



Newsletter - June 2012

Chinmaya Mission Orlando - www.chinmayaorlando.org

It is said, "Learn from Nature; her secret is patience." Instead of condemning yourself, patiently turn your attention toward the Lord. This is the secret of developing divine qualities.

– Swami Tejomayananda

PRESIDENT'S MESSAGE

Blessed Self, Hari Om

Lord comes in the form of Sadguru. He guides us through scriptures and opens the road to Realization. Firm Shraddha in Gurudev will lead us to profound heights of understanding, how we should lead our lives. We are the architects of our destiny. God is within us, who is infinite source of power, strength, Peace and Joy. Let us quieten our minds by practicing integrated yoga. Let us enjoy the spirit of prayer and lead a blissful life. May all hear auspiciousness. May no one suffer.

In "His" Service

Love,
Acharya Shailaja Nadkarni
President, Chinmaya Mission Orlando

Significance of Guru by Swami Chinmayananda

(Excerpts from Gurudev's writings)

Guru is not a person; he is a personality, an institution. He is the radio through which the Lord contacts the student. When a student meets his Teacher, it is always a miracle. In fact it is love at first sight. He is immediately attracted to him and his words ring a bell. Another speaker may speak better but only his teacher will attract him.



If in case we get the rare privilege of meeting such a Master, and you happen to really understand a little of what he says - then progress has to happen. It is unailing. It is very productive. Whenever anyone meets his Teacher it is always a miracle.

If, in case you are benefited, do not forget that the Teacher was brought to you by Ishwara, total vasanas, of which a part were yours - and remember, there is no difference between God and the Guru, the corporeal entity before you.

To students of Vedanta, the Guru is the embodiment of their goal. The Guru is nothing but pure Consciousness, absolute Bliss, and eternal Wisdom. Anyone who can elicit a continual feeling of faith and devotion in us is our Guru. If we expect a Guru to transform us to Godhood by a touch, we shall wait in vain. Self-redemption must come ultimately from our selves. The external props, such as temples, idols and gurus, are all encouragements and aids. They must be intelligently used to help build up inner perfection. With inner purity, the student comes to be guided more and more by the intellect. In fact, the real guru is the pure intellect within; the purified, deeply aspiring mind is the disciple.

When we come to deserve a master, he shall reach us. Stick to spiritual practices. Be good, be kind, and be sincere. Refine the motives by building life upon the enduring values of love, mercy, charity and purity. Through constant remembrance of the Lord, rise in spirituality. Gurus shall from time to time reach such determined and sincere seekers. This is the eternal law.

Upcoming Events

Event	Date/Time	Venue
Balavihar Summer Camp 2012	10-June-2012 to 28-June-2012	Chinmaya Mission Orlando
Vivekachoodamani (Selected Verses)	Every Sunday 9:30am from June 03 rd	Chinmaya Mission Orlando
Tulsi Ramayana (Selected Verses)	Every Sunday 10:45am from June 03 rd	Chinmaya Mission Orlando

Construction Update

Hari OM!

The building plans for Phase II are still in the approval process with Seminole county. We have used this time to continue to value engineer the project and have had considerable success in reducing costs and optimizing design. Our immediate focus is funding the project and we have started working with lending institutions to obtain financing.

As we watch the children eat their healthy snacks, or the adults enjoying hot ginger tea and cookies, or the families sitting together to eat a simple meal cooked with love and devotion, we are thankful for the donations made to support the construction of Annashree and Sita Rasoi. While we collectively enjoy the fruits of the investment in Phase I, we feel certain that we can realize the same, if not greater, value from Phase II by providing the children with much-needed classrooms and continuing our investment in their future. We are still a long way from our collection goals and would like to humbly urge each of you to consider pledging a recurring monthly payment to help us demonstrate our ability to meet the monthly loan payments. No amount is too small and each pledge brings us closer to our goal.



We welcome any fund-raising ideas or suggestions. Please let us know if you would like to assist in any way.

Respectfully,

Anuja Agrawal
Construction Committee

Geeta Chanting - By Vansh Nambiar

Hari Om,

To me, the Geeta Chanting Competition is a great way to take advantage of the chance to memorize one of the greatest scripture in Hinduism. It is said that merely hearing the Divine Song will help you realize the Self; imagine the benefits of actually memorizing and reciting It! I participate in the competition to raise my understanding of the Bhagavad Geeta by learning the verses and reading the meaning of the verses.

I find it amazing that even young children - ages 2 and above - participate. A few of the children this year, as young as two to four years old, chanted three verses, softly though eagerly. Their efforts, as well as other children's, showed me that the competition was beneficial; it had brought forth a desire in even the smallest of children to chant the Divine Song. I think that this is the entire purpose of the competition, and that competing against others is not significant at all. Not only do I get to chant the Bhagavad Geeta, my public speaking skills are also enhanced. I am grateful that there is a Geeta Chanting Competition that gives me the chance to learn to chant this ancient scripture.

Pujya Gurudev Swami Chinmayananda by Swami Tejomayananda

(Excerpts from Swami Tejomayanandaji's talk)

Pujya Gurudev is the Virat Purusha of Chinmaya Mission. The centers in Australia and New Zealand are His feet. His head spans all the Mission centers in North America. Centers in India form His heart. The other centers across the globe are His different limbs. The Mission's regional heads are His crown. The acharyas are His eyes and ears.

The Mission workers are His hands and legs. Our children and youth are the ornaments that adorn His person. The Vedas are His speech, and the multifarious activities of the Mission, with its seva projects, Vidyalayas, ashrams, temples and research centers are His vital breath, His pranas. Chinmaya Mission is His vibhuti, or glory.

But don't think that He is only what Chinmaya Mission is, for the Mission is only His vibhuti. He is much, much, much greater than that. He extends across all these and beyond our comprehension. He is verily Brahman. Let us meditate on His cosmic form and realize our Oneness with him.



Enchanting Tales

All for a loincloth – by Sri Ramakrishna Paramahansa



One of the tales Sri Ramakrishna used to tell is about a holy man who had given up all his possessions. His teacher had advised him to make a little hut thatched with palm leaves, in a solitary place away from the public. This he did. He began to live there, meditating long hours and going out only to beg his one meal of the day.

But there was one problem. After his morning bath, the sadhu (holy man) would hang his loincloth on the limb of a tree close to the hut. When he returned from the village it would be dry. It would also have some holes in it! It turned out that rats were running up the tree and chewing holes in the cloth. Rats will munch on almost anything. One day he decided to dry it on the roof of his hut. That was worse. The rats tore it into shreds, and he had to go and beg a new one in the village. When the villagers heard of his predicament, they said, "Who is going to supply you with cloth all the time? Why not keep a cat; that will chase the rats away." So someone in the village gave him a kitten, he brought it home to the hut, and sure enough, the

rats disappeared and the trouble stopped.

The sadhu became delighted and took great care of the cat. Not finding any rats, it needed milk, so he went again to the village and begged for milk for the cat. After some days, a villager said, "We can't go on this way. Who is going to supply you with milk all year long? Why not keep a cow; that way you too will have milk – you and your cat." It took a long time for the man to acquire a cow. Finally someone took pity on him and gave him one. Of course the cow had to be milked. Moreover eventually she ate up all the greenery for yards around. "What will the cow eat now?" he thought. Going to the village to beg for some straw, he got more advice. What do you think it was? "Till the land around your place and grow your own grain!" With great difficulty the sadhu was able to clear land, cultivate it with borrowed tools, and sow a crop. His days were busy. His hut grew into more of a house.

One day his teacher came that way. What he saw was a collection of possessions. He inquired of a passerby, "An ascetic used to live in this hut, a meditator with no possessions. Do you know where he has gone?" But the traveler knew nothing. The teacher ventured into the place and found his disciple. "What! You went out to be alone, and to meditate. You were going to renounce everything and be free. What in the world happened?" Shame-faced, the man told his story. And this is why Sri Ramakrishna used to say, "Be careful: All for a loincloth."

Why do we do what we do?

Why do we worship Tulasi ?

In Sanskrit, *tulanaa naasti athaiva tulasi* - that which is incomparable (in its qualities) is the Tulasi. For Indians it is one of the most sacred plants. In fact it is known to be the only thing used in worship, which, once used, can be washed and reused in pooja - as it is regarded so self-purifying.

As one story goes, Tulasi was the devoted wife of Shankhachuda, a celestial being. She believed that Lord Krishna tricked her into sinning. So she cursed Him to become a stone (shaaligraama). Seeing her devotion and adhered to righteousness, the Lord blessed her saying that she would become the worshipped plant, tulasi that would adorn His head. The tulasi leaf has great medicinal value and is used to cure various ailments, including the common cold.



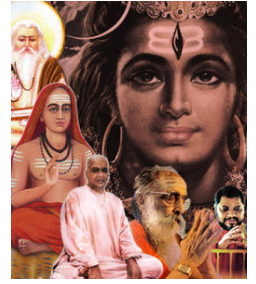
Yanmule sarvatirhaani

**Yannagre sarvadevataa
Yanmadhye sarvavedaascha
Tulasi taam namaamyaham**

Divine Chants

**Vande gurunam caranaravinde
Sandarsita svatma sukhava bodhe
Nihsreyase jangalikayamane
Samsara halahala mohasantyai**

I bow to the lotus feet of the gurus
who awaken insight into the happiness of true being
who are the refuge, like the physician in a jungle
who eliminate delusion caused by the poison of conditioned existence.



Delicious Living - "No cook" Summer Roll

Another wonderful healthy snack – easy way to eat salad – very convenient way to carry salad

Yields: 6 (12 halves)

Prep time: 40 min

Ingredients:

6 sheets of Rice paper (found in Asian stores)
1 oz Cellophane Noodle or Bean thread noodle (found in Asian stores)
6 sprigs Coriander
12 leaves Fresh Mint or Thai basil
12 leaves Fresh Lettuce (ice berg/bib/any variety)
2 Carrots shredded

Other optional ingredients per taste (cut into strips)

Cucumber
Avocado
Green onion
Red bell pepper
Tofu

Method:

Cover noodles with boiling-hot water and soak 15 minutes, then drain well in a sieve. While you are waiting chop/shred veggies. When done, dunk sheet of rice paper in lukewarm water for 30 sec to 1 min until pliable. Place on paper towel. Arrange ingredients – coriander, mint, lettuce, noodle, carrot. Add any optional ingredients you like and roll like a burrito. The 'paper' will be soft and will stick on its own.

Cut the rolls diagonally. Serve with Peanut sauce/Siracha hot sauce/Soy sauce/Sweet chilli sauce. Enjoy!



Word Search Puzzle

Find the following hidden words in the puzzle

1. **Krishna**
2. **Geeta**
3. **Chanting**
4. **Summer**
5. **Viveka**
6. **Choodamani**
7. **Tulasi**

- 8. **Ramayan**
- 9. **Everywhere**
- 10. **Prayers**
- 11. **Guruji**

C	T	F	N	T	N	Z	F	N	L	M	I	N	U	Y	S
A	N	L	V	G	R	C	O	F	G	A	G	D	E	C	R
C	T	T	Z	E	E	S	Q	I	U	A	T	D	G	N	L
S	I	P	A	C	M	E	R	E	H	W	Y	R	E	V	E
C	T	L	R	Z	C	D	V	O	L	G	H	G	Q	Z	G
A	P	N	M	I	N	A	M	A	D	O	O	H	C	Y	O
F	O	U	G	F	Q	E	L	O	A	I	J	N	H	N	E
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M	G	M	I	E	P	Q	Y	R	V	S	A	U	G	C	K
S	P	J	Y	J	R	E	C	S	E	L	Y	A	S	S	A
R	Y	V	F	J	I	J	U	R	U	G	D	N	O	O	Z
T	B	A	O	J	E	T	B	T	I	R	E	T	J	R	R

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