; at death, everything goes into it; and, during their stay, all draw sustenance from the truth (*tad-ja-la-an-iti*): This cryptic expression has great implications. When we expand this formula, it gives us three pointers to Brahman: *tajja*, meaning we must look at the entire creation as born from Brahman; *talla*, meaning we must understand all the universe – sentient and inert – as finally dissolving in Brahman; *tadan*, meaning we must see everything as alive thanks to Brahman. [*ja* = *jāyate*, is born; *la* = *liyate*, dissolves; *an* = *aniti*, breathes, stays alive.]

Thus, the above imperative statement asks us to rise above all petty worries and anxieties of the world and connect with God.



## Quote of the Issue

### THE FOUR BENEFITS OF KARMA-YOGA 4S



*Karma-yoga blesses us with four benefits. They are*

- 1) Our **S**elf-esteem rises.
- 2) **S**erenity increases in us.
- 3) We can **S**et up greater harmony in life.
- 4) **S**piritual growth is guaranteed.

[Pujya Swāmi Paramārthānandaji is a distinguished Vedānta teacher, based in Chennai. Teaching Geetā, Upanishads and allied texts for more than 45 years, he has been an acclaimed scholar and is much appreciated for his clarity of communication.]

## HEALTH is You

### FRESH FOOD VERSUS PROCESSED FOOD

Fresh Food refers to food that is in its natural state and has undergone minimal processing. It typically has a shorter shelf life and requires more preparation before consumption. Examples include:

\* Fruits and vegetables

- \* Whole grains
- \* Dairy products (milk, cheese, yogurt)
- \* Seafood



VERSUS



Processed Food refers to food that has been altered from its natural state through techniques like canning, freezing, drying, or adding preservatives. These foods often have a longer shelf life and may require less preparation. Examples include:

- \* Canned goods
- \* Frozen meals
- \* Dried fruits and vegetables
- \* Packaged snacks (chips, cookies, candy)

**Short-term Consequences:**

Fresh Food	Processed Food
Increased energy	Energy spikes and crashes
Improved digestion	Digestive issues
Better hydration	Dehydration

**Long-term Consequences:**

Fresh Food	Processed Food
Reduced risk of chronic diseases	Increased risk of chronic diseases
Lower risk of heart disease, stroke, diabetes, and certain types of cancer.	Higher risk of obesity, heart disease, stroke, diabetes, and certain types of

	cancer.
Weight management	Nutrient deficiencies
Improved mental health	Poor mental health
Enhanced skin health	Increased healthcare costs
It positively influences Physical, mental, emotional health, socio-economic, financial, environmental well-being & family harmony.	It negatively affects the same.

Mudrās useful for internal nutrient utilization:

- Samāna mudrā,
- Apāna mudrā,
- Vishāhāra / Aditi mudrā,
- Māthangi mudrā,
- Rudra mudrā

Pāka Shāstra: (Sanskrit term for the science and Art of Cooking)

A Sanskrit Shloka on Fresh Food goes as follows:

अन्नं नवं सुपाकं च , सुस्वादु च सुगन्धकम् ।  
आयुष्यं बलदं चैव रोगनाश-करं नृणाम् ।

/ annam navam supākam cha, susvādu cha sugandhakam ।

/ āyushyam baladam chaiva, roga-nāsha-karam nrinām ॥

Translation:

"Fresh, well-cooked food, sweet and fragrant,

Increases lifespan, gives strength, and destroys diseases of humanity."

This shloka highlights the importance of consuming fresh, nutritious food for overall health and well-being.

Unless mandatory, minimise processed food.

Unless impossible, stick to fresh food.

BY



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

**AUPA Yuva**  
As Young Eyes See

**ARISE, AWAKE  
AND STOP NOT TILL YOUR GOAL IS REACHED!**

**Protima Biswas**

Youth must look forward to achieving goals, which are set after pondering noble, dhārmik criteria. They should never be satisfied with anything less. Without action, life is a sign of death. Life may throw many challenges or obstacles but every youth should attain desired goals with flying colours and aspire to cherish wonderful moments of deep satisfaction.

### **Arise and Awake**

Young women and men should discover their hidden potential and tap it for the good of larger numbers of people, in which is contained their own good too. The Upanishads have declared that everyone has certain infinite resource within, and one should draw from it to reach adorable goals. For that it is necessary to believe in oneself, which can then lead to anything and everything.

### **Stop Not till Your Goal is reached**

Early in life, the young people should shun inaction. Hour by hour, their daily life should be marked by meaningful, well-thought-out action. Activity, which arises from well-digested values, always means keeping away all mental and physical evils.

A life characterized by such dynamic spirituality makes one a master of one's life, and never a slave to circumstances. Who does not want to be the master? Who is ready to remain a slave?

[The title of this short article, written by a new contributor to AUPA, is a well-known quote by Swami Vivekananda. Called the 'lion of Vedanta,' he left behind a brilliant legacy of teachings, which signify the importance of determination, focus, pursuit of one's dream, self-belief, and dedication. – Editors]

## Webinars

### WEBINARS OF FOWAI FORUM

*Learn from Cyber Space!*



## COMING UP

Sundays, 8.30 pm IST

By Swāmi Chidānanda		
October 6, 2024	Webinar #276	<b>UNDERSTANDING HINDUISM</b> <i>Episode 14</i>
By a Guest Speaker		
October 20, 2024	Webinar #277	<b>To be announced.</b>

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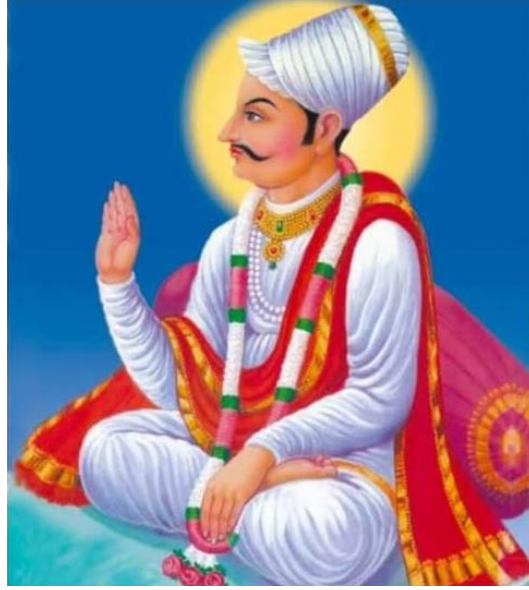
Note: All these webinars – 274 done so far – are available on YouTube. Please visit the FOWAI channel to watch them.

**News**

### September 5 thru 10, 2024 Talks in Hindi at Dharampur, Chattisgadh

Swāmiji covered the complete Bhagavad Geetā in about 15 lectures to an audience of more than 100 at the beautiful Shri Krishna Pranāmi Sādhanālaya, Dharampur, near Raigadh city, Chattisgadh. Prāchārya Mahendraji, a number of his disciples and associates, more than 75 devotees from Nepal and other places joined some 25 Vedānta students from FOWAI FORUM, who also came from various places like Bengaluru, Pune, Mumbai, Dehradun etc.

All the participants at this Spiritual Retreat thoroughly enjoyed the program, which consisted of prayers, āratī, discourses, bhajans, meditation etc. in a true āshram atmosphere. On the penultimate day, some thirty of us (from among the 120) visited four places of interest, including the new campus (8 acres in size) at Shākar Boga, where a *Mahāmati Prān-Nāth Meditation Centre* is envisaged.



Mahāmati Shri Prān-Nāthji, Main Inspiration at the Sādhanālaya



The prachāraks (sādhus and sādhis) of Shri Krishna Pranāmi Sādhanālaya, Dharampur, with Swāmiji, Prāchārya Mahendraji, Swāmi Rāghavānandaji, and Swāmi Advaitānandaji.



Some of the participants from FOWAI at the main campus (above).



A visit to the new campus at Shākar Boga on Sept 8, 2024 (above)

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### Upcoming Events

**Bengaluru, October 7, 8 and 9:** Three talks in Kannada will be delivered by Swāmiji at the Shri Shankara Jayanti Mandali in Jayanagar and the topics will be:

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

**USA Tour:** As the 10<sup>th</sup> anniversary of the Hindu Temple of Greater Fort Worth (HTGFW) got postponed to May 2025, due to some unexpected developments, Swāmiji's US tour is also deferred. The programs in Texas were the main elements of his proposed US tour. He will now make new plans to visit certain other parts of the US but the new schedule will be after December. The new dates and itinerary will be informed soon.



*The San Francisco Golden Gate Bridge*

**Yoga Festival:** Swāmiji will join the Mysuru Yoga Utsava between December 12 and 14, which is being organized by the INDICA group. Everyone is welcome to register for this grand event by reaching <https://mysuruyogautsava.com/>.



Swami Chidananda



Walter Ruta



Dr. Vinayachandra  
Banavathy

Some of the Speakers at the Yoga Festival in Mysuru.

### **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 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 will start weekly classes on Vedanta by Swāmi Chidānandaji in the northern suburbs (at a venue located between Juhu and Goregaon) very soon. Look for details in the next issue.

### DHIMAH I

Deriving Holistic Insights into Management  
and Academics from Heritage of India

Swāmiji delivered four talks (online) at the National Multidisciplinary Refresher Course on Indian Knowledge Systems (IKS): Philosophy and Psychology, conducted by Sri Lāl Bahādur Shāstri National Sanskrit University (New Delhi). The topics he took were 1) Spirit and Matter and 2) Bondage and Liberation, both in the light of Upanishads (under philosophy), and 3) Relationships in Vidura Neeti and 4) Behavioural Patterns discussed in Geetā, both under Psychology.



(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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