



CHINMAYA VRINDAVAN

Bala Vihar Handbook 2024-2025



95 Cranbury Neck Road, Cranbury, NJ 08512

Phone: 609-655-0404 | www.chinmayavrindavan.org

2024-2025 Calendar

September 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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29	30					

October 2024

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27	28	29	30	31		

November 2024

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December 2024

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29	30	31				

January 2025

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February 2025

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March 2025

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30	31					

April 2025

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May 2025

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June 2025

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22	23	24	25	26	27	28
29	30					

Balavihar will be held on days marked as below

Regular Class Days

House Inaugural

Saraswati Pooja

Spirit Day

Snow Make up Days

Guru Paduka Pooja

NO Balavihar will be held on days marked as below

Open House

Vrindavan Garba

Gita Day

Gita Chanting Regionals / Finals

Annual Day

CORD Walkathon



TABLE OF CONTENTS

Chinmaya Vrindavan Bala Vihar 2024-2025

Bala Vihar Calendar	Front Cover (inside)
Message from our Gurus	2
Bala Vihar Guidelines	4
About Bala Vihar and Other Programs	5
Chinmaya Vrindavan Contacts	7
Bala Vihar Curriculum and Teacher Assignments	8
Adult Study Groups and Teacher Assignments	11
Recommended Books for Adult Study Groups	12
Language Classes for children	13
Vedanta Classes with Swami Shantanandaji	14
Vrindavan Bala Vihar Houses	15
Chinmaya Cultural Events	16
Chinmaya Parivar Appeal	17
Bhagavad Gita Chanting Yajna	18
Gita Dhyanam	19
Bhagavad Gita Chapter 5	20
Guru Stotrams	24
Mangala Aarti	26
Aarti	27
Chinmaya Aarti	28
Shanthy Mantras	29
Temple Pooja Timings	30
Notes	31
Chinmaya Mission Pledge	32
Ashram Photos	Back Cover (Inside)
Guru Parampara	Back Cover

Note: This handbook is available online at
<https://www.chinmayavrindavan.org/BalaVihar/parents-corner/handbook>



MESSAGES FROM OUR GURUS

Pujya Gurudev Swami Chinmayananda ji

From the Lord when we reached here, we came as a good child of light. But as we live among others, the animal in us comes up and we become bad children of darkness.

To avoid this fall, we must always remember the great Lord of Love, the flute player of Yamuna banks. With the song of the glorious Lord in your heart, grow to be great men and women of our country.

Success or achievement is not the final goal. It is the 'spirit' in which you act that puts the seal of beauty upon your life.



Pujya Guruji Tejomayananda ji

Bala Vihar provides a spiritual and cultural orientation to the children of the modern age.

The purpose of Bala Vihar is to prepare our children to live their lives fully; to learn how to face life as it comes to them as well as creating a life that they want.

Bala Vihar should give them both roots and wings.



Mukhya Swami Swaroopananda ji

Fill the Heart with the oil of love.
Place in it the wick of single - pointed mind.

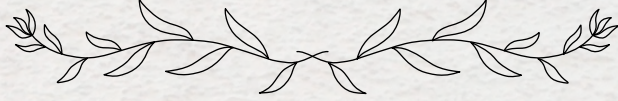
Light it with the Knowledge of Truth and
remove the darkness of ignorance around you.

Just as one lamp can light many lamps, let each
youth kindle this Light in many hearts."





Blessed Self Hari Om! Salutations!



It gives me great pleasure to welcome you to the Chinmaya Mission's Weekend programs: the Bala Vihar, Yuva Kendra, Adult Study Group, Language Classes, Gita and Shloka chanting classes - at Chinmaya Vrindavan. We offer Bala Vihar classes in three sessions and Amruta Vihar for the differently abled children.

The tremendous growth and success of all programs is made possible by our volunteers who work tirelessly to provide constant enrichment and learning for children and adults. The impact of Eastern and Western cultures on our families brings about many challenges and opportunities for children growing up in America and parents raising families in America. We have seen that the long-term benefits of active participation in Bala Vihar and the Adult Study Group makes a big difference in enriching families and our community making it essential to their spiritual and cultural growth.

We continue to improve the program so that everyone (children and adults) can obtain the maximum benefit. We also offer interactive seminars on topics such as parenting, youth-parent relationships, and revitalizing our adult study group classes. Additionally, we plan to expand upon the existing seva/service activities through additional community service projects.

Pujya Gurudev, Swami Chinmayanandaji, greatly stressed developing a strong identity for children and adults alike. He was a master with great vision and He believed that religion and the inquiry into the Divine provided the substance for unification and the true recipe for happiness.

I encourage you to share the Mission's programs with other families and let them also benefit through their participation.

Welcoming you with Prem and Om!

Swami Shantananda

Resident Swamiji

Chinmaya Vrindavan

BALA VIHAR GUIDELINES

The Bala Vihar Program is completely run by volunteers who donate their skills and time with an attitude of service (*seva bhava*). We request active support from parents / guardians to ensure the children have a wholesome experience.

What is expected of the children?

- General discipline should be maintained at all times during Bala Vihar. Be respectful and courteous to others.
- Bring a copy of the “My Prayers” book, Bala Vihar handbook, and a notebook to each session. All children should have pencils, pens, and other stationary items as instructed by the teacher.
- No snacks, food or drinks (other than a spill-proof water bottle) are allowed in the classrooms.
- All children should buy the prescribed textbook for their grade from the bookstore.
- Participate actively and attentively in class and in scheduled festivals/events.
- Participation in Aarti and Pledge at the end of each session is mandatory to instill a sense of community and culture.
- Any form of bullying will not be tolerated. Should such an incident occur, Chinmaya Mission reserves the right to take appropriate action including cancellation of registration.
- Do not run around, play with equipment or cause any damage to the facilities. Parents are responsible to reimburse the Ashram for any damage caused by their children to Ashram property.

What is required of all parents and guardians?

- All participants attending Bala Vihar must complete registration and pay prior to joining the program. No refunds will be processed for discontinuing families.
- Arrive early for classes and stay through the program concluding with Aarti and Pledge.
- At all times, except in the classroom, children attending Bala Vihar are the responsibility of their parents or guardians.
- One parent or guardian needs to be in Ashram premises during Bala Vihar. Do not drop your children and leave the premises. In the event of any emergencies, parents must be available onsite to receive their children.
- Ensure that you park your car and walk the children into the building. Please do not stop your car near the door and drop off your children.
- Ensure all shoes are removed and stacked in the shoe rack when entering the Ashram. Shoes lying on the floor will be discarded. Hang your jackets neatly.
- Treat property with care: keep it clean and make sure your children understand the same.
- Participate in class-specific email/online group discussions as requested by teachers. Sign up to receive communication to get up-to-date information about Bala Vihar and Ashram activities.
- Take active interest in Bala Vihar activities as a role model to children and participate in Ashram activities for self-development and to give back to society

ABOUT BALA VIHAR AND OTHER PROGRAMS

Bala Vihar

Session 1 - Fri - 7:00 pm - 8:45 pm | Session 2 - Sun - 9:15 am - 11:00 am | Session 3 - Sun - 1:00 pm - 2:45 pm

Bala Vihar is a grade-based program that is tuned to the mental and intellectual growth of our children. It is a weekly class for children between the ages of three to eighteen years, taught by trained volunteers at the Ashram. The aim of Bala Vihar is to help children bloom, grow, and inculcate values through fun-filled activities. Bala Vihar enhances the overall development of the personality of a child at all levels – physical, emotional, intellectual and spiritual.

Mission Statement

“To help children learn values with fun, to delight like the moon and shine like the sun”

Adult Study Groups

Session 1 - Fri - 7:00 pm - 8:45 pm | Session 2 - Sun - 9:15 am - 11:00 am | Session 3 - Sun - 1:00 pm - 2:45 pm

Study groups are forums where seekers of knowledge study a Vedantic text and discuss the concepts with like-minded aspirants in an open environment conducive to positive spiritual growth. We conduct a number of study groups in each session, catering to varied interests and levels of advancement. The focus of the Study Group is ‘shastra-chintan-pradhan’ i.e. the emphasis is on the study and logical reflection on the teachings of the scriptures. The aim is to gain Self knowledge.

Amruta Vihar

Saturday, 10:30 am - 12:00 pm (Only on the weeks that Bala Vihar classes are on)

Amruta Vihar is a special program tailored for children, who are differently abled, to come together for social interaction, spiritual growth and learning. Children are introduced to stories from puranas, taught shlokas, bhajans and are engaged in a number of activities including arts & crafts, yoga, group discussions etc.

Language Classes

Sunday, 11:15 am - 12:30 pm

Language classes are offered to children, currently enrolled in Bala Vihar. We teach Gujarati, Hindi, Kannada, Malayalam, Sanskrit, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and also conversing. Children are grouped by their proficiency in the language.

Swaranjali

Sunday, 11:15 am - 12:30 pm

Swaranjali consists of a group of talented youth musicians selected from among our Bala Vihar students by an audition to sing bhajans at various Ashram events. Children are mentored and coached by adult Chinmaya Sevaks. Both vocalists and instrumentalists with some classical training are welcome.

Bhajan Sandhya

Sunday, 6:45 pm - 7:15 pm

Bhajan Sandhya - Chinmaya Vrindavan’s adults Bhajan group - provides an opportunity to learn divine songs and simple bhajans rendered melodiously by music professionals, resonating the glory of God.

Shloka Classes

30- 60 mins (Once a week Mon - Thu evening)

Bala Vihar children will be assigned to different levels, beginner to advanced, depending upon their proficiency, and can learn to memorise all important shlokas over the years such as daily prayers, Ashtakams, Hanuman Chalisa, Vishnu and Lalitha Sahasranamams.

ABOUT BALA VIHAR AND OTHER PROGRAMS CONT'D

Yoga

Sunday, 7:30 am - 9:00 am

Learn yoga the traditional way at Chinmaya Vrindavan. Yoga is not just an exercise system but a system that teaches us that there is something within us that is an immensely powerful and deeply peaceful. All great spiritual paths target the discovery of this secret that often evades us in the normal flow of life. Inner peace can be cultivated by "ordinary" people in practical ways.

Vedic Chanting

Wednesday, 7:00 pm - 8:00 pm (for all ages)

Learn Vedic Chanting from the Chinmaya Vrindavan Temple priests of the various vedic texts. Considered to be a divine revelation to the Ṛṣi-s (Seers) of ancient India, Vedic Chanting is bound by strict adherence to six rules. Varṇa (pronunciation), Svāra (chanting notes), Mātrā (duration) Balam (force), Sāma (continuity) and Santāna (conjugation, punctuation).

Gita Chanting

Twice per week on Zoom (for registered Bala Vihar children)

Chanting coaching classes in small groups are conducted twice per week on Zoom to currently registered Bala Vihar children of grades KG -12 on the chapter picked for the particular year. These sessions primarily focus on memorization, correct pronunciation, intonation and are recommended for children with limited to no experience in learning to chant Gita shlokas.

Online Guided Meditation

Sunday, 7:00 am to 7:30 am

To get the mind to focus takes a lot of concentration. With guided meditation, you have a better chance of staying in that state of concentration for longer. Guided Meditations are an ideal way to meditate for both beginners and the more experienced.

We are pleased that the program also includes

- Numerous opportunities to explore our children's talents in music, drama and the performing arts - based on the wisdom of Vedanta contained in our scriptures
- Celebration of major festivals, such as Mahasivaratri, Diwali, Rama Navami, etc., and our Annual Gita Chanting Competition (for children and adults) and our Annual Gita Essay Competition (for older children)
- Numerous service/volunteer activities such as Anna Danam, CORD Walk-a-thon, and other community service projects like Chinmaya Youth Summer Project (CYSP)
- Specialized skill building programs like Heroic Club for Bala Vihar high school students to find their inherent talents by working on independent research projects.

For more information visit www.chinmayavrindavan.org or email geninfo@chinmayavrindavan.org

CHINMAYA VRINDAVAN - BALA VIHAR CONTACTS

Resident Swamijii	Swami Shantananda ji	609-655-1787	shantananda.swami@gmail.com
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Bala Vihar Activity	Sevak/Sevika	Phone	Email
Friday Team	Ram Ramachandran Suresh Gopalakrishnan Manoj Nair	609-936-0245 609-334-3462 513-374-7825	fri-coordinators@chinmayavrindavan.org
Sunday AM Team	Sriram Srinivasan Lakshmi N Aiyer Kiran Kodali	732-258-8936 973-723-0885 917-572-1624	sunam-coordinators@chinmayavrindavan.org
Sunday PM Team	Vasava Krishnamoorthy Indrajeet Harer Shivkumar	609-933-1915 973-906-3593 646-707-7092	sunpm-coordinators@chinmayavrindavan.org
Amruta Vihar	Vasudha Manikandan	609-937-0185	Amrutavihar@chinmayavrindavan.org
Language Classes	Purnima Krishnamurthy Sundares Ravindran Lakshmi Aiyer Hari Iyer	732-742-6794 201-665-7859 973-723-0885	languages@chinmayavrindavan.org
Swaranjali Bhajan	Subha Sriram Kannan Raghavan Uma Shankar	732-801-7654 908-331-1294 609-721-3054	swaranjali@chinmayavrindavan.org
Gita Chanting	Anjana Suresh Viji Lakshmi Hari	609-915-5104 609-468-9633	Gita@chinmayavrindavan.org
Bala Vihar Houses	Jayashree Vedamurthy	609-439-7838	bvhouses@chinmayavrindavan.org
Youth volunteer projects	Subba Tholeti Lakshmi N Aiyer	609-489-1172 973-723-0885	cmvrindavanysp@gmail.com
Concerts at Vrindavan	Harinee Madhusudhan Madhusudhan Nagarajan Gajanan Hegde	732-491-7862 732-491-7863 609-915-4330	cultural.events@chinmayavrindavan.org
Temple Activities	Sujani Murthy	609-540-9114	sujanimurthy@hotmail.com
Books/Publications	Prabhu Vellore Girish Ananthashankaran Ajit Kashyap	609-477-4143 609-937-0521 203-252-6399	bookstore@chinmayavrindavan.org
Cord USA Annadanam	Vyjayanti Durbhakula	732-319-5715	vyjayantid@gmail.com
Yoga Classes	Rajan Narayanaswamy	732-666-8878	n_rajana@hotmail.com

BALA VIHAR CURRICULUM AND TEACHER ASSIGNMENTS

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
Toddler Pre-K	Mythological value based stories, Arts & Crafts projects, Yoga, Sanskrit Vocabulary	Sanjay Rajput Malathi Gundapuneni	Vidya Venkatesh Namita Kekatpure	Sireesha Avva Namrata Raval
K	Alphabet Safari - Simple values like aspiration, brotherhood, cleanliness etc. are taught through animal stories and coloring. Through simple hands-on activities and demonstrations, children learn that just because something is not seen does not mean it is not there! Hence, the need to fix our mind.	Kavita Patlola Darshana Vednere	Veda Rajamony Shreya Iyer (CHYK)	Vasudha Manikandan Ashwini Deshpande
1	Bala Ramayana - Children listen to the story of Ramayana and learn to comprehend the values that Sri Rama lived by. Coloring and drawing scenes, and following the trails of Sri Rama's journey with events and stories inspire children and develop their imagination.	Nivedita Sridhar Neha Wagh	Vidhya Aiyer Indira Bhaskar	Aastha Vasavada Kavita Nagella
2	Hanuman the Super Superman "Have a backbone like a ruler and rule the world." Learn from Hanumanji's example - courage, strength, fearlessness, alertness, discipline, eloquence etc., as these qualities make us physically as well as mentally strong, and help us develop a majestic personality.	Uma Bhashetty Namrata Tiwari	Subha Sriram Yamuna Kuchibhotla	Uma Sarwadnya (CHYK)
3	Bala Bhagavatam Part 1 - Dasavataram Stories of Lord Vishnu's main avatars teach children how to measure happiness in this world and the right means to achieve it. They are taught how to develop discrimination between needs and wants, and responsibility by owning up to their choices and learning from them.	Harinee Madhusudhan Neha Patel	Rajeswari Ummettala Aruna Amerasan	Saratha Priya Arthanari Malathy Balasubramanian
4	Bala Bhagavatam Part 2 - Krishna Everywhere - My 24 teachers Lord Krishna's leelas teach children about sharing, self-discipline, and integrity. They are taught to introspect and observe themselves. Through the text My Twenty-four teachers, they understand how all aspects of mother nature are selfless and giving, and how we must open our eyes to learn from teachers all around us.	Sujatha Iyer Radhika Yogi	Mahalakshmi Arcot Anurag Saran	Sudha Radhakrishnan Aarthi Thiagarajan

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
5	<p>Mahabharata Part 1 Until Virata Parva: Children listen to the story in detail and learn about this rich and complex epic India the Sacred land: Saints Why India is sacred? Our rich heritage & saints and sages are our treasure.</p>	<p>Shivram Vempaty Anuradha Bhaskara</p>	<p>Meena Rajan Rameshwari Kale</p>	<p>Roopa Byrichetty Bhuvana Subramaniam</p>
6	<p>Mahabharata Part 2 In-depth story telling to expose children to this rich and complex epic First 4 weeks - Recap of Mahabharata upto Virata Parva. Complete Mahabharatha by end of academic year India the Sacred Land: Temples of India Why India is sacred? Our rich heritage, architecture, rivers, temples & cities.</p>	<p>Purnima Krishnamurthy Anupama Sivakumar</p>	<p>Sirisha Pannala Sachin Gaikwad</p>	<p>Rashmi Kuroodi Sangeetha Srikanth</p>
7	<p>Ramayana - by Rajagopalachari Analysis of main actors as we study the text in detail and understand how actions define character, how adherence to Dharma is portrayed in difficult situations. Vibhishana Gita (Keys to Success) Key to Success teaches children how to achieve success in the world by living a life that is rich in values. Emphasis is on the mind and how a disciplined mind achieves happiness and peace.</p>	<p>Nirmala Rajan Mythili Pendyala</p>	<p>Keerthi Kobla Rahul Bukkarayasamudram</p>	<p>Venu Avva</p>
8	<p>Symbolism in Hinduism Children learn why we have so many deities and how they are the symbols of the one Lord, who pervades all. These symbols teach us to live a life of harmony, fulfillment, and happiness. Yato Dharma Tato Jayah Discussion of Yaksha Prashnas and Yudhishtira's answers.</p>	<p>Viji Lakshmi Hari Venkatapathy Shankar</p>	<p>Selvi Deepak Abhirami Srinivas</p>	<p>Vjayanti Durbhakula Sapna Madiraju</p>

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
9	<p>Introduction to Hindu Culture Through this text children learn how a life lived as prescribed by the Hindu Samskaras can reduce stress and tension in life, easily setting and accomplishing lofty goals.</p> <p>Chinmaya Mission Pledge Discuss this beautiful work by Gurudev and how it provides a roadmap for responsible citizenship, engagement and upliftment of ourselves as well as society.</p>	<p>Anandhi Ramachandran Jyothy Nair</p>	<p>Sitaram Kuchibotla Partha Turaga</p>	<p>Jayashree Vedamurthy Richa Goel</p>
10-12 (JCHYK)	<p>Gita Ch 1 - 6 Choosing selected verses from the Bhagavad Gita, an overview of the essence of Bhagavad Gita is provided to the children. The overview of the sacred text is provided without sacrificing the subtle and detailed analysis of relevant verses. A number of classroom activities are also conducted to prepare the children to answer questions and make choices based on everyday situations.</p>	<p>Aruna Sarma Sangita Patankar</p>	<p>Rashmi Kashi</p>	<p>Sivaprasad Pandyaram Sankar Mahadevan</p>

PRINCIPAL CONTACTS FOR BALA VIHAR

	Friday	Sunday AM	Sunday PM
Session Coordinators	<p>Ram Ramachandran Suresh Gopalakrishnan</p>	<p>Sriram Srinivasan Vilas Magadum</p>	<p>Vasava Krishnamoorthy Indrajeet Harer</p>
AV Coordinator	<p>Manoj Nair</p>	<p>Kiran Kodali</p>	<p>Shivkumar</p>

Children are not vessels to be filled, but lamps to be LIT. The seed of spiritual values should be sown in young hearts, and the conditions made favourable for sprouting and steady growth through proper control and discipline. It must be cared for with the warmth of love and affection, and such a tree shall blossom forth flowers of brotherhood, universal love, peace, bliss, beauty, and Perfection

- Swami Chinmayananda

ADULT STUDY GROUPS AND TEACHER ASSIGNMENTS

Text	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
Vedanta 101	Rajan Narayanaswamy Pramod Gadilkar Books: Self Unfoldment, Upadesa Sara	Srini Natarajan Venky Ramasubramani Book: Kindle Life	Diwakar Sarwadnya Suresh Ramasubramaniam Books: Self Unfoldment, Atma Bodha
Bhagavad Gita	Madhu Nagarajan Sri Kesavan Books: Bhagavad Gita	Keshav Murthy Kumar Rampura Book: Bhagavad Gita Ch 4,5	Mani Manikandan Sai Narasimhan Book: Bhagavad Gita Ch 9
Advanced Vedanta	Venkat Krishnaswamy Narasimha Pinniti Book: Kathopanishad	Raj Pratha Hari Srinivasan Book: Vivekachoodamani	Vasu Ranganathan Book: Kenopanishad
Kathas	Saroja Raman Stories from the Bhagavatham	--	--
Bhajans	--	Subha Srinivasan	--
Sampoorna Bhagavad Gita Chanting	--	Usha Venkatakrishnan	Vandana Mydukur

Text	Day/Time/Location
Dasbodha - Marathi spiritual text moderated by Diwakar Sarwadnya, Sachin Kadlaskar	Sun: 11:15 am-12:30 pm in-person at Vrindavan
Sanskrit Subhaashitas moderated by Rashmi Kashi	Sun: 11:15 am-12:30 pm in-person at Vrindavan
Bhagavad Gita - Virtual Study Group moderated by Mani Manikandan	Tue: 8:00 pm - 9:15 pm on Zoom (Register at bit.ly/VirtualStudyGroup)
Holy Geeta by Swami Chinmayananda - Read and reflect on the Geeta	Mon - Thu 10:00 am - 10:20 am or 8:30 pm - 8:50 pm Register at bit.ly/GeetaReadingClub (Zoom: bit.ly/GRCQA)

RECOMMENDED BOOKS FOR ADULT STUDY GROUP

Mere listening will not add to your beauty. These ideas are to be reflected upon deeply and digested slowly. This process is hastened only when you discuss what you have studied with others. Study Groups constitute the heart of our Mission

- Swami Chinmayananda

Self Unfoldment By Swami Chinmayananda	The book Self Unfoldment is an extensive manual that elucidates the whole topic of Vedanta in simple layman's language. The greatness of this book lies in the fact that it does not only discuss Vedantic philosophies academically but also provides real life examples of how this philosophy can be applied in real life by the aspirant to gain the ultimate happiness which is within us
Upadesa Sara Commentary by Swami Tejomayananda	Upadesa Sara - the essence of all teaching - is one of the most popular Vedantic texts. It explains the paths of Action (Karma Yoga), Yoga (Astanga Yoga) and Knowledge (Jnana Yoga) and how they lead to the final goal of Self Knowledge. The great sage, Bhagvan Ramana Maharishi presents the subject in a simple and beautiful way. Swami Tejomayananda's commentary further simplifies the text and brings out its essence in an appealing way.
Atma Bodha By Adi Shankaracharya	With striking examples and ingenious poetry, Atma Bodha guides the reader along the path of Vedanta terminology. Reflecting on these verses will uplift the mind and elevate the soul. A great guide for beginners and a meditation prop for advanced seekers.
The Holy Geeta Commentary by Swami Chinmayananda	The Bhagavad Gita is a handbook of instructions as to how every human being can come to live the subtle philosophical principles in the actual work-a-day world. The Divine song of the Lord, occurs in the Bhishma Parva of the Mahabharata. This great handbook of practical living marked a positive revolution in Hinduism and inaugurated a Hindu renaissance for the ages that followed the Puranic era.
Vivekachoodamani Commentary by Swami Chinmayananda	The group discusses key concepts such as the Viveka (discrimination or discernment) between real (unchanging, eternal) and unreal (changing, temporal), Prakriti and Atman, the oneness of Atman and Brahman, and self-knowledge as the central task of spiritual life and for Moksha
Kindle Life By Swami Chinmayananda	Full of guidance for right living, the book inspires every reader to pursue true spirituality. Pujya Gurudev initiates us into the essentials of a higher, value-based life.
Kathopanishad Commentary by Swami Chinmayananda	Kathopanishad, one of the major Upanishads expounds a great truth, very simply, as to what happens after death. It is in the form of a dialogue between the God of Death (Yama) and Nachiketas a boy just nine years old.
Kenopanishad Commentary by Swami Chinmayananda	Kena Upanishad is notable in its discussion of Brahman with attributes and without attributes, and for being a treatise on "purely conceptual knowledge". It asserts that the cause of all the gods, symbolically envisioned as forces of nature, is Brahman. This has made it a foundational scripture to Vedanta school of Hinduism. It is also significant in asserting the idea of "Spiritual Man", "Self is a wonderful being that even gods worship", "Atman (Self) exists", and "knowledge and spirituality are the goals and intense longing of all creatures.
Dasbodh By Samarth Ramdas Swami	Dasbodh, loosely meaning "advice to the disciple" in Marathi, is a 17th-century spiritual text. It was orally narrated by the saint Samarth Ramadas to his disciple, Kalyan Swami. The Dasbodh provides readers with spiritual guidance on matters such as devotion and acquiring knowledge. Besides this, it also helps in answering queries related to day-to-day life and how to find solutions to it.
Sanskrit Subhaashitas Sanskrit Pearls – Vol 1, Vol 2, and Vol 3	Pre-requisite - Basic ability to read and write Sanskrit will be helpful but not compulsory. Students will learn Sanskrit through Subhaashitas and build vocabulary, comprehend the deeper imports of the verses and breaking words in a shloka and understand the structure of the language and intricacies of the words.

LANGUAGE CLASSES FOR CHILDREN

SUNDAY, 11:15AM - 12:30PM

Language classes are offered to children, currently enrolled in Bala Vihar. We teach Gujarati, Hindi, Marathi, Kannada, Malayalam, Sanskrit, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and conversing. Children are grouped by their proficiency in the language.

For any further information please send email to languages@chinmayavrindavan.org



संस्कृत
Sanskrit

Rameshwari Kale
Abhirami Shrinivas
Sitaram Kuchibotla
Kumar Dhanasekaran
Anjana Suresh

తెలుగు
Telugu

Venkat Voruganti
Bhaskar Cherukumilli
Prasad Bapatla
Ramesh Pendem
Yogeshwar Rao
Lekkalapudi

தமிழ்
Tamil

Aruna Amaresan
Kavitha Govindarajulu
Hemalatha Ramaswamy
Vinithra Rangarajan
Geeta Desikan
Gayathri Ganesan
Lakshmi Kasthurirangan

हिन्दी
Hindi

Geetanjali Sharma
Anita Nijhawan
Sindhu Janeesh
Rashmi Kuroodi
Pallavi Kadlaskar
Toshi Singh

ગુજરાતી
Gujarati

Neelima Shah
Bhagwati Shukla
Aastha Vasavda

മലയാളം
Malayalam

Veena Nair
Chitra Menon
Lakshmi Parameshwaran
Prasanna Kumar

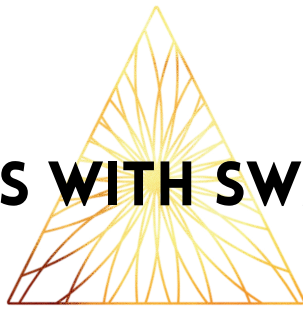
मराठी
Marathi

Namitha Kekatpure
Renuka Mundhe

ಕನ್ನಡ
Kannada

Soumya Joshi
Sushma Hemanth

VEDANTA CLASSES WITH SWAMI SHANTANANDAJI



A number of new and continuing classes are conducted in-person and online throughout the week. These classes are free and open to all.

Text	Day/Time	Location
Saddarshanam by Bhagavan Ramana Maharishi (new class started Fall 2024)	Tuesdays & Thursdays 11:00 am - 12:30 pm	In-person Devi Group class in main temple hall and Livestream: https://www.chinmayavrindavan.org/home/vrindavan-live Zoom : https://bit.ly/SwamijiSatsang
Mahabharata by Bhagavan Veda Vyasa (ongoing class)	Wednesdays 8:30 pm - 9:30 pm	Zoom : Meeting ID: 896 1729 5018 Passcode: hariom95!
Naishkarmya Siddhi by Sri Sureśvaracharya (ongoing class)	Thursdays 7:00 am - 8:00 am	Zoom : Meeting ID: 818 7367 5180 Passcode: hariom95!
Guided Meditation	Saturdays 7:00 am - 7:40 am	Zoom : Meeting ID: 940 1253 0955 Passcode: hariom95!
Narayaneeyam by Melpathur Narayana Bhattathiri (ongoing class)	Saturdays 8:30 pm - 9:30 pm	Zoom : Meeting ID: 896 1729 5018 Passcode: hariom95!
Guided Meditation with Brni Akalkaji	Sundays 7:00 am - 7:40 am	Zoom : Meeting ID: 940 1253 0955 Passcode: hariom95!
Brihadaranyaka Upanishad (ongoing class)	Sundays 5:30 pm - 6:30 pm	Zoom : Meeting ID: 813 9858 1467 Passcode: hariom95!

Join us to deepen your spiritual journey!





Please check out our website www.chinmayavrindavan.org for more details.

VRINDAVAN BALA VIHAR HOUSES

ऐक्यम् अस्माकं बलम्! Unity is our strength.

Welcome to Bala Vihar! Join the Spirit of Our Four Houses

When your child joins Bala Vihar, they become part of an exciting tradition, belonging to one of our four dynamic Houses. These Houses foster teamwork, friendly competition, and a sense of belonging that lasts throughout the year.

				
House Name	BAJRANGI'S BOLTS	ARJUNA'S ARROWS	DURGA'S DAREDEVILS	KRISHNA'S COWBOYS
Color	Yellow	Green	Red	Blue
Values	Service, Discipline	Action, Perfection	Bravery, Righteousness	Knowledge, Creativity
Grades	2,7	Prek, 3, 5	1,6	Sishu Vihar, KG, 4
Bhajan	Veera Hanuman	Bolo Bolo Sab Mil Bolo	Amba Parameshwari	Hey Murali Shridhara

Key Features of House Participation

- Show Your House Spirit: Wear your House colors on special occasions!
- Earn Points for Your House: Engage in team-building activities, Gita chanting, Likhita Japa, Storytelling, Shlokathon, Bhajanotsav and more.
- Leadership Opportunities: High schoolers and 8th graders serve as House captains, guiding younger students with the help of adult mentors.

Important Dates for



2024-2025

- Sep 13/15 & Sep 20/22 : Sorting of incoming 8th, 9th graders & new high schoolers
- Sep 27/Sep 29 : House Inaugural Assembly
- Jan 25 : Storytelling Contest
- Feb 21/23 : House Spirit Day
- Mar 8 : Shlokathon
- Mar 22 : Seva Day and Field Day
- May 3 : Bhajanotsav
- Oct-May : Likhita Japa (Ongoing)



Past Trophy Winners

2023-24: Bajrangi's Bolts
2022-23: Bajrangi's Bolts
2021-22: Arjuna's Arrows
2020-21: Bajrangi's Bolts

Shlokathon Preparation

- Coaching classes will start in September (limited seats available). Keep an eye on weekly Bala Vihar emails and class WhatsApp groups for details.
- Shloka List: Visit www.chinmayavrindavan.org for the latest list of shlokas and resources.

This Year's Theme

With Swamiji's Blessings, this year's theme is "Developing a Personal Relationship with Bhagavan (Ishta Devata)". We encourage children to explore and communicate with Bhagavan in meaningful ways throughout the year.

For any questions please contact us at bvhouses@chinmayavrindavan.org



AN INVITATION TO JOIN CHINMAYA PARIVAR

Chinmaya Parivar is a dedicated group of individuals and families who believe in the motto of **Chinmaya Mission**. "To give maximum happiness to maximum people for maximum time" as envisioned by **Pujya Gurudev Swami Chinmayananda**. The sustained support provided by volunteer members enables Chinmaya Mission centers to serve the community through enlightening Vedantic education, celebration of Hindu festivals, observing religious and spiritual practices, promotion of vibrant Indian arts & culture, and helping the society they are part of.

Chinmaya Vrindavan has several monthly operating expenses, financial obligations, and maintenance costs, all which are being covered with the generous donations and financial support of its dedicated volunteers.

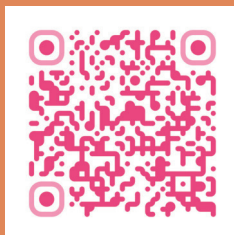
The **Chinmaya Parivar** program is established to ensure a steady stream of income from its volunteer members to sustain the activities of the Mission and build a strong foundation to server future generations. Members can either contribute a **lump sum payment of \$1200 at the start of a year or sign up for monthly payments of \$100**. Parviar members are given priority in registration and offered discounts as a token of appreciation. We request you to become a Parivar member today - becoming a patron of the ashram ensures the continued sustainability of Chinmaya Vrindavan for the coming generations..

We sincerely thank you for your support and may Gurudev's blessings be upon you and your family.

Please visit

<https://www.chinmayavrindavan.org/BalaVihar/registration>

for registration details.





Gītā Chanting Yajña

Chapter 5 - Karmasannyāsa Yoga
Yoga of True Renunciation



शक्नोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात् ।
कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ॥ 23॥



Lord Krishna proclaims the attributes of a Yogi, who can live truly happy and liberated, in the present life full of agitations, having control over his mind and senses, by making the recommended necessary internal adjustments. "Desire" is the avalanche of thoughts flowing from the pinnacle of one's intellect, through his heart, towards an object of desire in the outer world. When this flow of thoughts is obstructed by an obstacle, those thoughts shatter with tremendous force on that obstacle, thus giving rise to "anger". The stronger the desire, the greater shall be the anger! One who has won over such impulses, gained detachment from external objects and achieved an even-keel approach to any situation by turning inward, is a true Yogi. That, we must strive to achieve by performing Svādhyāya to purify our minds, whether it is by reading scriptures or pooja and so on. As our mind finds exponentially more joy in such exercises, it will automatically turn inwards and drop its fascination with external objects.

He, who is able, while still here (in this world) to withstand, before the liberation from the body (death), the impulse born out of desire and anger, he is a Yogi and he is a happy man. - BG 5.23

Verse Assignment:

Group	Grade	Verses
Kirīṭi	Toddler / PreK	1 – 6
Anagha	Kindergarten	1 – 11
Arjuna	Grades 1 - 2	1 – 16
Bhārata	Grades 3 - 4	1 – 21
Pārtha	Grades 5 - 6	1 – 26
Guḍākeśa	Grades 7 - 9	1 – 29
Dhanañjaya	Grades 10 - 12	1 – 29
Kaunteya «	Grades 10 - 12	1 – 29
Medhāvī ☸	Grades 1 - 9	1 – 29
Mahābāho «	-- (Adults)	1 – 29
Parantapa	-- (Adults)	1 – 29

« Groups reading the verses (Additional Talks)

All other groups are required to memorize the verses

☸ - Special group for all dedicated students!

★ Save the Dates

NJ Regionals: April 26, 2025

Open to All Gita enthusiasts

Gītotsavam : May 17, 2025

Participation by Invitation only

For all Gītā chanting event related info, updates, Chapter verses (English and Sanskrit) and Learn Gītā - Vocab List, visit: <http://www.chinmayavrindavan.org/geeta-chanting/>

Contact the Gītā Chanting Yajna coordinator of your center if you have any questions or comments.

Chinmaya Mission New Jersey

Vrindavan www.chinmayavrindavan.org
95 Cranbury Neck Road, Cranbury, NJ 08512

Ramdoot (BBNJ) bbnj.chinmayamission.com
1941 Holland Brook Road W., Branchburg, NJ 08876

Gita Dhyanam

Om pārthāya pratibōdhitām bhagavatā nārāyaṇēna svayaṁ
vyāsēna grathitām purāṇamuninā madhye mahābhāratam |
advaitāmṛtavarṣiṇīm bhagavatīmaṣṭādaśādhyāyinīm
amba tvāmanusandadhāmi bhagavadgītē bhavadvṛṣiṇīm || 1 ||

ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयं
व्यासेन ग्रथितां पुराणमुनिना मध्ये महाभारतम् ।
अद्वैतामृतवर्षिणीं भगवतीं अष्टादशाध्यायिनीं
अम्ब त्वां अनुसन्दधामि भगवद्गीते भवद्वेषिणीम् ॥ 1 ॥

namō: 'stu tē vyāsa viśālabuddhē
phullāravindāyatapatranētra |
yēna tvayā bhāratatailapūrṇaḥ
prajvālītō jñānamayaḥ pradīpaḥ || 2 ||

नमोऽस्तुते व्यास विशालबुद्धे फुल्लारविन्दायतपत्रनेत्रे ।
येन त्वया भारत तैलपूर्णः प्रज्वालितो ज्ञानमयः प्रदीपः ॥ 2 ॥

prapannapārijātāyatōtravētraikapāṇayē |
jñānamudrāya kṛṣṇāya gītāmṛtaduhē namaḥ || 3 ||

प्रपन्नपारिजाताय तोत्रवेत्रैकपाणये ।
ज्ञानमुद्राय कृष्णाय गीतामृतदुहे नमः ॥ 3 ॥

sarvōpaṇiṣadō gāvō dōgdhā gōpālanandanāḥ |
pārthō vatsaḥ sudhīrbhōktā dugdham gītāmṛtam mahat || 4 ||

सर्वोपनिषदो गावो दोग्धा गोपालनन्दनः ।
पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥ 4 ॥

vasudēvasutam dēvaṁ kaṁsacāṇūramardanam |
dēvakīparamānandam kṛṣṇam vandē jagadgurum || 5 ||

वसुदेवसुतं देवं कंसचाणूरमर्दनम् ।
देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥ 5 ॥

bhīṣmadrōṇataṭā jayadrathajalā gāndhāranilōtpalā
śalyagrāhavatī kṛpēṇa vahanī karṇēna velākulā |
aśvatthāmaṁvikarṇaghōramakarā duryōdhanāvartini
sōttīrṇā khalu pāṇḍavaiḥ raṇanadī kaivartakaḥ kēśavaḥ || 6 ||

भीष्मद्रोणतटा जयद्रथजला गान्धारनीलोत्पला
शल्यग्राहवती कर्पेण वहनी कर्णेन वेलाकुला ।
अश्वत्थामविकर्णघोरमकरा दुर्योधनावर्तिनी
सोत्तीर्णा खलु पाण्डवै रणनदी कैवर्तकः केशवः ॥ 6 ॥

pārāśaryavacaḥ sarōjamamalam gītārthagandhōtkāṭam
nānākhyānakakēsaram harikathāsambōdhanābōdhitam |
lōkē sajjanaṣaṭpadairaharahaḥ pēpīyamānam mudā
bhūyādbhāratapankajam kalimalapradhvamsi naḥ śrēyasē || 7 ||

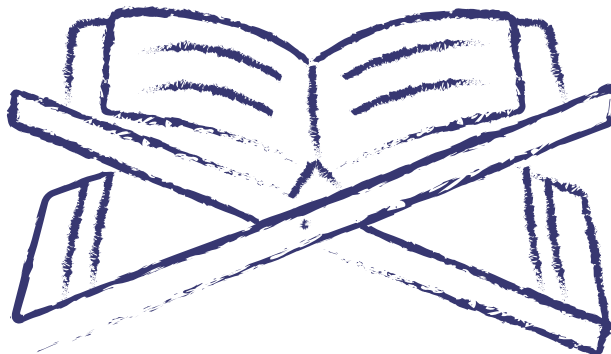
पाराशर्यवचः सरोजममलं गीतार्थगन्धोत्कटं
नानाख्यानककेसरं हरिकथा सम्बोधनाबोधितम् ।
लोके सज्जनषट्पदैरहरहः पेपीयमानं मुदा
भूयाद्भारतपङ्कजं कलिमल प्रध्वंसिनः श्रेयसे ॥ 7 ॥

mūkam karōti vācālam paṅgum laṅghayatē girim |
yatkrpā tamaham vandē paramānandamādhavam || 8 ||

मूकं करोति वाचालं पङ्गुं लङ्घयते गिरिम् ।
यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥ 8 ॥

yaṁ brahmā varuṇēndrarudramarutaḥ stuvanti divyaiḥ stavaiḥ
vēdaiḥ sāṅgapadakramōpaṇiṣadaīrgāyanti yaṁ sāmagāḥ |
dhyānāvasthitatadgatēna manasā paśyanti yaṁ yōginō
yasyāntam na viduḥ surāsuraḡaṇā dēvāya tasmai namaḥ || 9 ||

यं ब्रह्मावरुणेन्द्ररुद्रमरुतः स्तुन्वन्ति दिव्यैः स्तवैः
वेदैः साङ्गपदक्रमोपनिषदैः गायन्ति यं सामगाः ।
ध्यानावस्थिततद्गतेन मनसा पश्यन्ति यं योगिनः
यस्यान्तं न विदुस्सुरासुरगणाः देवाय तस्मै नमः ॥ 9 ॥



ॐ श्रीपरमात्मने नमः । अथ पञ्चमोऽध्यायः । कर्मसन्न्यासयोगः ।

om śrīparamātmāne namaḥ. atha pañcamo'dhyāyaḥ. karmasannyāsayogaḥ

1.	अर्जुन उवाच । सन्न्यासं कर्मणां कृष्ण पुनर्योगं च शंससि । यच्छ्रेय एतयोरेकम् तन्मे ब्रूहि सुनिश्चितम् ॥	arjuna uvāca sannyāsaṁ karmaṇāṁ kṛṣṇa punaryogaṁ ca śaṁsasi yacchreya etayorekam tanme brūhi suniścitam
2.	श्रीभगवानुवाच । सन्न्यासः कर्मयोगश्च निःश्रेयसकरावुभौ । तयोस्तु कर्मसन्न्यासात् कर्मयोगो विशिष्यते ॥	śrībhagavānuvāca sannyāsaḥ karmayogaśca niḥśreyasakarāvubhau tayostu karmasannyāsāt karmayogo viśiṣyate
3.	ज्ञेयः स नित्यसन्न्यासी यो न द्वेष्टि न काङ्क्षति । निर्द्वन्द्वो हि महाबाहो सुखं बन्धात्प्रमुच्यते ॥	jñeyaḥ sa nityasannyāsī yo na dveṣṭi na kāṅkṣati nirdvandvo hi mahābāho sukhaṁ bandhātpramucyate
4.	साङ्ख्ययोगौ पृथग्बालाः प्रवदन्ति न पण्डिताः । एकमप्यास्थितः सम्यक् उभयोर्विन्दते फलम् ॥	sāṅkhyayogau pṛthagbālāḥ pravadanti na paṇḍitāḥ ekamapyāsthitaḥ samyak ubhayorvindate phalam
5.	यत्साङ्ख्यैः प्राप्यते स्थानम् तद्योगैरपि गम्यते । एकं साङ्ख्यं च योगं च यः पश्यति स पश्यति ॥	yatsāṅkhyaiḥ prāpyate sthānam tadyogairapi gamyate ekaṁ sāṅkhyam ca yogaṁ ca yaḥ paśyati sa paśyati
6.	सन्न्यासस्तु महाबाहो दुःखमाप्तुमयोगतः । योगयुक्तो मुनिर्ब्रह्म नचिरेणाधिगच्छति ॥	sannyāsastu mahābāho duḥkhamāptumayogataḥ yogayukto munirbrahma nacireṇādhiyacchati
7.	योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः । सर्वभूतात्मभूतात्मा कुर्वन्नपि न लिप्यते ॥	yogayukto viśuddhātmā vijitātmā jitendriyaḥ sarvabhūtātmabhūtātmā kurvannapi na lipyate

8.	नैव किञ्चित्करोमीति युक्तो मन्येत तत्त्ववित्। पश्यञ्शृण्वन्स्पृशञ्जिघ्रन् अश्नन्गच्छन्स्वपञ्श्वसन्॥	naiva kiñcitkaromīti yukto manyeta tattvavit paśyañśr̥ṇvansp̥r̥śañjighran aśnangacchansvapañśvasan
9.	प्रलपन्विसृजन्गृह्णन् उन्मिषन्निमिषन्नपि। इन्द्रियाणीन्द्रियार्थेषु वर्तन्त इति धारयन्॥	pralapanvisr̥jangr̥hṇan unmiṣannimiṣannapi indriyāṇīndriyārtheṣu vartanta iti dhārayan
10.	ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्त्वा करोति यः। लिप्यते न स पापेन पद्मपत्रमिवाम्भसा॥	brahmaṇyādhāya karmāṇi saṅgam tyaktvā karoti yaḥ lipyate na sa pāpena padmapatramivāmbhasā
11.	कायेन मनसा बुद्ध्या केवलैरिन्द्रियैरपि। योगिनः कर्म कुर्वन्ति सङ्गं त्यक्त्वात्मशुद्धये॥	kāyena manasā buddhyā kevalairindriyairapi yoginaḥ karma kurvanti saṅgam tyaktvātmaśuddhaye
12.	युक्तः कर्मफलं त्यक्त्वा शान्तिमाप्नोति नैष्ठिकीम्। अयुक्तः कामकारेण फले सक्तो निबध्यते॥	yuktaḥ karmaphalaṁ tyaktvā śāntimāpnoti naiṣṭhikīm ayuktaḥ kāmakāreṇa phale sakto nibadhyate
13.	सर्वकर्माणि मनसा सन्न्यस्यास्ते सुखं वशी। नवद्वारे पुरे देही नैव कुर्वन्न कारयन्॥	sarvakarmāṇi manasā sannyasyāste sukhaṁ vaśī navadvāre pure dehī naiva kurvanna kārayan
14.	न कर्तृत्वं न कर्माणि लोकस्य सृजति प्रभुः। न कर्मफलसंयोगम् स्वभावस्तु प्रवर्तते॥	na kartṛtvaṁ na karmāṇi lokasya sṛjati prabhuḥ na karmaphalasaṁyogam svabhāvastu pravartate
15.	नादत्ते कस्यचित्पापम् न चैव सुकृतं विभुः। अज्ञानेनावृतं ज्ञानम् तेन मुह्यन्ति जन्तवः॥	nādatte kasyacitpāpam na caiva sukṛtaṁ vibhuḥ ajñānenāvṛtaṁ jñānam tena muhyanti jantavaḥ

16.	ज्ञानेन तु तदज्ञानम् येषां नाशितमात्मनः । तेषामादित्यवज्ज्ञानम् प्रकाशयति तत्परम् ॥	jñānena tu tadajñānam yeṣāṁ nāśitamātmanah teṣāmādityavajjñānam prakāśayati tatparam
17.	तद्बुद्ध्यस्तदात्मानः तन्निष्ठास्तत्परायणाः । गच्छन्त्यपुनरावृत्तिम् ज्ञाननिर्धूतकल्मषाः ॥	tadbuddhayastadātmānaḥ tanniṣṭhāstatparāyaṇāḥ gacchantyapunarāvṛttim jñānanirdhūtakalmaṣāḥ
18.	विद्याविनयसम्पन्ने ब्राह्मणे गवि हस्तिनि । शुनि चैव श्वपाके च पण्डिताः समदर्शिनः ॥	vidyāvinayasampanne brāhmaṇe gavi hastini śuni caiva śvapāke ca paṇḍitāḥ samadarśinaḥ
19.	इहैव तैर्जितः सर्गः येषां साम्ये स्थितं मनः । निर्दोषं हि समं ब्रह्म तस्माद्ब्रह्मणि ते स्थिताः ॥	ihaiva tairjitaḥ sargaḥ yeṣāṁ sām्ये sthitaṁ manaḥ nirdoṣaṁ hi samaṁ brahma tasmādbrahmaṇi te sthitāḥ
20.	न प्रहृष्येत्प्रियं प्राप्य नोद्विजेत्प्राप्य चाप्रियम् । स्थिरबुद्धिरसम्मूढः ब्रह्मविद्ब्रह्मणि स्थितः ॥	na prahr̥ṣyetpriyaṁ prāpya nodvijetprāpya cāpriyam sthirabuddhirasammūḍhaḥ brahmavidbrahmaṇi sthitaḥ
21.	बाह्यस्पर्शेष्वसक्तात्मा विन्दत्यात्मनि यत्सुखम् । स ब्रह्मयोगयुक्तात्मा सुखमक्षयमश्नुते ॥	bāhyasparśeṣvasaktātmā vindatyātmani yatsukham sa brahmayogayuktātmā sukhamakṣayamaśnute
22.	ये हि संस्पर्शजा भोगाः दुःखयोनय एव ते । आद्यन्तवन्तः कौन्तेय न तेषु रमते बुधः ॥	ye hi saṁsparśajā bhogaḥ duḥkhayonaya eva te ādyantavantaḥ kaunteya na teṣu ramate budhaḥ
23.	शक्नोतीहैव यः सोढुम् प्राक्शरीरविमोक्षणात् । कामक्रोधोद्भवं वेगम् स युक्तः स सुखी नरः ॥	śaknotihaiva yaḥ soḍhum prākśarīravimokṣaṇāt kāmakrodhodbhavaṁ vegam sa yuktaḥ sa sukhī naraḥ

24.	योऽन्तः सुखोऽन्तरारामः तथान्तर्ज्योतिरेव यः । स योगी ब्रह्मनिर्वाणम् ब्रह्मभूतोऽधिगच्छति ॥	yo'ntaḥ sukho'ntarārāmaḥ tathāntarjyotireva yaḥ sa yogī brahmanirvāṇam brahmabhūto'dhigacchati
25.	लभन्ते ब्रह्मनिर्वाणम् ऋषयः क्षीणकल्मषाः । छिन्नद्वैधा यतात्मानः सर्वभूतहिते रताः ॥	labhante brahmanirvāṇam ṛṣayaḥ kṣīṇakalmaṣāḥ chinnadvaidhā yatātmānaḥ sarvabhūtahite ratāḥ
26.	कामक्रोधवियुक्तानाम् यतीनां यतचेतसाम् । अभितो ब्रह्मनिर्वाणम् वर्तते विदितात्मनाम् ॥	kāmakrodhaviyuktānām yatīnāṃ yatacetasām abhito brahmanirvāṇam vartate vidadātmanām
27.	स्पर्शान्कृत्वा बहिर्बाह्यान् चक्षुश्चैवान्तरे भ्रुवोः । प्राणापानौ समौ कृत्वा नासाभ्यन्तरचारिणौ ॥	sparśāṅkṛtvā bahirbāhyān cakṣuścaivāntare bhruvoḥ prāṇāpānau samau kṛtvā nāsābhyantaracāriṇau
28.	यतेन्द्रियमनोबुद्धिः मुनिर्मोक्षपरायणः । विगतेच्छाभयक्रोधः यः सदा मुक्त एव सः ॥	yatendriyamanobuddhiḥ munirmokṣaparāyaṇaḥ vigatecchābhayakrodhaḥ yaḥ sadā mukta eva saḥ
29.	भोक्तारं यज्ञतपसाम् सर्वलोकमहेश्वरम् । सुहृदं सर्वभूतानाम् ज्ञात्वा मां शान्तिमृच्छति ॥	bhoktāraṃ yajñatapasām sarvalokamaheśvaram suhṛdaṃ sarvabhūtānām jñātvā mām śāntimṛcchati

ॐ तत्सत् इति श्रीमद्भगवद्गीतासु उपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे
कर्मसन्न्यासयोगो नाम पञ्चमोऽध्यायः ॥

श्रीकृष्णार्पणमस्तु ॥

om tatsat iti śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyām yogaśāstre
śrīkṛṣṇārjunasaṁvāde karmasannyāsayogo nāma pañcamo'dhyāyaḥ

śrīkṛṣṇārpaṇamastu

Shree Gurustotram

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥१॥

akhaṇḍa-maṇḍalā-kāraṁ vyāptaṁ yena carācaram |
tatpadaṁ darśitaṁ yena tasmai śrī gurave namaḥ ||1||

अज्ञानतिमिरान्धस्य ज्ञानाञ्जन-शलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्री गुरवे नमः ॥२॥

ajñāna timirāndhasya jñānānjana-śalākayā |
cakṣurunmīlitaṁ yena tasmai śrī gurave namaḥ ||2||

गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
गुरुरेव परं ब्रह्म तस्मै श्री गुरवे नमः ॥३॥

gurur-brahmā gurur-viṣṇuḥ gururdevo maheśvaraḥ |
gurureva param brahma tasmai śrī gurave namaḥ ||3||

स्थावरं जङ्गमं व्याप्तं यत्किञ्चित् सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥४॥

sthāvaram jaṅgamam vyāptaṁ yatkinchit sacarācaram |
tatpadaṁ darśitaṁ yena tasmai śrī gurave namaḥ ||4||

चिन्मयं व्यापियत् सर्वम् त्रैलोक्यं सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥५॥

cinmayam vyāpiyat sarvaṁ trailokyam sacarācaram |
tatpadaṁ darśitaṁ yena tasmai śrī gurave namaḥ ||5||

सर्वश्रुति-शिरोरत्न विराजित पदाम्बुजः ।
वेदान्ताम्बुज सूर्योयः तस्मै श्री गुरवे नमः ॥६॥

sarva-śruti-śiro-ratna virājita padāmbujaḥ |
vedāntāmbuja suryoyaḥ tasmai śrī gurave namaḥ ||6||

चैतन्यः शाश्वतः शान्तो व्योमातीतो निरञ्जनः ।
बिन्दुनादकलातीतः तस्मै श्री गुरवे नमः ॥७॥

caitanyaḥ śāśvataḥ śānto vyomātīto niraṅjanaḥ |
bindunāda-kalātītaḥ tasmai śrī gurave namaḥ ||7||

Shree Gurustotram Cont'd

ज्ञानशक्ति समारूढः तत्वमाला विभूषितः ।
भुक्ति-मुक्ति-प्रदाता च तस्मै श्री गुरवे नमः ॥८॥

jñāna-śakti samārūḍhaḥ tattva-mālā vibhūṣitaḥ |
bhukti-mukti-pradātā ca tasmai śrī gurave namaḥ ||8||

अनेक-जन्म-सम्प्राप्त कर्मबन्ध विदाहिने ।
आत्मज्ञान-प्रदानेन तस्मै श्री गुरवे नमः ॥९॥

aneka-janma-samprāpta karma-bandha vidāhine |
ātma-jñāna-pradānena tasmai śrī gurave namaḥ ||9||

शोषणं भवसिन्धोश्च ज्ञापनं सारसम्पदः ।
गुरोः पादोदकं सम्यक् तस्मै श्री गुरवे नमः ॥१०॥

śoṣaṇam bhava-sindhośca jñāpanam sāra-sampadaḥ |
guroḥ pādodakam samyak tasmai śrī gurave namaḥ ||10||

न गुरोरधिकं तत्त्वं न गुरोरधिकं तपः ।
तत्त्वज्ञानात् परं नास्ति तस्मै श्री गुरवे नमः ॥११॥

na guroradhikam tattvaṁ na guruoradhikam tapaḥ |
tattva-jñānāt param nāsti tasmai śrī gurave namaḥ ||11||

मन्नाथः श्री जगन्नाथः मद्गुरुः श्री जगद्गुरुः ।
मदात्मा सर्वभूतात्मा तस्मै श्री गुरवे नमः ॥१२॥

mannāthaḥ śrī jagannāthaḥ madguruḥ śrī jagad-guruḥ |
madātmā sarva-bhūtātmā tasmai śrī gurave namaḥ ||12||

गुरुरादिरनादिश्च गुरुः परमदैवतम् ।
गुरोः परतरं नास्ति तस्मै श्री गुरवे नमः ॥१३॥

gururādiranādiśca guruḥ parama-daivatam |
guroḥ parataram nāsti tasmai śrī gurave namaḥ ||13||

त्वमेव माता च पिता त्वमेव । त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव । त्वमेव सर्वं मम देव देव ॥

tvameva mātā ca pitā tvameva | tvameva bandhuśca sakhā tvameva |
tvameva vidyā draviṇam tvameva | tvameva sarvaṁ mama deva deva ||



Mangala Aarti

मंगल आरति प्रिया प्रीतम की मंगल प्रीति रीति दोउन की।

मंगल कांति हँसाने की दसनानन की मंगल मुरली वीना धुनि की ॥

Mangal aarti priya preetam ki mangal preeti reeti doun ki
mangalkanti hasani dasnan ki mangal murali veenadhun ki

मंगल बनिक त्रिभंगी हरि की मंगल सेवा सब सहचरि की।

मंगल सिर चंद्रिका मुकुट की मंगल छबि नैननि में अटकी ॥

mangal banik tribhangi hariki mangal sewa sab sahchar ki
mangal sir chandrika mukut ki mangal chhabi nainan mein atki

मंगल छटा फबी अंग-अंग की मंगल गौर श्याम रस रंग की।

मंगल अति कटि पियरे पट की मंगल चितवनि नागर नट की ॥

mangal chhata phabi ang ang ki mangal gaur shyam rasrang ki
mangal ati kati piyare patki mangal chitwani naagarnat ki

मंगल सोभा कमल नैन की मंगल माधुरी मृदुल बैन की।

मंगल बृंदाबन मग अटकी मंगल क्रीडन जमुना तट की ॥

mangal shobha kamalnain ki mangal madhuri mridul bain ki
mangal brindaban mag atki mangal kridan jamuna tat ki

मंगल चरन अरुन तरुवन की मंगल करनि भक्ति हरिजन की।

मंगल जुगल प्रिया भावन की मंगल श्री राधाजीवन की ॥

mangal charan arun taruvan ki mangal karani bhakti hari jan ki
mangal jugal priya bhawan ki mangal shree radha jeevan

Aarti

ॐ जय जगदीश हरे स्वामि जय जगदीश हरे
भक्तजनों के सङ्कट दासजनों के सङ्कट
क्षण मे दूर करे। ॐ जय जगदीश हरे

जो ध्यावे फल पावे दुःख बिनसे मन का-स्वामि
सुख सम्पति घर आवे (२)
कष्ट मिटे तन का । ॐ जय जगदीश हरे

मातपिता तुम मेरे शरण कहूँ मै किस कि-स्वामि
तुम बिन और न दूजा तुम बिन और न कोइ
आशा करूँ मै जिस कि । ॐ जय जगदीश हरे

तुम पूरन परमात्मा तुम अन्तर्यामी-स्वामि
पार ब्रह्म परमेश्वर (२)
तुम सबके स्वामी । ॐ जय जगदीश हरे

तुम करुणा के सागर तुम पालनकर्ता-स्वामि
मै मूरख खल कामी मै सेवक तुम स्वामी
कृपा करो भरता । ॐ जय जगदीश हरे

तुम हो एक अगोचर सब के प्राणपती-स्वामि
किस विध मिलूँ दयामय किस विध मिलूँ कृपामय
तुम को मै कुमती । ॐ जय जगदीश हरे

दीनबन्धु दुःख हरता तुम रक्षक मेरे-स्वामि
अपने हाथ उठाओ अपने चरन बढाओ
द्वार पडा मै तेरे । ॐ जय जगदीश हरे

विषय विकार मिटाओ पाप हरो देवा-स्वामि
श्रद्धा भक्ति बढाओ श्रद्धा प्रेम बढाओ
सन्तन की सेवा । ॐ जय जगदीश हरे

तन मन धन सब तेरा सब कुछ है तेरा-स्वामि
तेरा तुझको अर्पण (२)
क्या लागे मेरा । ॐ जय जगदीश हरे

Om jaya jagadIsha hare svaami jaya jagadIsha hare
bhaktajanoM ke sa~nkaTa daasajanoM ke sa~nkaTa
kShaNa me dUra kare | Om jaya jagadIsha hare

jo dhyaave **ph**ala paave du**Hk**ha binase mana kaa-svaami
sukha sampati **gh**ara aave (2)
kaShTa miTe tana kaa | Om jaya jagadIsha hare

maatapitaa tuma mere sharaNa kahun mai kisa ki-svaami
tuma bina aura na dUjaa tuma bina aura na koi
aashaa karun mai jisa ki | Om jaya jagadIsha hare

tuma pUrana paramaatmaa tuma antaryaami-svaami
paara brahma parameshvara (2)
tuma sabake svaami | Om jaya jagadIsha hare

tuma karuNaa ke saagara tuma paalanakartaa-svaami
mai mUrak**h**a **kh**ala kaami mai sevaka tuma svaami
kRupaa karo **bh**arataa | Om jaya jagadIsha hare

tuma ho eka agochara saba ke praaNapatI-svaami
kisa vidha milUn dayaamaya kisa vidha milUn kRupaamaya
tuma ko mai kumatI | Om jaya jagadIsha hare

dInabandhu du**Hk**ha harataa tuma rakShaka mere-svaami
apane haath**a** u**Th**aaoo apane charana ba**Dh**aaoo
dvaara paDaa mai tere | Om jaya jagadIsha hare

viShaya vikaara miTaaoo paapa haro devaa-svaami
shraddhaa **bh**akti ba**Dh**aaoo shraddhaa prema ba**Dh**aaoo
santana ki sevaa | Om jaya jagadIsha hare

tana mana dhana saba teraa saba ku**Ch**a hai teraa-svaami
teraa tujhako arpaNa (2)
kyaa laage meraa | Om jaya jagadIsha hare



आरति श्री चिन्मय सद्गुरु की
दिव्यरूप मूरति करुणा की ॥
आरति सद्गुरु की

aarati shrl chinmaya sadguru kl
divyarUpa mUrati karuNaa kl ||
aarati sadguru kl

चरणों में उनके शान्ति समाये
शरणागत की भ्रान्ति मिटाये
पाप ताप सन्ताप हरण की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

charaNoM meM unake shaanti samaaye
sharaNaagata kl **bh**raanti miTaaye
paapa taapa santaapa haraNa kl
aarati shrl chinmaya sadguru kl ||
aarati sadguru kl

वेद उपनिषद् गीता को गाया
धर्म सनातन फिर से जगाया
शुद्ध नीति प्रीति शङ्कर की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

veda upaniShad gltaa ko gaayaa
dharma sanaatana **ph**ira se jagaayaa
shuddha nlti prlti sha~nkara kl
aarati shrl chinmaya sadguru kl ||
aarati sadguru kl

सिद्धबाडि के तपोभूमि में
नित्यविराजे गुरु हमारे
भक्त हृदय आनन्द स्रोत की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

siddhabaaDi ke tapo**bh**Umi meM
nityaviraaje guru hamaare
bhakta hRudaya aananda srota kl
aarati shrl chinmaya sadguru kl ||
aarati sadguru kl

आरति श्री चिन्मय सद्गुरु की
दिव्यरूप मूरति करुणा की ॥
आरति सद्गुरु की

aarati shrl chinmaya sadguru kl
divyarUpa mUrati karuNaa kl ||
aarati sadguru kl

Shanti Mantras

ॐ सर्वेषां स्वस्तिर्भवतु
सर्वेषां शान्तिर्भवतु ।
सर्वेषां पूर्णं भवतु
सर्वेषां मङ्गलं भवतु ॥

Om sarveShaaM svastir**bh**avatu
sarveShaaM shaantir**bh**avatu |
sarveShaaM pUrNaM **bh**avatu
sarveShaaM ma~ngalaM **bh**avatu ||

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद् दुःखभाग् भवेत् ॥

sarve **bh**avantu suk**h**inaH
sarve santu niraamayaaH |
sarve **bh**adraaNi pashyant
maa kashchid duH**kh****ab**haag **bh**avet ||

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।

asato maa sadgamaya |
tamaso maa jyotirgamaya |
mRutyormaa amRutaM gamaya |

ॐ पूर्णमदः पूर्णमिदं
पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय
पूर्णमेवावशिष्यते ॥

Om pUrNamadaH pUrNamidaM
pUrNaat pUrNamudachyate |
pUrNasya pUrNamaadaaya
pUrNamevaavashiShyate ||

ॐ शान्तिः शान्तिः शान्तिः ॥

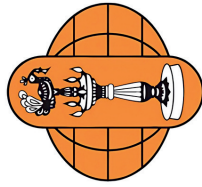
हरिः ॐ
श्री गुरुभ्यो नमः
हरिः ॐ

Om shaantiH shaantiH shaantiH ||

hariH Om
shri guru**bh**yo namaH
hariH Om

chinmaya vrinavan

PUJAS & HOMAMS



MONDAY - FRIDAY : 8:30am - 1:00pm, 5:30 - 8:00pm
 SATURDAY & SUNDAY : 8:30am - 8:00pm
 SPONSORSHIP : chinmayavrindavan.org/temple/sponsorships
 WEBSITE : chinmayavrindavan.org

TIME	DEITY	Homam
MONDAY 9:00-10 AM	Bhagavan Shiva	Mrtyunjaya Homam - for Jaya (victory) over Mrtyu (death)
TUESDAY 9:00-10:00 AM	Abhaya Ganapati	Devotee who performs Ganapati Homam will get rid of all the problems and obstacles on their way towards success
WEDNESDAY 9:00-10:00 AM	Vishnu Bhagavan	Sudarshana Homam for removal of all enemies & avoiding accidents. The Yantra (embedded metal sybol) used keeps all negativity at a distance & brings in divine, auspicious energies.
THURSDAY 9:00-10:00 AM	Medha Dakshinamurti	Guru Dakshinamurti Homam - worship brings excellence in education and intellect, gaining wisdom, self-knowledge, self-empowerment & spiritual uplift
FRIDAY 6:00-7:00PM	Sri Mahalakshmi	Sri Suktam Homam is a popular and significant homam believed to usher in prosperity and wealth to those who perform it.
SATURDAY 6:00-7:00PM	Navagrahas	Navagraha Homam - propitiation of the planets and reduction of negative planetary effects



TIME	DEITY	Puja
SUNDAY & MONDAY 6:30 PM	Bhagavan Shiva (Spatika Lingam)	Rudrabhishekam & Puja
TUESDAY 6:30 PM	Ganapati & Subramanya swamy	Abhishekam, Archana & Puja
WEDNESDAY 6:30 PM	Sri Radha Krishna Ayyappa	Abhishekam, Archana & Puja
THURSDAY 6:30 PM	Medha Dakshinamurti	Abhishekam, Archana & Puja
FRIDAY 10:30 AM	Lalitambika Devi	Mahameru Abhishekam & Puja
SATURDAY 10:30 AM 6:00 PM	Bhakta Hanuman Ayyappa	Hanuman Abhishekam & Archana Bhajan & Puja

*Homam & Puja timings are subject to change due to ritual observations.

CHINMAYA MISSIONS MOTO

To give maximum happiness to maximum people for maximum time

TEMPLE PRIEST BOOKINGS

☎ (609)655-0404 📧 cmtcpooja@gmail.com

📍 95 Cranbury Rd., Cranbury NJ

📞 PUJA QUERIES Sujani Murthy @ (609)540-9114



Notes

CHINMAYA MISSION PLEDGE

**We stand as one family,
Bound to each other with love and respect.**

**We serve as an army,
Courageous and disciplined,
Ever ready to fight against,
All low tendencies and false values,
Within and without us.**

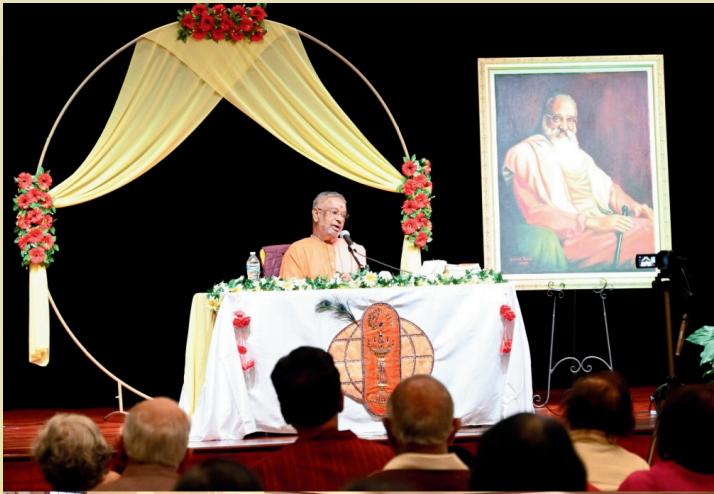
**We live honestly
The noble life of sacrifice and service
Producing more than what we consume
And giving more than what we take.**

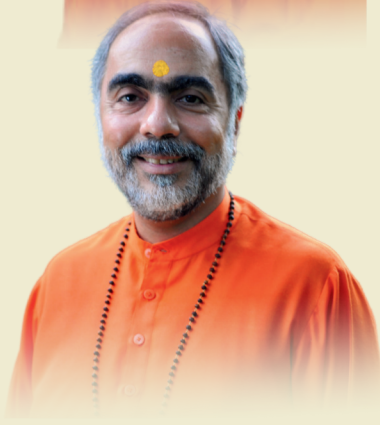
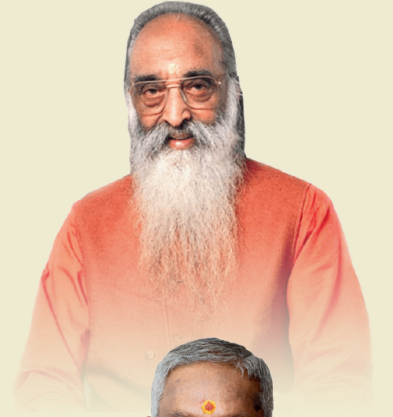
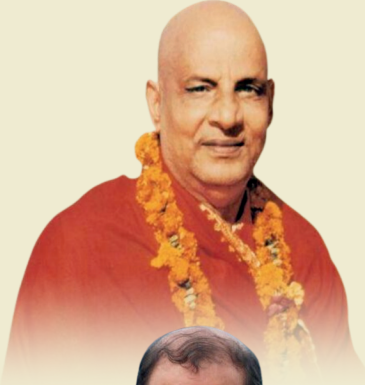
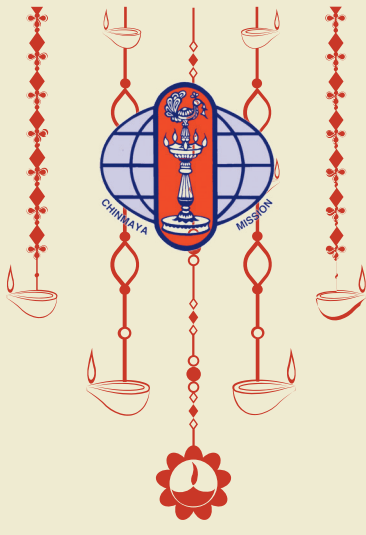
**We seek the Lord's grace
To keep us on the path of virtue, courage and wisdom.
May Thy grace and blessings flow
Through us to the world around us.**

**We believe that the service of our country
Is the service of the Lord of lords
And devotion to the people
Is devotion to the Supreme Self.**

**We know our responsibilities
Give us the ability and courage to fulfill them.**

OM TAT SAT





*Sadaashiva Samaarambhaam
Sankaraachaarya Madhyamaam
Asmad Aachaarya Paryantaam
Vande Guru Paramparaam*

**"May you reach the eternal state of
perfection and divinity in this very
birth. May the blessing of the
Upanishad Rishis be upon you all!
Om Tatsat."**

**- Swami Tapvanam
Uttarakashi, January 20, 1952**

