



# CHINMAYA VRINDAVAN

Handbook 2025-2026



95 Cranbury Neck Road, Cranbury, NJ 08512

Phone: 609-655-0404 | [www.chinmayavrindavan.org](http://www.chinmayavrindavan.org)



# 2025-2026 Calendar

## September 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## January 2026

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## April 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May 2026

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June 2026

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	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

House Activities

Gitotsavam

Gita Chanting Regionals

Annual Day

CORD Walkathon

Kalarangam

Vrindavan Surabhi





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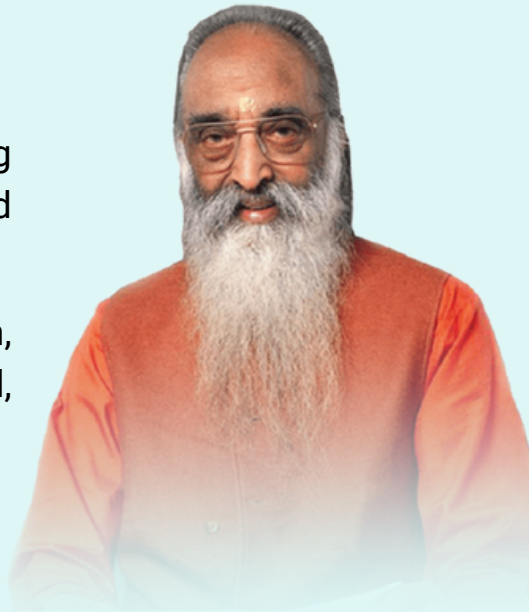
# Messages from our Gurus

## **Pujya Gurudev Swami Chinmayananda ji**

The seed of spiritual values should be sown in young hearts, and the conditions made favorable 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.

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, Marathi, 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 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.

## Other Programs

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](http://www.chinmayavrindavan.org) or email [geninfo@chinmayavrindavan.org](mailto:geninfo@chinmayavrindavan.org)



# Chinmaya Vrindavan - Bala Vihar Contacts

Resident Swamijii	Swami Shantananda ji	609-655-1787	shantananda.swami@gmail.com
Bala Vihar Activity	Sevak/Sevika	Phone	Email
Friday Team	Ram Ramachandran Yogeswara Rao Daya Sunkara	609-936-0245 914-356-2916 201-208-1024	fri-coordinators@chinmayavrindavan.org
Sunday AM Team	Sriram Srinivasan Anshuman Panigrahi Kunal Ganorkar Kiran Kodali	732-258-8936 267-242-7158 347-429-3975 917-572-1624	sunam-coordinators@chinmayavrindavan.org
Sunday PM Team	Vasava Krishnamoorthy Indrajeet Harer Sangeetha Iyer	609-933-1915 973-906-3593 732-586-0844	sunpm-coordinators@chinmayavrindavan.org
Amruta Vihar	Vasudha Manikandan	609-937-0185	Amrutavihar@chinmayavrindavan.org
Language Classes	Purnima Krishnamurthy Sundareswari Ravindran Lakshmi Aiyer	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	Viji Lakshmi Hari	609-468-9633	chantgita@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	culturalEvents@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_rajan@hotmail.com

# Bala Vihar Curriculum and Teacher Assignments

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
<b>Toddler Pre-K</b>	Stories, Arts & Crafts, Yoga & Sanskrit vocabulary	<b>Sanjay Rajput Malathi Gundapuneni</b>	<b>Vidya Venkatesh Namita Kekatpure</b>	<b>Sireesha Avva Namrata Raval</b>
<b>K</b>	<b>Alphabet Safari</b> - 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.	<b>Anuradha Bhaskara Kavita Nagella</b>	<b>Veda Rajamony Vidhya Aiyer</b>	<b>Malathy Balasubramanian Sujata Arunkumar</b>
<b>1</b>	<b>Bala Ramayana</b> - 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.	<b>Vasudha Manikandan Uma Bhashetty</b>	<b>Neha Wagh Rameshwari Kale</b>	<b>Aastha Vasavada Vijaya Balakrishnan</b>
<b>2</b>	<b>Superman Hanuman</b> "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.	<b>Radha Janakiraman Sangeetha Nagraj</b>	<b>Subha Sriram Srinivasan Yamuna Kuchibhotla</b>	<b>Roopa Byrichetty Sirat Chhabra</b>



Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
3	<b>Bala Bhagavatam Part 1 - Dasavataram</b> 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.	<b>Aarathi Thiagarajan</b> <b>Neha Patle</b>	<b>Rajeswari</b> <b>Ummettala</b> <b>Indira Bhaskar</b>	<b>Saratha Priya</b> <b>Arthanari</b> <b>Geeta Ananth Iyer</b>
4	<b>Bala Bhagavatam Part 2 - Krishna Everywhere</b> <b>- My 24 teachers</b> 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.	<b>Sujatha Iyer</b> <b>Lakshmi Voruganti</b> <b>Harinee</b> <b>Madhusudhan</b>	<b>Mahalakshmi Arcot</b> <b>Anurag Saran</b>	<b>Rashmi Kuroodi</b> <b>Aparna Prasad</b>
5	<b>Mahabharata Part 1</b> 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.	<b>Nivedita Sridhar</b> <b>Nirmala Rajan</b>	<b>Rupa Ranganath</b> <b>Chitra Sukhtankar</b>	<b>Sangeetha Srikanth</b> <b>Sunil Nadig</b>

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
6	<p><b>Mahabharata Part 2</b> In-depth story telling to expose children to this rich and complex epic First 4 weeks - Recap of Mahabharata upto Virata Parva. Complete Mahabharata by end of academic year</p> <p><b>India the Sacred Land: Temples of India</b> Why India is sacred? Our rich heritage, architecture, rivers, temples &amp; cities.</p>	<p><b>Purnima Krishnamurthy</b> <b>Radhika Yogi</b></p>	<p><b>Devender Akula</b> <b>Sachin Gaikwad</b></p>	<p><b>Prasanna Kumar</b> <b>Sapna Madiraju</b></p>
7	<p><b>Ramayana - by Rajagopalachari</b> 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.</p> <p><b>Vibhishana Gita</b> (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><b>Venkatapathy Shankar</b> <b>Anupama Sivakumar</b></p>	<p><b>Keerthi Kobla</b> <b>Rahul Bukkarayasamudram</b></p>	<p><b>Venu Avva</b> <b>Namrata Tiwari</b></p>
8	<p><b>Symbolism in Hinduism</b> 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.</p> <p><b>Yato Dharma Tato Jayah</b> Discussion of Yaksha Prashnas and Yudhishtira's answers.</p>	<p><b>Viji Lakshmi Hari</b> <b>Shivram Vempaty</b></p>	<p><b>Partha Turaga</b> <b>Abhirami Srinivas</b></p>	<p><b>Vyjayanti Durbhakula</b> <b>Shiv Kumar</b></p>



Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
9	<b>Introduction to Hindu Culture</b> 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. <b>Chinmaya Mission Pledge</b> Discuss this beautiful work by Gurudev and how it provides a roadmap for responsible citizenship, engagement and upliftment of ourselves as well as society.	<b>Anandhi Ramachandran</b> <b>Mythili Pendyala</b>	<b>Sitaram Kuchibotla</b> <b>Prarthana Gururaj</b>	<b>Jayashree Vedamurthy</b> <b>Richa Goel</b>
10-12 (JCHYK)	<b>Gita Ch 1 - 6</b> 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.	<b>Aruna Sarma</b> <b>Sangita Patankar</b>	<b>Rashmi Kashi</b> <b>Jacqueline Gaines</b>	<b>Jody Nair Sankar</b> <b>Mahadevan</b>

### Principal contacts for Bala Vihar

	Friday	Sunday AM	Sunday PM
Session Coordinators	<b>Ram Ramachandran</b> <b>Suresh Gopalakrishnan</b> <b>Yogeswara Rao</b>	<b>Sriram Srinivasan</b> <b>Anshuman Panigrahi</b> <b>Kunal Ganorkar</b>	<b>Vasava Krishnamoorthy</b> <b>Indrajeet Harer</b> <b>Sangeetha Iyer</b>
AV Coordinator	<b>Daya Sunkara</b>	<b>Kiran Kodali</b>	<b>Prasad Pulakkat</b>



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



# Adult Study Groups and Teacher Assignments

Text	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
<b>Vedanta 101</b>	Janakiraman Gopalakrishnan Alka Krishnamoorthy <b>Books: Self Unfoldment</b>	Srini Natarajan Venky Ramasubramani <b>Book: Kindle Life</b> <b>Upadesa Sara</b>	Sridhar Vaidyanathan Prasad Pulakkat <b>Books: Self Unfoldment</b>
<b>Vedanta 201</b>	Rajan Narayanaswamy Pramod Gadilkar <b>Books : Upadesa Sara</b> <b>Atma Bodha</b>	--	--
<b>Bhagavad Gita</b>	Srini Kesavan Madhusudhan Nagarajan <b>Book: Bhagavad Gita Ch 6</b>	Keshav Murthy Kumar Rampura <b>Book: Bhagavad Gita</b> <b>Ch 4,5</b>	Diwakar Sarwadnya Suresh Ramasubramaniam <b>Book: Bhagavad Gita 1,2</b>
<b>Advanced Vedanta 1</b>	Sriram Krishna Venkat Krishnaswamy <b>Book: Mundakopanishad</b>	Hari Srinivasan Raj Pratha <b>Book: Vivekachoodamani</b>	Vasu Ranganathan <b>Book: Kenopanishad</b>
<b>Advanced Vedanta 2</b>	Manikandan Alapakkam Sai Narasimhan <b>Book: Kathopanishad</b>	--	--
<b>Women Seekers</b>	Uma Shankar Hemalatha Ramaswamy <b>Book: Women Seekers</b>	--	--
<b>Bhajans</b>	--	Subha Srinivasan	--
<b>Sampoorna Bhagavad Gita Chanting</b>	--	Usha Venkatakrishnan	Vandana Mydukur

Text	Day/Time/Location
<b>Dasbodh - Marathi spiritual text moderated by Sachin Kadlaskar</b>	<b>Sun: 11:15 am-12:30 pm in-person at Vrindavan</b>

# 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**

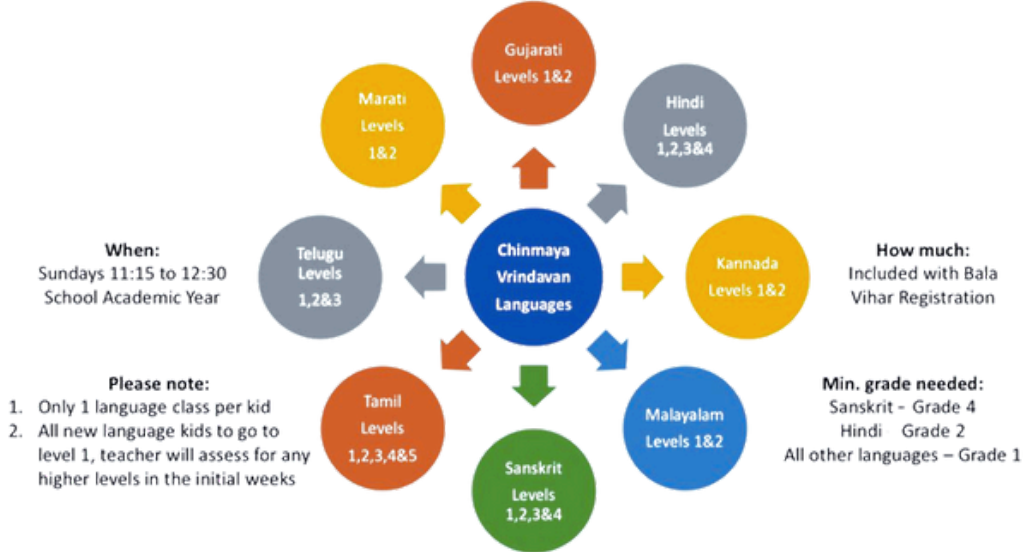
<b>Self Unfoldment By Swami Chinmayananda</b>	The book Self Unfoldment is an extensive manual that elucidates the whole topic of Vedanta in simple layman's language. The greatness of this book lies in the fact that it does not only discuss Vedantic philosophies academically but also provides real life examples of how this philosophy can be applied in real life by the aspirant to gain the ultimate happiness which is within us
<b>Upadesa Sara Commentary by Swami Tejomayananda</b>	Upadesa Sara - the essence of all teaching - is one of the most popular Vedantic texts. It explains the paths of Action (Karma Yoga), Yoga (Ashtanga Yoga) and Knowledge (Jnana Yoga) and how they lead to the final goal of Self Knowledge. The great sage, Bhagavan 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.
<b>Atma Bodha By Adi Shankaracharya</b>	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.
<b>The Holy Geeta Commentary by Swami Chinmayananda</b>	The Bhagavad Gita is a handbook of instructions as to how every human being can come to live the subtle philosophical principles in the practical everyday world. The Divine song of the Lord, occurs in the Bhishma Parva of the Mahabharata.
<b>Vivekachoodamani Commentary by Swami Chinmayananda</b>	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
<b>Kindle Life By Swami Chinmayananda</b>	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.
<b>Kathopanishad Commentary by Swami Chinmayananda</b>	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.
<b>Kenopanishad Commentary by Swami Chinmayananda</b>	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.
<b>Mundakopanishad Commentary by Swami Chinmayananda</b>	The Mundaka Upanishad, in the second Mundakam, teaches that true wisdom comes from understanding the self and realizing its unity with Brahman. True wisdom is attained by understanding one's self.
<b>Dasbodh By Samarth Ramdas Swami</b>	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.
<b>The Women Seeker</b>	The Woman Seeker is a book featuring 18 Devis and their journey to Enlightenment. They are from various parts of Bharat, different time periods and all walks of life – from the Vedic seers to wandering ascetics, from visionary composers to dharmic householders, from ardent devotees to sublime renunciates.

# Language Classes for Children

Sunday, 11:15am - 12:30pm

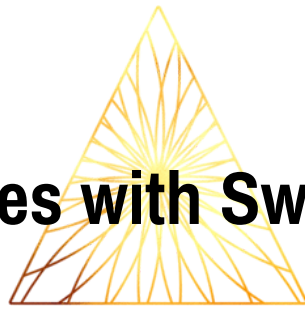
Language classes are offered to children, currently enrolled in Bala Vihar. We teach Gujarati, Hindi, Marathi, Kannada, Malayalam, Sanskrit, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and conversing. Children are grouped by their proficiency in the language.

For any further information please send email to [languages@chinmayavrindavan.org](mailto:languages@chinmayavrindavan.org)



<b>संस्कृतम्</b> <b>Sanskritam</b>  Rameshwari Kale Abhirami Shrinivas Sitaram Kuchibotla Kumar Dhanasekaran	<b>తెలుగు</b> <b>Telugu</b>  Venkat Voruganti Bhaskar Cherukumilli Prasad Bapatla Ramesh Pendem Yogeshwar Rao Lekkalapudi	<b>தமிழ்</b> <b>Tamil</b>  Malathy Balasubramanian Kavitha Govindarajulu Hemalatha Ramaswamy Vinithra Rangarajan Geeta Desikan Gayathri Ganesan Lakshmi Kasthurirangan	<b>हिन्दी</b> <b>Hindi</b>  Geetanjali Sharma Anita Nijhawan Sindhu Janeesh Rashmi Kuroodi Pallavi Kadlaskar Toshi Singh
<b>ગુજરાતી</b> <b>Gujarati</b>  Neelima Shah Bhagwati Shukla Aastha Vasavda	<b>ಕನ್ನಡ</b> <b>Kannada</b>  Soumya Joshi Sushma Hemanth	<b>മലയാളം</b> <b>Malayalam</b>  Veena Nair Chitra Menon Lakshmi Parameshwaran Prasanna Kumar	<b>मराठी</b> <b>Marathi</b>  Namitha Kekatpure Renuka Mundhe





# 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
<b>Srimad Bhagavatam by Bhagavan Veda Vyasa (ongoing class)</b>	<b>Tuesdays &amp; Thursdays 11:00 am - 12:30 pm</b>	<b>In-person Devi Group class in main temple hall and Livestream: <a href="https://www.chinmayavrindavan.org/home/vrindavan-live">https://www.chinmayavrindavan.org/home/vrindavan-live</a> Zoom : <a href="https://bit.ly/SwamijiSatsang">https://bit.ly/SwamijiSatsang</a></b>
<b>Mahabharata by Bhagavan Veda Vyasa (ongoing class)</b>	<b>Wednesdays 8:30 pm - 9:30 pm</b>	<b>Zoom : Meeting ID: 896 1729 5018 Passcode: hariom95!</b>
<b>Naishkarmya Siddhi by Sri Sureśvaracharya (ongoing class)</b>	<b>Thursdays 7:00 am - 8:00 am</b>	<b>Zoom : Meeting ID: 818 7367 5180 Passcode: hariom95!</b>
<b>Guided Meditation</b>	<b>Saturdays 7:00 am - 7:40 am</b>	<b>Zoom : Meeting ID: 940 1253 0955 Passcode: hariom95!</b>
<b>Srimad Bhagavatam by Bhagwan Veda Vyasa (ongoing class)</b>	<b>Saturdays 8:30 pm - 9:30 pm</b>	<b>Zoom : Meeting ID: 896 1729 5018 Passcode: hariom95!</b>
<b>Guided Meditation with Brni Akalkaji</b>	<b>Sundays 7:00 am - 7:40 am</b>	<b>Zoom : Meeting ID: 940 1253 0955 Passcode: hariom95!</b>
<b>Brihadaranyaka Upanishad (ongoing class)</b>	<b>Sundays 5:30 pm - 6:30 pm</b>	<b>Zoom : Meeting ID: 813 9858 1467 Passcode: hariom95!</b>

Join us to deepen your spiritual journey!





Please check out our website [www.chinmayavrindavan.org](http://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	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.



## Past Trophy Winners

2024-25: Krishna's Cowboys  
2023-24: Bajrang's Bolts  
2022-23: Bajrang's Bolts  
2021-22: Arjuna's Arrows  
2020-21: Bajrang's Bolts

## Shlokathon Preparation

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

## Important Dates for



2025-2026

- Sep 12/14: Sorting of incoming 8th, 9th graders & new high schoolers
- Sep 19/ Sep 21 : House Inaugural Assembly
- Jan 24 : Storytelling Contest
- Feb 20/22 : House Spirit Day
- Mar 7 : Shlokathon
- Apr 11 : Seva Day and Field Day
- May 2 : Bhajanotsav
- Oct-May : Likhita Japa (Ongoing)

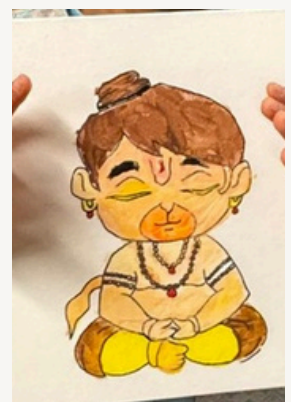
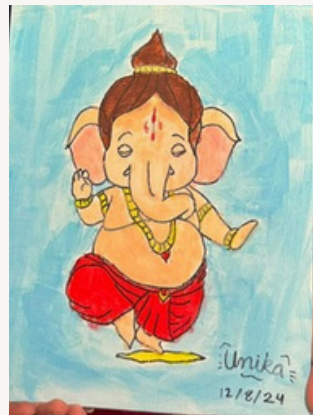
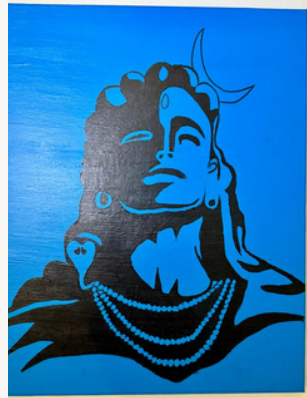
## This Year's Theme - Bhaktas of Bharat

With Swamiji's Blessings, this year's theme is "Bhaktas of Bharat". We encourage children to explore and learn about the devotees of Bharat, take one of them as their example to develop love and attachment to the Divine.

For any questions please contact us at  
[bvhouses@chinmayavrindavan.org](mailto:bvhouses@chinmayavrindavan.org)



# VRINDAVAN BALA VIHAR ART WORK



# Chinmaya Cultural Events

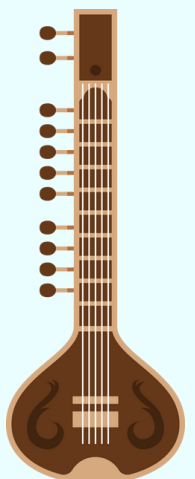


Chinmaya Vrindavan has hosted over 150 cultural events in last five years. Events include Bharatanatyam, Kathak, Kuchipudi, Mohiniattam, Carnatic and Hindustani classical concerts and performances by renowned Flute, Violin & Saxophone maestros etc.

In addition to performances by visiting artists, we promote presentations by local artists and upcoming youngsters in tri-state area.

Chinmaya Kalaarangam and Yuva Series Events are scheduled on periodic basis to show case talents of Chinmaya Bala Vihar youth.

For further information, Please contact Cultural Event team at [cultural.events@chinmayavrindavan.org](mailto:cultural.events@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/Bala Vihar/registration>**  
**for registration details.**





# Gītā Chanting Yajñ

## Chapter 12 - bhakti yoga

### The Path of Devotion



अद्वेष्टा सर्वभूतानाम् मैत्रः करुण एव च ।  
 निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥ 12.13 ॥  
 सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः ।  
 मय्यर्पितमनोबुद्धिः यो मद्भक्तः स मे प्रियः ॥ 12.14 ॥

*Let us chant & live the bhakti-yoga of  
 śrīmad-bhagavad-gītā!*

#### Verse Assignment : Tentative (Final by Jan 2026)

Group	Grade	Verses
Kirīṭi	Śiśuvihār	1—6
Anagha	Kindergarten	1 - 8
Arjuna	Grades 1 - 2	1 - 11
Bhārata	Grades 3 - 4	1 - 14
Pārtha	Grades 5 - 6	1 - 17
Gudakeśa	Grades 7 - 8	1 - 20
Dhanañjaya	Grades 9 - 12	1 - 20
Kaunteya «	Grades 9 - 12	1 - 20
Medhāvī ✪	Grades 1 - 12	1 - 20
Mahābāho «	— (Adults)	1 - 20
Parantapa	— (Adults)	1 - 20

<< Groups reading the verses (Additional Talks)  
 All other groups are required to memorize the verses  
 ✪ - New group for all dedicated students!

Bhagavad Gita **Chapter 12, Verse 13** is a cornerstone in Krishna's teaching about **bhakti yoga** (the path of devotion) wherein, He elaborates on the coveted qualities of a true devotee who is dear to Him. An accomplished devotee essentially is convinced of two things: that everything in this world is not different from Ishvara and the devotee himself is also not different from Ishvara. With this outlook, he loses all sense of "I-ness" and "mine-ness" and thus firmly believes that only one "I", the Ishvara exists. Such sense of universal oneness prompts a devotee to forgo hatred towards other beings ; develop friendliness and compassion ; freedom from possessiveness and ego thus reducing the "mine" and "I" attitude ; equanimity in happiness and sorrow showing spiritual maturity and Forgiveness. Verse 14 further elaborates on the devotee's state of mind and actions: Content and satisfied; self-control over mind and senses; firm resolve in their spiritual practice and dedicate their mind and intellect to Krishna.

Save the



Dates

**NJ Regionals: April 18, 2026**

*Open to All Gita enthusiasts*

**Gītotsavam : May 9, 2026**

*Participation by Invitation only*

**Nationals : September 2026**

**Internationals : December 2026**

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

Email: [chantgita@chinmayavrindavan.org](mailto:chantgita@chinmayavrindavan.org) with any questions & comments.

**Chinmaya Mission New Jersey**

**Vrindavan** [www.chinmayavrindavan.org](http://www.chinmayavrindavan.org)  
 95 Cranbury Neck Road, Cranbury, NJ 08512

**Ramdoot (BBNJ)** [bbnj.chinmayamission.com](http://bbnj.chinmayamission.com)  
 1941 Holland Brook Road West, Branchburg, NJ 08876



भगवद्गीता ध्यानम्	bhagavadgītā dhyānam
ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयम् व्यासेन ग्रथितां पुराणमुनिना मध्ये महाभारतम्। अद्वैतामृतवर्षिणीं भगवतीम् अष्टादशाध्यायिनीम् अम्ब त्वाम् अनुसन्दधामि भगवद्गीते भवद्वेषिणीम्॥	om pārthāya pratibodhitām bhagavatā nārāyaṇena svayam vyāseṇa grathitām purāṇamuninā madhye mahābhāratam advaitāmṛtavarṣiṇīm bhagavatīm aṣṭādaśādhyāyinīm amba tvām anusandadhāmi bhagavadgīte bhavadveṣiṇīm (1)
नमोऽस्तु ते व्यास विशालबुद्धे फुल्लारविन्दायतपत्रनेत्र। येन त्वया भारततैलपूर्णः प्रज्वालितो ज्ञानमयः प्रदीपः ॥	namo'stu te vyāsa viśālabuddhe phullāravindāyatapatranetra yena tvayā bhāratatailapūrṇaḥ prajvālito jñānamayaḥ pradīpaḥ (2)
प्रपन्नपारिजाताय तोत्रवेत्रैकपाणये। ज्ञानमुद्राय कृष्णाय गीतामृतदुहे नमः ॥	prapannapārijātāya totṛavetraikapāṇaye jñānamudrāya kṛṣṇāya gītāmṛtaduhe namaḥ (3)
सर्वोपनिषदो गावः दोग्धा गोपालनन्दनः। पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥	sarvopaniṣado gāvaḥ dogdhā gopālanandanāḥ pārtho vatsaḥ sudhīrbhoktā dugdhaṁ gītāmṛtaṁ mahat (4)
वसुदेवसुतं देवम् कंसचाणूरमर्दनम्। देवकीपरमानन्दम् कृष्णं वन्दे जगद्गुरुम् ॥	vasudevasutaṁ devam kaṁsacāṇūramardanam devakīparamānandam kṛṣṇaṁ vande jagadgurum (5)
भीष्मद्रोणतटा जयद्रथजला गान्धारनीलोत्पला शल्यग्राहवती कृपेण वहनी कर्णेन वेलाकुला। अश्वत्थामविकर्णघोरमकरा दुर्योधनावर्तिनी सोत्तीर्णा खलु पाण्डवैः रणनदी कैवर्तकः केशवः ॥	bhīṣmadroṇataṭā jayadrathajālā gāndhāranīlotpalā śalyagrāhavatī kṛpeṇa vahanī karṇeṇa velākulā aśvatthāmaṁvikarṇaghoramakarā duryodhanāvartini sottirṇā khalu pāṇḍavaiḥ raṇanadī kaivartakaḥ keśavaḥ (6)
पाराशर्यवचः सरोजममलं गीतार्थगन्धोत्कटम् नानाख्यानककेसरं हरिकथा सम्बोधनावोधितम्। लोके सज्जन षट्पदैरहरहः पेपीयमानं मुदा भूयात् भारतपङ्कजं कलिमल-प्रध्वंसि नः श्रेयसे ॥	pārāśaryaṁvacaḥ sarojamamalaṁ gītārthagandhotkaṭam nānākhyānakakesaraṁ harikathā sambodhanābodhitam loke sajjana ṣaṭpadaairaharahaḥ pepīyamānaṁ mudā bhūyāt bhāratapaṅkajaṁ kalimalapradhvamsi naḥ śreyase (7)
मूकं करोति वाचालम् पङ्गुं लङ्घयते गिरिम्। यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥	mūkaṁ karoti vācālam paṅguṁ laṅghayate girim yatkrpā tamahaṁ vande paramānandamādhavam (8)
यं ब्रह्मा वरुणेन्द्ररुद्रमरुतः स्तुन्वन्ति दिव्यैः स्तवैः वेदैः साङ्गपदक्रमोपनिषदैः गायन्ति यं सामगाः। ध्यानावस्थिततद्गतेन मनसा पश्यन्ति यं योगिनः यस्यान्तं न विदुः सुरासुरगणाः देवाय तस्मै नमः ॥	yaṁ brahmā varuṇendrarudramarutaḥ stuvanti divyaiḥ stavaiḥ vedaiḥ sāṅgapadakramopaniṣadaiḥ gāyanti yaṁ sāmagāḥ dhyānāvasthitatadgatena manasā paśyanti yaṁ yoginaḥ yasyāntaṁ na viduḥ surāsuragaṇāḥ devāya tasmai namaḥ (9)

## भक्तियोगः (bhakti-yogaḥ)

ॐ श्रीपरमात्मने नमः । अथ द्वादशोऽध्यायः । भक्तियोगः ।

om śrīparamātmāne namaḥ. atha dvādaśo'dhyāyaḥ. bhaktiyogaḥ.

1.	अर्जुन उवाच । एवं सततयुक्ता ये भक्तास्त्वां पर्युपासते । येचाप्यक्षरमव्यक्तम् तेषां के योगवित्तमाः ॥	arjuna uvāca evaṁ satatayuktā ye bhaktāstvāṁ paryupāsate yecāpyakṣaramavyaktam teṣāṁ ke yogavittamāḥ
2.	श्रीभगवानुवाच । मय्यावेश्य मनो ये माम् नित्ययुक्ता उपासते । श्रद्धया परयोपेताः ते मे युक्ततमा मताः ॥	śrībhagavānuvāca mayyāveśya mano ye mām nityayuktā upāsate śraddhayā parayopetāḥ te me yuktatamā matāḥ
3.	ये त्वक्षरमनिर्देश्यम् अव्यक्तं पर्युपासते । सर्वत्रगमचिन्त्यं च कूटस्थमचलं ध्रुवम् ॥	ye tvakṣaramanirdeśyam avyaktam paryupāsate sarvatragamacintyaṁ ca kūṭasthamacalaṁ dhruvam
4.	सन्नियम्येन्द्रियग्रामम् सर्वत्र समबुद्धयः । ते प्राप्नुवन्ति मामेव सर्वभूतहिते रताः ॥	sanniyamyendriyagrāmam sarvatra samabuddhayāḥ te prāpnuvanti mām eva sarvabhūtahite ratāḥ
5.	क्लेशोऽधिकतरस्तेषाम् अव्यक्तासक्तचेतसाम् । अव्यक्ता हि गतिर्दुःखम् देहवद्भिरवाप्यते ॥	kleśo'dhikatarasteṣāṁ avyaktāsaktacetasaṁ avyaktā hi gatirduḥkham dehavadbhiravāpyate
6.	ये तु सर्वाणि कर्माणि मयि सन्न्यस्य मत्पराः । अनन्येनैव योगेन मां ध्यायन्त उपासते ॥	ye tu sarvāṇi karmāṇi mayi sannyasya matparāḥ ananyenaiva yogena mām dhyāyanta upāsate
7.	तेषामहं समुद्धर्ता मृत्युसंसारसागरात् । भवामि नचिरात्पार्थ मय्यावेशितचेतसाम् ॥	teṣāmahaṁ samuddhartā mṛtyusaṁsārasāgarāt bhavāmi nacirātpārtha mayyāveśitacetasaṁ



8.	मय्येव मन आधत्स्व मयि बुद्धिं निवेशय । निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ॥	mayyeva mana ādhatsva mayi buddhiṁ niveśaya nivasīṣyasi mayyeva ata ūrdhvaṁ na saṁśayaḥ
9.	अथ चित्तं समाधातुम् न शक्नोषि मयि स्थिरम् । अभ्यासयोगेन ततः मामिच्छाप्तुं धनञ्जय ॥	atha cittaṁ samādhātum na śaknoṣi mayi sthiram abhyāsayogena tataḥ māmicchāptuṁ dhanañjaya
10.	अभ्यासेऽप्यसमर्थोऽसि मत्कर्मपरमो भव । मदर्थमपि कर्माणि कुर्वन्सिद्धिमवाप्स्यसि ॥	abhyāse'pyasamartho'si matkarmaparamo bhava madarthamapi karmāṇi kurvansiddhimavāpsyasi
11.	अथैतदप्यशक्तोऽसि कर्तुं मद्योगमाश्रितः । सर्वकर्मफलत्यागम् ततः कुरु यतात्मवान् ॥	athaitadapyaśakto'si kartuṁ madyogamāśritaḥ sarvakarmaphalatyāgam tataḥkuru yatātmavān
12.	श्रेयो हि ज्ञानमभ्यासात् ज्ञानाद्ध्यानं विशिष्यते । ध्यानात्कर्मफलत्यागः त्यागाच्छान्तिरनन्तरम् ॥	śreyo hi jñānamabhyāsāt jñānāddhyānaṁ viśiṣyate dhyānātkarmaphalatyāgaḥ tyāgācchāntīranantaram
13.	अद्वेष्टा सर्वभूतानाम् मैत्रः करुण एव च । निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥	adveṣṭā sarvabhūtānām maitraḥ karuṇa eva ca nirmamo nirahaṅkāraḥ samaduḥkhasukhaḥ kṣamī
14.	सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः । मय्यर्पितमनोबुद्धिः यो मद्भक्तः स मे प्रियः ॥	santuṣṭaḥ satataṁ yogī yatātmā dṛḍhaniścayaḥ mayyarpitamanobuddhiḥ yo madbhaktaḥ sa me priyaḥ
15.	यस्मान्नोद्विजते लोकः लोकान्नोद्विजते च यः । हर्षामर्षभयोद्वेगैः मुक्तो यः स च मे प्रियः ॥	yasmānnodvijate lokaḥ lokānnodvijate ca yaḥ harṣāmarṣabhayodvegaiḥ mukto yaḥ sa ca me priyaḥ

16.	अनपेक्षः शुचिर्दक्षः उदासीनो गतव्यथः । सर्वारम्भपरित्यागी यो मद्भक्तः स मे प्रियः ॥	anapekṣaḥ śucirdakṣaḥ udāsīno gatavyathaḥ sarvārambhaparityāgī yo madbhaktaḥ sa me priyaḥ
17.	यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति । शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः ॥	yo na hr̥ṣyati na dveṣṭi na śocati na kāṅkṣati śubhāśubhaparityāgī bhaktimānyaḥ sa me priyaḥ
18.	समः शत्रौ च मित्रे च तथा मानापमानयोः । शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः ॥	samaḥ śatrau ca mitre ca tathā mānāpamānayoḥ śītoṣṇasukhaduḥkheṣu samaḥ saṅgavivarjitaḥ
19.	तुल्यनिन्दास्तुतिर्मौनी सन्तुष्टो येन केनचित् । अनिकेतः स्थिरमतिः भक्तिमान्मे प्रियो नरः ॥	tulyanindāstutirmaunī santuṣṭo yena kenacit aniketaḥ sthiramatiḥ bhaktimānme priyo naraḥ
20.	ये तु धर्म्यामृतमिदम् यथोक्तं पर्युपासते । श्रद्धधाना मत्परमाः भक्तास्तेऽतीव मे प्रियाः ॥	ye tu dharmyāmṛtamidam yathoktaṁ paryupāsate śraddadhānā matparamāḥ bhaktāste'tīva me priyaḥ

ॐ तत्सत् ।

इति श्रीमद्भगवद्गीतासु उपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे

भक्तियोगो नाम द्वादशोऽध्यायः ॥

श्रीकृष्णार्पणमस्तु ॥

om tatsat

iti śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyāṁ yogaśāstre śrīkṛṣṇārjunasaṁvāde

bhaktiyogo nāma dvādaśo'dhyāyaḥ

śrīkṛṣṇārpaṇamastu

# Chapter 15 - Samaṣṭi Gītā Chanting

## पुरुषोत्तमयोगः (puruṣottama-yogaḥ)

ॐ श्रीपरमात्मने नमः । अथ पञ्चदशोऽध्यायः । पुरुषोत्तमयोगः ।

om śrīparamātmāne namaḥ. atha pañcadaśo'dhyāyaḥ. puruṣottamayogaḥ.

1.	श्रीभगवानुवाच । ऊर्ध्वमूलमधःशाखम् अश्वत्थं प्राहुरव्ययम् । छन्दांसि यस्य पर्णानि यस्तं वेद स वेदवित् ॥	śrībhagavānuvāca ūrdhvamūlamadhaḥśākham aśvattham prāhuravyayam chandāṁsi yasya parṇāni yastam veda sa vedavit
2.	अधश्चोर्ध्वं प्रसृतास्तस्य शाखाः गुणप्रवृद्धा विषयप्रवालाः । अधश्च मूलान्यनुसन्ततानि कर्मानुबन्धीनि मनुष्यलोके ॥	adhaścordhvaṁ prasṛtāstasya śākhāḥ guṇapravṛddhā viṣayapravālāḥ adhaśca mūlānyanusantatāni karmānubandhīni manuṣyaloke
3.	न रूपमस्येह तथोपलभ्यते नान्तो न चादिर्न च सम्प्रतिष्ठा । अश्वत्थमेनं सुविरूढमूलम् असङ्गशस्त्रेण दृढेन छित्त्वा ॥	na rūpamasyeha tathopalabhyate nānto na cādirna ca sampratiṣṭhā aśvatthamenam suvirūḍhamūlam asaṅgaśastreṇa dṛḍhena chittvā
4.	ततः पदं तत्परिमार्गितव्यम् यस्मिन्गता न निवर्तन्ति भूयः । तमेव चाद्यं पुरुषं प्रपद्ये यतः प्रवृत्तिः प्रसृता पुराणी ॥	tataḥ padaṁ tatparimārgitavyam yasmingatā na nivartanti bhūyaḥ tameva cādyam puruṣam prapadye yataḥ pravṛttiḥ prasṛtā purāṇī
5.	निर्मानमोहा जितसङ्गदोषाः अध्यात्मनित्या विनिवृत्तकामाः । द्वन्द्वैर्विमुक्ताः सुखदुःखसञ्ज्ञैः गच्छन्त्यमूढाः पदमव्ययं तत् ॥	nirmānamohā jitasāṅgadoṣāḥ adhyātmanityā vinivṛttakāmāḥ dvandvairvimuktāḥ sukhaduḥkhaśaṅjñaiḥ gacchantyamūḍhāḥ padamavyayam tat
6.	न तद्भासयते सूर्यः न शशाङ्को न पावकः । यद्वत्वा न निवर्तन्ते तद्धाम परमं मम ॥	na tadbhāsayate sūryaḥ na śaśāṅko na pāvakaḥ yadgatvā na nivartante taddhāma paramam mama



7.	ममैवांशो जीवलोके जीवभूतः सनातनः । मनःषष्ठानीन्द्रियाणि प्रकृतिस्थानि कर्षति ॥	mamaivāṁśo jīvaloke jīvabhūtaḥ sanātanaḥ manaḥṣaṣṭhānīndriyāṇi prakṛtisthāni karṣati
8.	शरीरं यदवाप्नोति यच्चाप्युत्क्रामतीश्वरः । गृहीत्वैतानि संयाति वायुर्गन्धानिवाशयात् ॥	śarīraṁ yadavāpnoti yaccāpyutkrāmatīśvaraḥ grhītvaitāni saṁyāti vāyurgandhānīvāśayāt
9.	श्रोत्रं चक्षुः स्पर्शनं च रसनं घ्राणमेव च । अधिष्ठाय मनश्चायम् विषयानुपसेवते ॥	śrotraṁ cakṣuḥ sparśanaṁ ca rasanaṁ ghrāṇameva ca adhiṣṭhāya manaścāyam viṣayānupasevate
10.	उत्क्रामन्तं स्थितं वापि भुञ्जानं वा गुणान्वितम् । विमूढा नानुपश्यन्ति पश्यन्ति ज्ञानचक्षुषः ॥	utkrāmantaṁ sthitaṁ vāpi bhuñjanaṁ vā guṇānvitam vimūḍhā nānupaśyanti paśyanti jñānacakṣuṣaḥ
11.	यतन्तो योगिनश्चैनम् पश्यन्त्यात्मन्यवस्थितम् । यतन्तोऽप्यकृतात्मानः नैनं पश्यन्त्यचेतसः ॥	yatanto yoginaścainam paśyantyātmanyavasthitam yatanto'pyakṛtātmānaḥ nainaṁ paśyantyacetasāḥ
12.	यदादित्यगतं तेजः जगद्भासयतेऽखिलम् । यच्चन्द्रमसि यच्चाग्नौ तत्तेजोविद्धि मामकम् ॥	yadādityagataṁ tejaḥ jagadbhāsayate'khilam yaccandramasi yaccāgnau tattejoviddhi māmakam
13.	गामाविश्य च भूतानि धारयाम्यहमोजसा । पुष्णामि चौषधीः सर्वाः सोमो भूत्वा रसात्मकः ॥	gāmāviśya ca bhūtāni dhārayāmyahamojaśā puṣṇāmi cauṣadhiḥ sarvāḥ somo bhūtvā rasātmakaḥ
14.	अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः । प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥	ahaṁ vaiśvānaro bhūtvā prāṇināṁ dehamāśritaḥ prāṇāpānasamāyuktaḥ pacāmyannaṁ caturvidham



15.	सर्वस्य चाहं हृदि सन्निविष्टः मत्तः स्मृतिर्ज्ञानमपोहनं च । वेदैश्च सर्वैरहमेव वेद्यः वेदान्तकृद्वेदविदेव चाहम् ॥	sarvasya cāhaṁ hṛdi sanniviṣṭaḥ mattaḥ smṛtirjñānamapohanaṁ ca vedaiśca sarvairahameva vedyah vedāntakṛdvedavideva cāham
16.	द्वाविमौ पुरुषौ लोके क्षरश्चाक्षर एव च । क्षरः सर्वाणि भूतानि कूटस्थोऽक्षर उच्यते ॥	dvāvimau puruṣau loke kṣaraścākṣara eva ca kṣarah sarvāṇi bhūtāni kūṭastho'kṣara ucyate
17.	उत्तमः पुरुषस्त्वन्यः परमात्मेत्युदाहृतः । यो लोकत्रयमाविश्य विभर्त्यव्यय ईश्वरः ॥	uttamaḥ puruṣastvanyaḥ paramātmetyudāhṛtaḥ yo lokatrayamāviśya bibhartyavyaya īśvaraḥ
18.	यस्मात्क्षरमतीतोऽहम् अक्षरादपि चोत्तमः । अतोऽस्मि लोके वेदे च प्रथितः पुरुषोत्तमः ॥	yasmātkṣaramatīto'ham akṣarādapi cottamaḥ ato'smi loke vede ca prathitaḥ puruṣottamaḥ
19.	यो मामेवमसम्मूढः जानाति पुरुषोत्तमम् । स सर्वविद्भजति माम् सर्वभावेन भारत ॥	yo māmevamasammūḍhaḥ jānāti puruṣottamam sa sarvavidbhajati mām sarvabhāvena bhārata
20.	इति गुह्यतमं शास्त्रम् इदमुक्तं मयानघ । एतद्बुद्ध्वा बुद्धिमान्स्यात् कृतकृत्यश्च भारत ॥	iti guhyatamaṁ śāstram idamuktaṁ mayānagha etadbuddhvā buddhimānsyāt kṛtakṛtyaśca bhārata

ॐ तत्सत् ।

इति श्रीमद्भगवद्गीतासु उपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे  
पुरुषोत्तमयोगो नाम पञ्चदशोऽध्यायः ॥ श्रीकृष्णार्पणमस्तु ॥

om tatsat

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puruṣottamayogo nāma pañcadaśo'dhyāyah

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 |  
cakṣurunmilitaṁ yena tasmai śrī gurave namaḥ ||2||

गुरुर्ब्रह्मा 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॥

sthāvaraṁ jaṅgamam vyāptaṁ yatkincit sacarācaram |  
tatpadaṁ darśitaṁ yena tasmai śrī gurave namaḥ ||4||

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

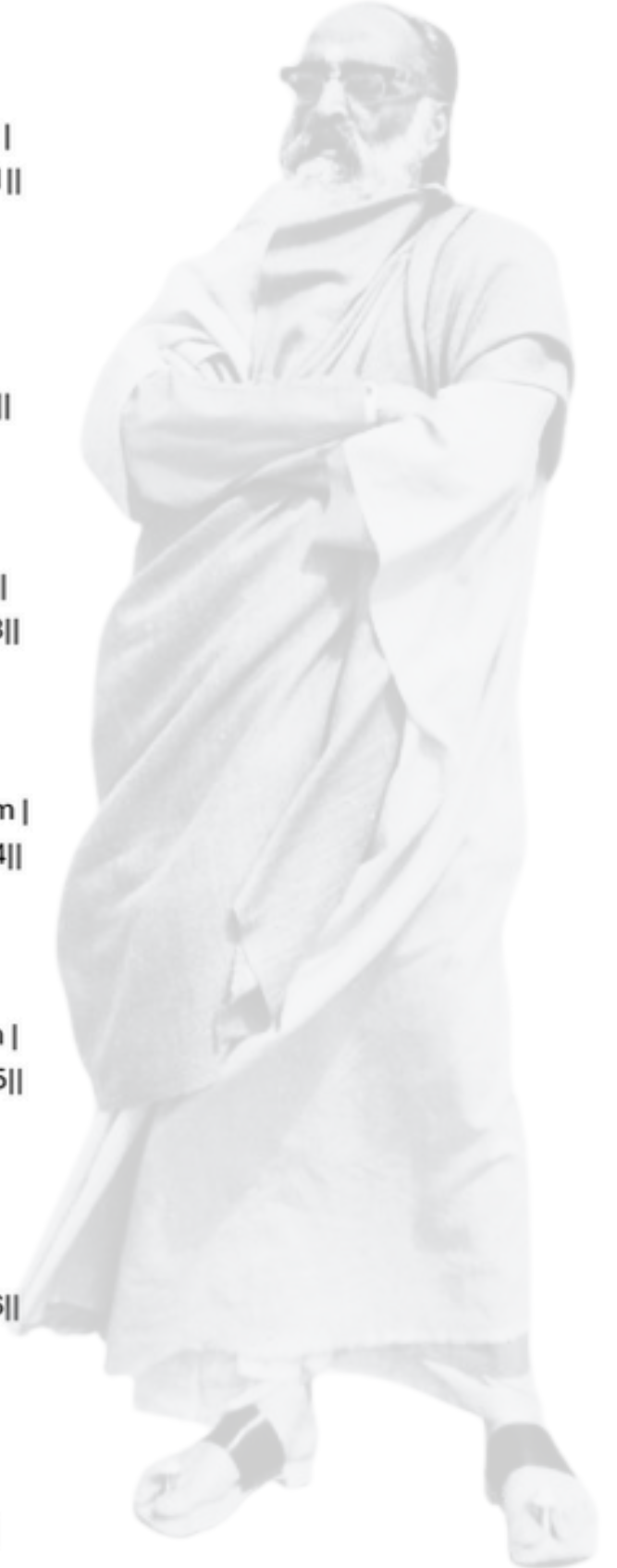
cinmayam vyāpiyat sarvaṁ trailokyam sacarācaram |  
tatpadaṁ darśitaṁ yena tasmai śrī gurave namaḥ ||5||

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 व्योमातीतोनिरञ्जनः ।  
बिन्दुनादकलातीतः तस्मै श्री गुरवे नमः ॥७॥

caitanyaḥ śāśvataḥ śānto vyomātito niraṅjanaḥ |  
bindunāda-kalātitaḥ 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-sindhoṣca 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 मदगुरुः 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 chhabhi 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 कोई  
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  
मैं मूरख खल कामी मैं 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 मैं कुमती। ॐ जय जगदीश हरे

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

विषय विकार मिटाओ पाप हरो देवा-स्वामि  
श्रद्धा भक्ति बढ़ाओ श्रद्धा प्रेम बढ़ाओ  
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 phala paave duHkha binase mana kaa-svaami  
sukha sampati ghara 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 mUrakha khala kaami mai sevaka tuma svaami  
kRupaa karo bharataa | 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 duHkha harataa tuma rakShaka mere-svaami  
apane haatha uThaaao apane charana baDhaaao  
dvaara paDaa mai tere | Om jaya jagadIsha hare

viShaya vikaara miTaa paapa haro devaa-svaami  
shraddhaa bhakti baDhaaao shraddhaa prema baDhaaao  
santana ki sevaa | Om jaya jagadIsha hare

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





# Chinmaya Aarti

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

aarati shrI chinmaya sadguru kI  
divyarUpa mUrati karuNaa kI ||  
aarati sadguru kI

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 kI **bh**raanti miTaaye  
paapa taapa santaapa haraNa kI  
aarati shrI chinmaya sadguru kI ||  
aarati sadguru kI

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 nIti prIti sha~nkara kI  
aarati shrI chinmaya sadguru kI ||  
aarati sadguru kI

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  
**bh**akta hRudaya aananda srota kI  
aarati shrI chinmaya sadguru kI ||  
aarati sadguru kI

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

aarati shrI chinmaya sadguru kI  
divyarUpa mUrati karuNaa kI ||  
aarati sadguru kI

# Shanti Mantras



Art by Netra Bajpai

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 su**kh**inaH  
sarve santu niraamayaaH |  
sarve **bh**adraaNi pashyantu  
maa kashchid duH**kha****bha**ag **bh**avet ||

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

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

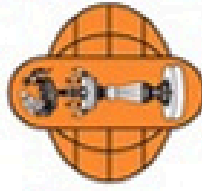
ॐ पूर्णमदः पूर्णमिदं  
पूर्णात् पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय  
पूर्णमेवावशिष्यते ॥

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 vinnavan

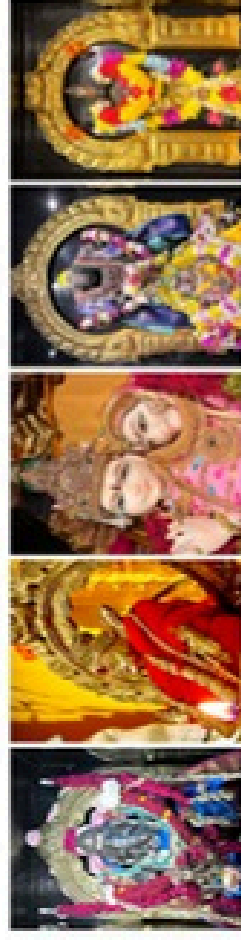


# PUJAS & HOMAMS



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

TIME	DEITY	Homam
MONDAY 9:00-10:00 AM	Bhagavan Shiva	Mrityunjaya 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 symbol) 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 Suklam 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	Mahamasa 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**

# *Samashti* GITA CHANTING

*Chinmaya Mission's Attempt to break the  
World Record for simultaneous  
Online Chanting as part of  
The Chinmaya Movement's 75th Anniversary*

## Chapter 15

*puruṣottama yogaḥ - Yoga of the Supreme Spirit*

Chapter 15 is the understanding of the Supreme Being (Purushottam) as the source and sustainer of both this transient world and the eternal spiritual realm, which is depicted as an inverted banyan tree. It explains the soul's divine origin, the binding nature of material attachments, the path to liberation through detachment, devotion (bhakti), and the realization of the transcendental Purushottam, leading to union with God and an end to the cycle of birth and death.

**Join us in bringing Gurudev's  
vision to reality**

**108,000**

**in Global Chanting**

*Open to Chinmaya members and General Public*

**May 9<sup>th</sup>, 2026  
10AM EST**







CHINMAYA MISSION WEST  
33<sup>rd</sup> MAHASAMADHI ARADHANA CAMP

# Omkara Upasana

MANDUKYA UPANISHAD: MEDITATIONS ON TRUTH

Spiritual Camp for the Entire Family

*by Swami Swaroopananda*

GLOBAL HEAD, CHINMAYA MISSION



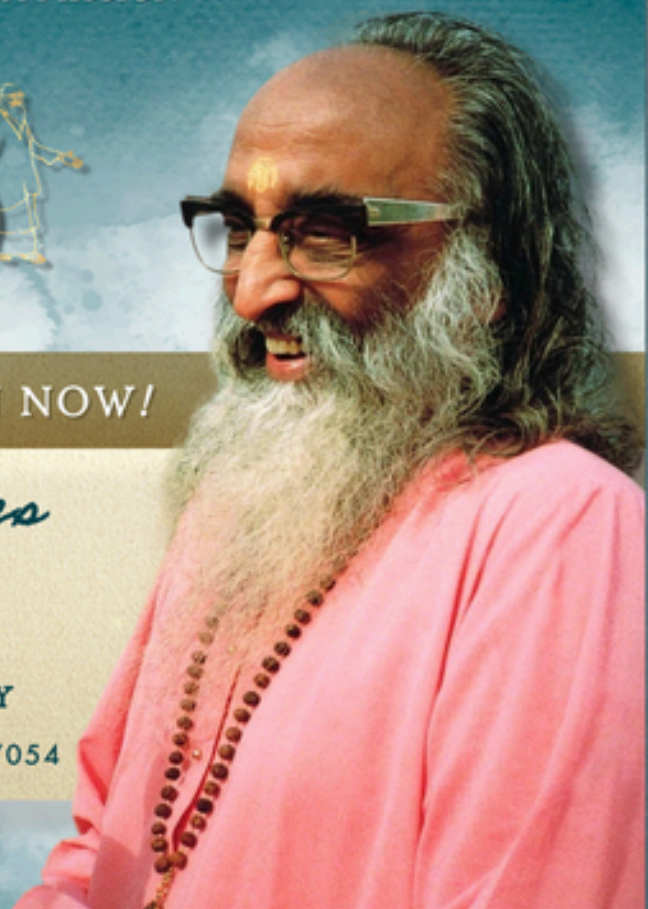
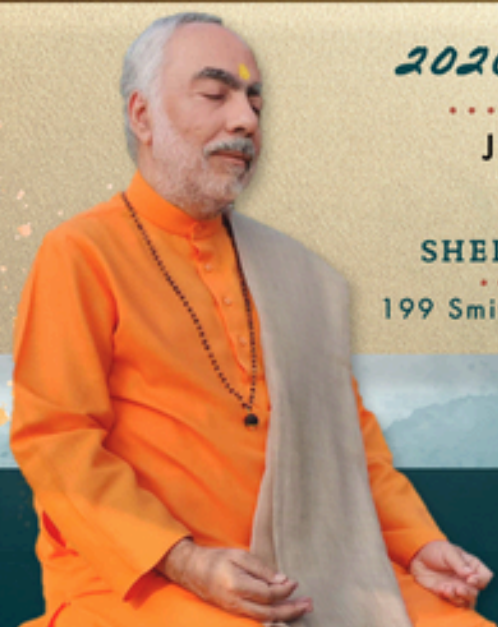
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