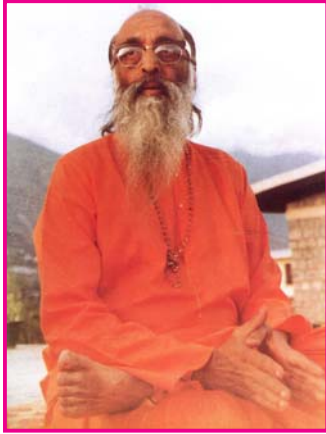


AUM SREE CHINMAYA SADGURAVE NAMAH



Self-development

The appropriate physical condition is conducive to generating the right mental attitude for the spiritual practices, but a mere physical posture cannot, in itself, guarantee any spiritual self-development.

Gurudev Swami Chinmayananda

During summer vacations, our children deserve a lot of quality time with the parents, friends & relatives. Make sure they get the right company that would help them evolve & enjoy.



Maa Purnananda

.....vande Guru Paramparam

Soon after the grand auspicious celebrations of Deepawali, the month of Kaartik (October-November) concludes with the Kaartik Purnima, also known as Dev Deepawali – the Deepawali of Gods! Every year on this auspicious full moon day, the *Maha Abhishekam* of Sree Ishwara is performed at SISS, it being the *Pran Pratishtha* day of the Presiding Trinity, Sree Brahma-Sree Vishnu-Sree Maheshwar, in the Ishwara Darshan Temple here. Moon appears to be waning and waxing from full moon to new moon and back! This monthly cycle is symbolic of the sense of completeness when in full awareness of our True Self and sense of incompleteness when being unaware of the True Self. Therefore, the egocentric being, bound by its acquired lower self, goes through innumerable cycles of transmigration. While passing through several such fortunate lifetimes, when by the grace and guidance of a *Sadguru*, an individual gets on to the Spiritual path, he enlightens himself to his True Self, as much the moon shines bright on the full moon night. He realizes that even while he was unaware of his True Self, he was always full and complete. It was in his own light that he was always reveling, even while in the darkness of ignorance! Hence, the *Maha Abhishekam* of Sree Ishwara on Kaartik Purnima reminds us of the purpose of the Spiritual learnings, that is, to regain our *Ishwarattva*, which means to celebrate Dev Deepawali in true sense. Kaartik *Maas* is soon followed by *Maargasheersh Maas* (November-December), one of the most auspicious months of Hindu calendar. Sree Bhagawan in Sreemad Bhagawad Geeta says – “*Maasanam Maargasheershoham.....*” - “Amongst months, I am *Maargasheersh...*” The eleventh day of waxing moon of *Maargasheersh Maas* is observed as *Mokshadaa Ekadashi*. It is believed that on this auspicious day, Sree Krishna expounded Sreemad Bhagawad Geeta to His beloved devotee and friend Arjun and hence this day is celebrated as Sree Geeta

Jayanti. Obviously, for all those who learn from the Bhagawad Geeta and are having burning desire for liberation, this day is one of the most important days of the year for all the Spiritual practices. Moreover, this is a very special day for the seekers associated with SISS, as this day happens to be the *Jayanti* of our Param Gurudev Sree Tapovan ji Maharaj. With these triple designations that signify the Grace of the Sadguru Sree Tapovan ji Maharaj, Spiritual learning from the Geeta and the third being liberation, which is the very purpose of Spirituality; it is most important to observe and celebrate this day by performing intense and powerful *Sadhana*, to deserve the threefold blessings too! When one would have observed such spiritually charged days all through the year, the month of January of the next year will surely have to commence with an equally Spiritual fervor. Won't it be appropriate to perform Sree Vishnu Sahastranaam *Homam* and thus invoke the blessings of the Ultimate Sustainer for an active year ahead propelled by Divine motivation? Each year, 1st January falls within *Paush Maas* (December-January) which is considered to be inauspicious. So, to perform the *Homam* on that day will keep away the evil and shower Divine blessings on all. Usually it gets over and *Maagh Maas* (January-February) begins with another very auspicious day which is known as *Makar Sankranti*. However, in the year 2016, *Paush Maas* gets over on the 25th January and hence the auspicious month of *Maagh* will begin the next morning, and, *Makar Sankranti* will therefore fall within *Paush Maas* only.

Maa Purnananda

Adi Shankaracharya & Gurudev's Jayanti Celebrations



Maa Purnanandaji's Programmes in June 2015

2nd June Talk on Sree Ram Charit Manas (in Hindi) at the residence of Smt Nirmala Gupta, 'Panchwati' Okhla Mor, Opp. Surya Crown Plaza, New Delhi (11.30 a.m. to 1.00 p.m.).

14th & 28th June Bhagwad Geeta in Daily Life- Ch. 6 (in English) at SISS, B-17, Sector 62, Inst'l Area Noida (3.30 p.m. to 5.30 p.m.)

On the auspicious occasion of Sree Guru Purnima Spiritual Retreat on Sree Adi Shankaracharya's 'Nirvana Shatkam'

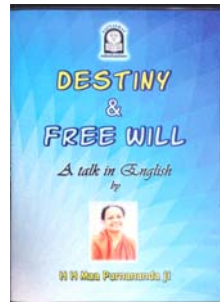
31st July to 2nd August '15 at

Satyavrat Institute of Subjective Sciences
B -17, Sector 62, Institutional Area, Noida
for registration: 09028144408 info@satyavrat.org.in

DVD release of 'Action-Reaction-Repercussion' during the talk on 'De-stress & Channelize'



A DVD that has answers for the following:



What is Free Will?
What is the role of Prayer?
What is the relevance of Destiny?
Does Power of Reasoning & Rationality have any role?
What is the relevance of traditions such as fasting?

Available at: SISS, B-17, Sector 62, Noida

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श्री गुरुवाणी

...पूर्वाङ्क से

ध्यान की सविकल्प स्थिति में साधक को अनुभवकर्ता, अनुभव तथा अनुभूत 'त्रिपुटी' के संबंध का ज्ञान रहता है। जब अनन्त सत् की महान स्थिति में अनुभवकर्ता तथा अनुभूत विलीन हो कर एक हो जाते हैं तब उसे निर्विकल्प समाधि की स्थिति कहा जाता है। मन को किस प्रकार इन सविकल्प व निर्विकल्प समाधि की स्थितियों में पहुँचाने के लिये तैयार किया जाता है? पहले दिखाई पड़ने वाले समस्त नाम व रूपों वाले जगत् को ओम् अथवा ओंकार के रूप में मनन करना चाहिए। अ, उ तथा म् की तीन ध्वनियाँ किस प्रकार से ओम् बनती हैं तथा कैसे यह हमारे जाग्रत, स्वप्न तथा सुषुप्ति के अनुभव हमें देती है यह हमें माण्डूक्य उपनिषद् में मिलता है। ओम् के दो उच्चारणों के बीच की शांति (अमात्रा) शुद्ध आत्मतत्त्व का प्रतिनिधित्व करती है।

नाम तथा रूप का अस्तित्व तभी तक रहता है जब तक हमें उनका ज्ञान है। सभी नामरूपों को तथा अन्तर बाह्य जगत् के अनुभवों को एक ही चेतन तत्त्व प्रकाशित करता है। जब हम अपना ध्यान इस शुद्ध चेतना की ओर केन्द्रित कर देते हैं तब यह सभी नाम रूप विलीन हो जाते हैं, जैसे जग जाने वाले पुरुष के मन में स्वप्न तथा स्वप्न देखने वाला विलीन हो जाता है। समाधि के पूर्व मन शान्त तथा स्थिर होना चाहिए। इस प्रकार की मानसिक स्थिति को बनाने के लिए ॐ का मनन बहुत सार्थक होता है। परन्तु जब व्यक्ति शुद्ध आत्मतत्त्व से एकाकार हो कर उस स्थिति का दिव्य जीवन जीता है तब मनन अनावश्यक और निरर्थक हो जाता है। क्रमशः . . .

स्वामी चिन्मयानन्द

सुभाषित

युवा स्यात् साधु युवाऽध्यापकः आशिष्ठो दृढिष्ठो बलिष्ठः ।

तस्येयं पृथिवी सर्वा वित्तस्य पूर्णा स्यात् ॥

(तैत्तिरीयोपनिषद्)

नौजवान को चाहिये कि वह साधुचरित, बहुत अभ्यासी, आशावान्, दृढ़निश्चयी एवं बलसम्पन्न बने। ऐसे नौजवान के लिये यह सारी पृथ्वी वित्तपूर्ण हो जाती है। अर्थात् उत्साहसंपन्न कर्तव्यनिष्ठ व्यक्ति चाहे सो प्राप्त कर सकता है।

सत्यव्रत

SATYAVRAT

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यतो धर्मस्ततो जयः

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