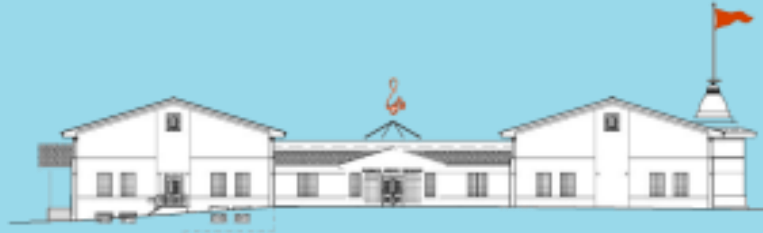




Chinmaya Vrindavan

Balavihar Handbook 2023-2024



Chinmaya Vrindavan
95 Cranbury Neck Road, Cranbury, NJ 08512
Phone: 609-655-0404 | www.chinmayavrindavan.org

2023-2024 Calendar

September 2023						
S	M	T	W	T	F	S
					1	2
1	3	4	5	6	7	8 9
2	10	11	12	13	14	15 16
3	17	18	19	20	21	22 23
4	24	25	26	27	28	29 30

October 2023						
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	15	16	17	18	19	20 21
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	29	30	31			

November 2023						
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December 2023						
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	24	25	26	27	28	29 30
	31					

January 2024						
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12		1	2	3	4	5 6
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13	14	15	16	17	18	19 20
14	21	22	23	24	25	26 27
	28	29	30	31		

February 2024						
S	M	T	W	T	F	S
15				1	2	3
16	4	5	6	7	8	9 10
	11	12	13	14	15	16 17
17	18	19	20	21	22	23 24
	25	26	27	28	29	

March 2024						
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18					1	2
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19	10	11	12	13	14	15 16
20	17	18	19	20	21	22 23
	24	25	26	27	28	29 30
	31					

April 2024						
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23	14	15	16	17	18	19 20
24	21	22	23	24	25	26 27
	28	29	30			

May 2024						
S	M	T	W	T	F	S
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26	5	6	7	8	9	10 11
27	12	13	14	15	16	17 18
	19	20	21	22	23	24 25
28	26	27	28	29	30	31

June 2024						
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	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
House Spirit Day
Snow Make up Days
Guru Paduka Pooja

NO Balavihar will be held on days marked as below

Open House
Teachers Sammelan
Vrindavan Garba
CORD Walkathon
Gita Chanting Regionals/Finals
Vrindavan Mela

Subject to change



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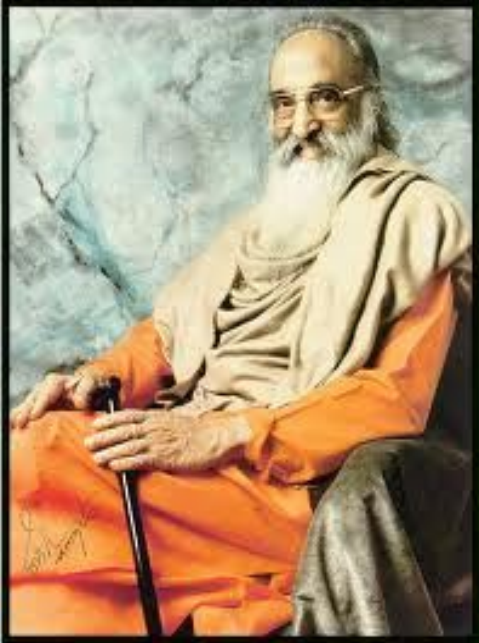
Chinmaya Vrindavan Balavihar 2023-2024

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



HARI OM!



Swami Chinmayananda

Dear Children,

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 Jamuna (Yamuna) banks.

Balavihar is meant for this.

With the song of the glorious Lord in your heart, grow to be great men and women of our country. The country needs you; you deserve a great country."

Dear Parents,

"Children are lamps to be lit, not vessels to be filled. Children are the architects of the future world. They are the builders of humanity. It is the most sacred task of parents as well as teachers to mold their lives in accordance with the sublime Indian tradition. The seeds of spiritual values should be sown in young hearts and the condition should be made favorable for its sprouting and steady growth by the exercise of proper control and discipline. Cared for with warmth of love and affection, such a tree shall blossom forth flowers of Brotherhood, Universal Love, Peace, Bliss, Beauty and Perfection".

Pujya Guruji Tejomayanandaji

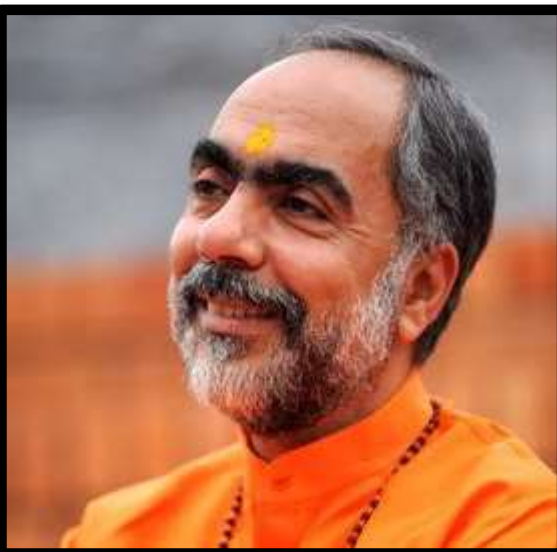


HARI OM!

The greatest boon given by Pujya Gurudev Swami Chinmayananda to the younger generation is Balavihar. Balavihar provides a spiritual and cultural orientation to the children of the modern age. Guruji elucidates the rationale of Balavihar in the "*March of the future*" talk is summarized below:

- To train the children and inculcate in them the reverence for our ancient culture, and inspire them to live up to it with correct understanding
- To create self-confidence to serve and act cheerfully
- To generate a true affection in all contacts, inculcate personal discipline and a true spirit of leadership
- To mold their capacity to express and assert their individuality
- To bring out their dormant faculties and detect defects; cultivate and improve their creative abilities
- To help children to develop a healthy resistance against temptations in the atmosphere in which they grow
- To provide an atmosphere to grow with noble ideals, healthy emotions and physical discipline.

Mukhya Swami Swaroopanandaji



Dear Children,

“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.”

His boundless grace flows / Like the perennial Ganga from the heights / Of the majestic Himalayas / So large is His heart which eternally gives, / So small the hands that attempt to receive / Why cup His Grace in hands / Which cannot hold? / Open them and let it flow. / He touched the hearts of millions / He continues to transform the lives of countless / His Legacy is Timeless / His Love is Endless / He is Gurudev, Our Gurudev / The Guru for ages to come.



**Blessed Self,
Hari Om! Salutations!**

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

The tremendous growth and success of the Balavihar, Yuva Kendra, the Adult Study Group and Language Classes program 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 the long-term benefits of active participation in Balavihar and the Adult Study Group makes a big difference in enriching families and our community.

As Guruji Swami Tejomayanandaji has put it, "The purpose of Balavihar 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. Balavihar should give them both roots and wings." As such, we believe that the Balavihar, Yuva Kendra, and Adult Study Group program are essential to spiritual and cultural growth, and we are pleased that the program includes, but is not limited to, the following:

1. A grade-based program that is tuned to the mental and intellectual growth of our children.
2. An enriching program for the entire family regardless of the number of children, parents, and grandparents
3. A dynamic program that offers 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
4. Celebration of major festivals, such as Mahasivaratri, Diwali, Rama Navami, etc., and our Annual Geeta Chanting Competition (for children and adults) and our Annual Geeta Essay Competition (for older children)
5. Numerous service/volunteer activities such as Anna Danam, CORD Walk-a-thon, and other community service projects like Chinmaya Youth Summer Project (CYSP)
6. Specialized skill building programs like Math Club, teaching young students with the help of young student volunteer teachers thus enriching both in the process

We continue to improve the program so that everyone (children and adults) can obtain the maximum benefit. For example, we plan to continue our program of bringing Samskritam and other languages to our children, youth, and adults. 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**

Grade	Topic	Shlokas (Page # from My Prayers book)	Bhajans (Page # from My Prayers book)	Recommended book
Toddler Pre-K	Mythological value based stories, Arts & Crafts projects, Yoga, Sanskrit Vocabulary	Assorted Shlokas and Bhajans with actions		No Book
Kinder garten	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.	Sahana Vavathu (8) Shuklam Baradaram (8) Saraswathi Namastubhyam (12) Krishnaya Vasudevaya (105) Sri Rama Rama Rameti (129) Manojavam Marutha (152)	Ganesha Sharanam (31) Bam Bam Bholai (87) Subramaniam Subramaniam (37) Come here my dear... (120) Raghupathy Raghava (142)	No Book
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.	Daily Prayers (11-13) Guru Stothram (61 - verse 1 to 3 and Tyameva Mata) Nilambuja Shymala (129)	Atma Rama (143) Manasa Bhajare (73) Shivaya Parameshwaraya (83)	Bala Ramayan Coloring Book
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.	Buddhir- Balam (152) Manojavam Marutha (152) Hanuman Chalisa (160)		No Book
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.	Guru Stothram (61) Dasavataram (94) Madhurashtakam (106)		Bala Bhagavatham
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.	Krishnaashtakam (109) Govinda Damodara Stothram - handout will be given	Radhe Radhe (119) Radha Krishna Arathi (from handbook)	Bala Bhagavatham
5	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.	Ajam Nirvikalpam (28) Ganesha Pancharatnam (30)	Sri Jagadeeshwara Arathi (19) Sri Chinmaya Arathi (17)	No Book
6	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 Mahabharata by end of academic year India the Sacred Land: Temples of India Why India is sacred? Our rich heritage, architecture, rivers, temples & cities.	Devi Dhyana shloka- Sarva mangala (39) Mahalakshmya Ashtakam (39) Mahishasuramardini Stotram (47)	Amba parameshwari (52)	No Book

Grade	Topic	Shlokas (Page # from My Prayers book)	Bhajans (Page # from My Prayers book)	Recommended book
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.</p> <p>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>Sri Rama Dhyana shloka (129-1,2) Nama-Ramayanam (135) Vibhishana Gita Verses - handout will be given</p>	<p>Prema Mudita Mana Se Kaho (144)</p>	<p>Ramayana - by Rajagopalachari</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.</p> <p>Yato Dharma Tato Jayah Discussion of Yaksha Prashnas and Yudhishtira's answers</p>	<p>Gita Dhyana Shloka (112) Shri Tapovan Ashtakam (70-1)</p>	<p>Manasa bhajare (73) Aao Gurudeva (74)</p>	<p>Mahabharatha - by Rajagopalachari</p>
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>Lord Shiva Dhyana shloka (78-1,2) Lingashatakam (78) Shiva Panchakshari Stotram (82) Shiva Manasa Pooja - handout will be given</p>		<p>No Book</p>
10-12	<p>Bhagavad Gita Chapter 13 to 18 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>Gita Dhyana shloka (112) Sri Chinmaya-Ashtottarashata-namavalli (67) Aditya Hridayam - handout will be given</p>		<p>The Holy Gita Vision of Gita</p>

Adult study groups

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

<p>Self Unfoldment By Swami Chinmayananda</p>	<p>The book <i>Self Unfoldment</i> written by Pujya Swami Chinmayananda is an extensive manual that elucidates the whole topic of Vedanta in simple layman's language. The book is filled with simple examples which illustrate complex Vedantic concepts like BMI chart, Karma, Gunas, Pancha Kosha, meditation and many other topics. Every chapter ends with with a set of questions and references for further reading from the Holy Bhagavad Gita, Upanishads and other Vedantic texts. 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. Anyone who reads and absorbs the contents of this book gets a very firm footing on the spiritual path and his/her doubts vanish due to the simple handling of topics.</p>
<p>Tattva Bodha By Adi Shankaracharya</p>	<p>Vedanta is the science of life and when properly understood and applied, is the answer to the problem of human suffering. Tattva Bodha is a prakarana grantha, written in simple samskritham, provides clear definitions of Vedantic terms like nitya, anitya, viveka, vairagya, maya etc. It also clearly defines the necessary preparation a student of Vedanta must undertake to truly benefit from this knowledge. The sum total of all Vedantic analysis is presented vividly in this book to gain the above objectives.</p>
<p>Atma Bodha By Adi Shankaracharya</p>	<p>Vedanta is the science of life. It shows us the gateway to peace and happiness. To understand this subtle science, knowledge of certain terms and concepts is mandatory. 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.</p>
<p>Bhagavad Gita Commentary by Swami Chinmayananda</p>	<p>If the <i>Upanishads</i> are the text books of philosophical principles discussing man, world and God, 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. <i>Srimad Bhagavad Gita</i>, the Divine song of the Lord, occurs in the <i>Bhisma Parva</i> of the <i>Mahabharata</i>. This great handbook of practical living marked a positive revolution in Hinduism and inaugurated a Hindu renaissance for the ages that followed the <i>Puranic</i> era.</p>
<p>Mundaka Upanishad Commentary by Swami Chinmayananda</p>	<p>Among the Upanishads, the Mundaka Upanishad is regarded as one the most important. It throws a flood of light on the Jnana Marga (the path of Knowledge) and leads the aspirant to the highest rung in the ladder of Jnana—Brahmavid brahmaiva bhavati. It appears in the Atharva Veda. This is an advanced text and requires one to have undergone the study of basic Vedantic texts before entering into its study.</p>
<p>Kaivalya Upanishad Commentary by Swami Chinmayananda</p>	<p>Kaivalyopanishad belongs to the Atharvana Veda. Its poetic diction, systematic development of thought at once clear and concise, and scientific arrangement of highly philosophical ideas make it one of the most striking minor Upanishads. In this Upanishad, Asvalayana, the great teacher of Rig Veda is a disciple and Lord Brahma, the Creator is the teacher.</p>
<p>Kathopanishad Commentary by Swami Chinmayananda</p>	<p><i>Kathopanishad</i>, one of the major <i>Upanishads</i> 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. Its importance can very well be gauged by the fact that many of its mantras are reproduced in toto in the <i>Bhagavad Gita</i></p>

Teacher Roster for Chinmaya Vrindavan Balavihar 2023-24			
	Friday PM (7-8:45 PM)	Sunday AM (9:15-11 AM)	Sunday PM (1-2:45 PM)
Coordinators	Ram Ramachandran Suresh Gopalakrishnan	Sriram Srinivasan Lakshmi N Aiyer	Vasava Krishnamoorthy Indrajeet Harer
AV Coordinator	Manoj Nair	Kiran Kodali	Anshuman Panigrahi
Shishu vihar	Sanjay Rajput Vishnupriya Kannan	Vidya Venkatesh Namita Kekatpure	Sireesha Avva Malathi Gundapuneni
K	Kavita Patola Rajalakshmi Karthikeyan	Mahalakshmi Arcot Chandarani Deshmukh	Vasudha Manikandan Pranjali Harer
1	Nivedita Sridhar Uma Bhashetty	Subha Sriaram Srinivasan Yamuna Kuchibhotla	Saratha Priya Arthanari Kavita Nagella
2	Sujatha Iyer Namrata Tiwari	Meena Rajan Ramya Belavadi	Rajeswari Ummettala Divya Purushotham
3	Harinee Madhusudhan Lakshmi Voruganti	Rupa Ranganath Chitra Sukthankar	Maneesha Bhatt Malathy Balasubramanian
4	Anandhi Ramachandran Radhika Yogi	Neelima Turaga Rekha Pai	Sudha Radhakrishnan Aarthi Thiagarajan
5	Shivram Vempaty Anuradha Bhaskara	Indira Bhaskar Raji Subramanian	Roopa Byrichetty Rameshwari Kale
6	Viji Lakshmi Hari Anupama Sivakumar	Abhirami Srinivas Keerthi Kobla	Rashmi Kuroodi Sangeetha Srikanth
7	Nirmala Rajan Mythili Pendyala	Vidhya Aiyer Prarthana Gururaj	Vyjayanti Durbhakula Devendra Akula
8	Purnima Krishnamoorthy Venkatapathy Shankar	Selvi Deepak Partha Turaga	Sapna Madiraju Harish Bhatt
9	Jayashree Vedamurthy Jyothy Nair	Sitaram Kuchibotla Inchara Mottana (CHYK)	Venu Avva Richa Goyal
JCHYK	Aruna Sarma Sangita Patankar	Rashmi Kashi Sirisha Pannala	Sivaprasad Pandeyaram Sankar Mahadevan

CHYK: Chinmaya Yuva Kendra; JCHYK - Junior Chinmaya Yuva Kendra

Adult Study Group	Friday PM (7-8:45 PM)	Sunday AM (9:15-11 AM)	Sunday PM (1-2:45 PM)
Vedanta 101	Rajan Narayanaswamy <i>Book: Self Unfoldment/Kaivalya Upanishad</i>	Srini Natarajan Venky Ramasubramani <i>Book: Atma Bodha</i>	Diwakar Sarwadnya Suresh Ramasubramaniam <i>Book: Self Unfoldment</i>
Bhagavad Gita	Madhu Nagarajan Srini Kesavan <i>Book: Kathopanishad/Gita Ch 7</i>	Keshav Murthy Kumar Rampura <i>Book: Bhagavad Gita Ch 4</i>	Mani Manikandan Sai Narasimhan <i>Book: Bhagavad Gita Ch 8</i>
Advanced Vedanta	Venkat Krishnaswamy Narasimha Pinniti <i>Book: Kathopanishad</i>	Raj Pratha Hari Srinivasan <i>Book: Mundaka Upanishad</i>	Vasu Ranganathan <i>Book: Bhagavad Gita Ch 6</i>
Slokas	Anjana Suresh Pushkala Krishnaswamy Priya Ramaswamy <i>Bhagavad Gita Ch 4 and other Slokas</i>	Usha Venkatakrishnan Jyothy Padmanabhan <i>Sampoorna Bhagavad Gita chanting</i>	Vandana Mydukur <i>Sampoorna Bhagavad Gita chanting</i>
Bhajans		Saroja Raman <i>Soundarya Lahiri</i>	

Children Language and Other Adult Classes (Sunday 11:15 AM - 12:30 PM)		
Gujarati Neelima Shah Bhagwati Shukla	Malayalam Veena Nair Chitra Menon Prasanna Kumar	Tamil Anandi Ganesh Aruna Amaresan Hemalatha Ramaswamy Vinithra Rangarajan Kavitha Govindarajalu Lakshmi Kasthurirangan Geetha Desikan
Hindi Geetanjali Sharma Mangala Girennawar Sindhu Janeesh Rashmi Kuroodi Pallavi Kadlaskar Toshi Singh	Telugu Venkat Vorungati Bhaskar Cherukumilli Prasad Bapatla Ramesh Pendem Yogeswara Rao Lekkalaupudi	Sanskrit Subhashita (Adult) Rashmi Kashi Dasbodha (Adult; in Marathi) Diwakar Sarwadnya Sachin Kadlaskar
Kannada Greeshma Kappettu Pallavi Thoti	Marathi Namitha Kekatpure	Sanskrit Priya Ramaswamy Abhirami Shrinivas Vandana Mydukur Sitaram Kuchibotla Anjana Suresh

Other Programs at Chinmaya Vrindavan

Amruta Vihar	Amruta Vihar is a special program tailored for children, who are differently abled, to come together for social interaction, spiritual growth and learning. The children are introduced to stories from our Puranas, taught how to chant shlokas and sing bhajans, along with art & craft activities, yoga, breathing exercises and group discussions. The classes are conducted on Saturdays from 10.30 am to 12:00 noon in weekends with Balavihar classes.
Language classes	Language classes are offered to kids, currently enrolled in Balavihar. We teach Gujarati, Hindi, Kannada, Malayalam, Sanskrit, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and also conversing. Classes meet every Sunday during the Balavihar calendar year from 11:15 AM – 12:30 PM. Children are grouped by their proficiency in the language. Active participation of children in the class is encouraged to foster learning; parents are requested to assist as needed.
Swaranjali	Swaranjali consists of a group of talented youth musicians selected from among our Balavihar students by an audition to sing bhajans at various Balavihar, Ashram events. Mentored and coached by adult Chinmaya sevaks, the children have helped create bhakti bhava among audiences singing at Ashram events. The group meets on Sundays to practice from 11:15 AM to 12:30 PM on all Sundays that Balavihar is in session. We ask for the students' regular attendance and practice of songs taught to be able to sing confidently and with feeling as one voice. Both vocalists and instrumentalists with some classical trainings are welcome.
Dasbodha study group	Discussions in Marathi based on Dasbodha (Advice to the Disciple) by Samarth Ramdas Swami are held on Sunday during the Balavihar calendar year from 11:15 AM – 12:30 PM at Vrindavan. Contacts: Diwakar Sarwadnya (973-964-5817) or Sachin Kadlaskar (551-998-0378)
Sanskrit Subhaashita	Pre-req: A keen interest in the language and the values handed down to us! Basic ability to read and write Sanskrit will be helpful, but not compulsory. <ul style="list-style-type: none"> • Learn Sanskrit through subhaaShitas and build vocabulary • Comprehend the deeper imports of the verses and breaking words in a shloka • Understand the structure of the language and the intricacies of the words Classes meet every Sunday during the Balavihar calendar year from 11:15 AM – 12:30 PM. Recommended Books – Sanskrit Pearls Vol. 1, 2 and 3. Contact: Rashmi Kashi (732-322-6982)
Shloka classes for Children	Balavihar children will be taught in small groups for 30-60 minutes online once a week Mon-Thu evenings. Children will be assigned to different levels, beginner to advanced, depending upon their proficiency, and can learn to memorize all important Shlokas over the years such as daily prayers, Ashtakams, Hanuman Chalisa, Vishnu & Lalitha Sahasranamams.
Adults Bhajan: Learn new bhajans online on Sunday evenings. Open to all adults. Online Guided Meditation: Beginner Guided meditation classes over Zoom on Sunday mornings.	
To join or to get more information, visit chinmayavrindavan.org or email geninfo@chinmayavrindavan.org .	



Vrindavan Balavihar Houses

ऐक्यम् अस्माकं बलम् | Unity is our strength.

When you join Balavihar, you will automatically belong to one of our four Houses – Arjuna's Arrows, Bajrangi's Bolts, Krishna's Cowboys or Durga's Daredevils. Every year there is a fierce but friendly competition between the four Houses to lift the huge House Trophy that you can see in our Ashram lobby. Periodically, we will have fun team building contests involving all children in Balavihar across all the 3 sessions.

All Balavihar children from PreK-7th grade shall belong to a House based on the grade they attend. The teachers of these grades shall belong to the same House as the grade students. High schoolers and 8th graders are sorted into one of the four Houses using a special sorting quiz and shall be captains of the respective Houses. Each of these Houses shall have adult mentors.

- **Show your House Spirit! Wear your House colors on special occasions**
- **Earn Points for your House by participating enthusiastically in team building activities and contests throughout the year**
- **Learn and participate in Geeta chanting yajna and Shlokathon**
- **Write Likhita Japa in your notebook to earn points for your House**

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

HOUSE TROPHY WINNERS	
2022-23	BAJRANGI'S BOLTS
2021-22	ARJUNA'S ARROWS
2020-21	BAJRANGI'S BOLTS
2019-20	DURGA'S DAREDEVILS
2018-19	KRISHNA'S COWBOYS
2017-18	KRISHNA'S COWBOYS
2016-17	DURGA'S DAREDEVILS

IMPORTANT DATES FOR 2023-2024

- Sep 15/17, Sep 22/24 - Sorting of incoming 8th, 9th graders and new high schoolers
- Sep 29/Oct 1 – House Inaugural Assembly (Parents are invited to join the Assembly)
- Jan 20th – Story Telling Contest
- Feb 23/25 – House Spirit Day (Parents are invited for the final activity in Assembly)
- March 9th – Shlokathon
- May 4th – Bhajanotsav
- Ongoing Oct until May - Likhita Japa

List of shlokas for Shlokathon – Please refer to our website www.chinmayavrindavan.org for the latest list and resources to learn the Shlokas. Memorize to earn points.

Coaching classes to prepare for Shlokathon will start in September (limited seats). Please watch out for the details in the weekly Balavihar Email and your class whatsapp groups.

Value for this year

Swami Shantananda ji has picked **Seva (Service)** as the theme for Balavihar this year. We will try to inculcate this value in ourselves and the children this year.

For questions or volunteering for house events, please contact bvhouses@chinmayavrindavan.org

Balavihar Guidelines

What can families expect?

1. Active leadership from our resident Swamiji - Swami Shantanandaji and program coordinators.
2. Knowledgeable and trained teacher volunteers who teach children by grade using a well-defined curriculum based on Puranas and sacred texts such as the Bhagavad Gita.
3. Access to the state-of-the-art Chinmaya Vrindavan Ashram facilities including Bookstore.
4. Celebration of traditional Hindu festivals and other cultural, and spiritual programs in the ashram.

What is expected of the children?

1. General discipline should be maintained in the class. Be respectful and courteous to others.
2. Bring a copy of the "My Prayers" book, Balavihar handbook, and a notebook to each session. All children should have pencils, pens, and other stationary items as instructed by the teacher.
3. No snacks, food or drinks (other than a spill proof water bottle) is allowed in the classrooms.
4. All children should buy the prescribed textbook for their grade from the bookstore.
5. Participate actively and attentively in class and in scheduled festivals/events. Participation in Arati and Pledge at the end of each session is mandatory to instill a sense of community and culture.
6. Follow health and safety protocols in effect such as wearing of masks and social distancing.
7. 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.
8. Do not run around, play with equipment or cause any damage to the facilities. Parents are responsible to reimburse Ashram for any damage caused by their children to Ashram property.
9. While attending virtual classes:
 - Please sit in a quiet room with a clean background.
 - Use your full name as your screen name so that the teacher can admit you into the class.
 - Turn on your camera and stay engaged without distractions on the computer or phone.
 - Limit bathroom breaks and no eating in front of the computer.
 - Have Daily Prayers, Handbook, and shloka handouts handy.

What is required of all parents and guardians?

1. All participants attending Balavihar must complete registration and pay prior to joining the program. No refunds will be processed for discontinuing families.
2. Arrive early for classes and stay through the program concluding with Aarti and Pledge.
3. At all times, except in the classroom, children attending Balavihar are the responsibility of their parents or the designated emergency contact who must remain in the Ashram. In the event of any emergencies, parents must be available onsite to receive their children.
4. Follow health and safety protocols in effect such as wearing of masks and social distancing.
5. Parents whose children have special needs must notify the Chinmaya Mission in writing for consideration prior to submitting their online registration.
6. Treat property with care: keep it clean and make sure your children understand the same.
7. Participate in class-specific email/online group discussions as requested by teachers. Sign up to receive communication to get up-to-date information about Balavihar and Ashram activities.
8. Take active interest in Balavihar activities as a role model to children and participate in Ashram activities for self-development and to give back to the society.

Chinmaya Vrindavan CNJ Balavihar Contacts

Resident Swamiji	Swami Shantanandaji	609-655-1787	shantananda.swami@gmail.com
Balavihar Activities	Sevak/Sevika	Phone	Email Address
Friday Team	Ram Ramachandran Suresh Gopalakrishnan Manoj Nair	408-667-3796 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 Anshuman Panigrahi	609-933-1915 973-906-3593 267-242-7158	sunpm-coordinators @chinmayavrindavan.org
Amruta Vihar*	Vasudha Manikandan	609-937-0185	Amrutavihar @chinmayavrindavan.org
Language classes*	Purnima Krishnamurthy Sundaresh Ravindran	732-742-6794 201-665-7859	languages @chinmayavrindavan.org
Swaranjali Bhajan Group*	Subha Sriram Kannan Raghavan Uma Shankar	732-801-7654 908-331-1294 609-721-3054	swaranjali @chinmayavrindavan.org
Geeta chanting	Viji Lakshmi Hari	609-468-9633	geeta@chinmayavrindavan.org
Balavihar 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

Music & Fine Arts	Sevak/Sevika	Phone	Email Address
Concerts at Vrindavan	Harinee Madhusudhan Madhusudhan Nagarajan Gajanan Hegde	732-491-7862 732-491-7863 609-915-4330	cultural.events @chinmayavrindavan.org

Ashram Activities	Sevak/Sevika	Phone	Email Address
Temple activities	Sujani Murthy	609-540-9114	sujanimurthy@hotmail.com
Books/Publications	Girish Ananthashankaran Ajit Kashyap	609-937-0521 203-252-6399	bookstore @chinmayavrindavan.org
CORD USA Seva Projects/Annadanam	Vyjayanthi Durbhakula	732-319-5715	vyjayantid@gmail.com
Weekend Yoga Classes	Rajan Narayanaswamy	732-666-8878	n_rajana@hotmail.com

* More information available in Other Programs page.

Note: Please visit Ashram activities page at <http://www.chinmayavrindavan.org> for details about any Music and Dance classes that are offered at Vrindavan Ashram.

Note: Current Chinmaya Mission events, program URLs, and Social media handles can be found at <https://linktr.ee/chinmayavrindavan>





Gītā Chanting Yajña

Chapter 4 - jñānakarmasannyāsa Yoga
Renunciation through Action in Knowledge



ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम्।
ब्रह्मैव तेन गन्तव्यम् ब्रह्मकर्मसमाधिना ॥ 4.24

Gītā is extolled as the proponent of the science of Brahman or Brahmanvidyā. In this chapter, Lord Krishna explains to Arjuna, the attributes of one who has realized this supreme knowledge, and how through various paths of selfless actions, with proper guidance from a spiritual Guru, one can get a glimpse of this knowledge. Lord Krishna, in the theme verse, is using the example of Yajna and the items used—the ladle, the ghee, the priests, the chants and the offerings – as an allegory to explain the ultimate truth that everything is Brahman. The underlying sentiment is that chanting this sacred verse before food similarly reinforces that all are considered as Brahman—the partaking of food, the consumer, the instruments and the one who sees as such will easily attain him. By acknowledging the interdependence of all beings and elements, we can elevate our consciousness and embrace a life dedicated to selflessly serving the world.

Save the Dates!

NJ Regionals: April 20, 2024

NJ Finals: May 18, 2024 ✨

Selected winners from the NJ State Finals will be invited to participate in the Chinmaya Gita Fest 2024 to be held on July 6th & 7th, 2024.

✨ **Open ONLY to Chinmaya Balavihar Students**

For all Gītā chanting event related info, updates, Vocabulary list and Chapter verses in English and Sanskrit, visit:

<http://www.chinmayavrindavan.org/geeta-chanting/>

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

Brahman is the oblation; Brahman is the clarified butter, constituting the offerings; by Brahman is the oblation poured into the fire of Brahman; Brahman shall be reached by Him who always sees Brahman in all actions”- 4.24.

Verse Assignment:

Group	Grade	Verses
Kirīṭi	Toddler / PreK	1 – 7
Anagha	Kindergarten	1 – 7
Arjuna	Grades 1 - 2	1 – 14
Bhārata	Grades 3 - 4	1 – 21
Pārtha	Grades 5 - 6	1 – 28
Guḍākeśa	Grades 7 - 9	1 – 35
Dhanañjaya	Grades 10 - 12	1 – 42
Kaunteya «	Grades 10 - 12	1 – 42
Medhāvī ❁	Grades 1 - 9	1 – 42
Mahābāho «	-- (Adults)	1 – 42
Parantapa	-- (Adults)	1 – 42

« Groups reading the verses (Additional Vocab.test/Talks)

All other groups are required to memorize the verses

❁ - Special group for all dedicated students!

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

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 pratibodhitāṃ bhagavatā nārāyaṇena svayam vyāseṇa grathitāṃ purāṇamuninā madhye mahābhāratam advaitāmṛtavarṣiṇīm bhagavatīm aṣṭādaśādhyāyinīm amba tvām anusandadhāmi bhagavadgīte bhavadveṣiṇīm (1)
नमोऽस्तु ते व्यास विशालबुद्धे फुल्लारविन्दायतपत्रनेत्रे। 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 totravetraikapāṇaye jñānamudrāya kṛṣṇāya gītāmṛtaduhe namaḥ (3)
सर्वोपनिषदो गावः दोग्धा गोपालनन्दनः। पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥	sarvopaniṣado gāvaḥ dogdhā gopālanandanāḥ pārtho vatsaḥ sudhīrbhoktā dugdhaṃ gītāmṛtaṃ mahat (4)
वसुदेवसुतं देवम् कंसचाणूरमर्दनम्। देवकीपरमानन्दम् कृष्णं वन्दे जगद्गुरुम् ॥	vasudevasutaṃ devam kaṃsacāṇūramardanam devakīparamānandam kṛṣṇaṃ vande jagadgurum (5)
भीष्मद्रोणतटा जयद्रथजला गान्धारनीलोत्पला शल्यग्राहवती कृपेण वहनी कर्णेन वेलाकुला। अश्वत्थामविकर्णघोरमकरा दुर्योधनावर्तिनी सोत्तीर्णा खलु पाण्डवैः रणनदी कैवर्तकः केशवः ॥	bhīṣmadroṇataṭā jayadrathajalā gāndhāranīlotpalā śalyagrāhavatī kṛpeṇa vahanī karṇeṇa velākulā aśvatthāmaṅvikarṇaghoramakarā duryodhanāvartinī sottīrṇā khalu pāṇḍavaiḥ raṇanadī kaivartakaḥ keśavaḥ (6)
पाराशर्यवचः सरोजममलं गीतार्थगन्धोत्कटम् नानाख्यानककेसरं हरिकथा सम्बोधनाबोधितम्। लोके सज्जन षट्पदैरहरहः पेपीयमानं मुदा भूयात् भारतपङ्कजं कलिमल-प्रध्वंसि नः श्रेयसे ॥	pārāśaryavacaḥ sarojamamalaṃ gītārthagandhotkaṭam nānākhyānakakesaraṃ harikathā sambodhanābodhitam loke sajjana ṣaṭpadairaharahaḥ pepīyamānaṃ mudā bhūyāt bhāratapaṅkajaṃ kalimalapradhvamsi naḥ śreyase (7)
मूकं करोति वाचालम् पङ्गुं लङ्घयते गिरिम्। यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥	mūkaṃ karoti vācālam paṅguṃ laṅghayate girim yatkrpā tamahaṃ 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 ॥	yaṃ brahmā varuṇendrarudramarutaḥ stunvanti divyaiḥ stavaiḥ vedaiḥ sāṅgapadakraṃmopaniṣadaiḥ gāyanti yaṃ sāmagāḥ dhyānāvasthitatadgatena manasā paśyanti yaṃ yoginaḥ yasyāntaṃ na viduḥ surāsuraṅgaṇāḥ devāya tasmai namaḥ (9)

ज्ञानकर्मसन्न्यासयोगः (jñānakarmasannyāsayogaḥ)

ॐ श्रीपरमात्मने नमः । अथ चतुर्थोऽध्यायः । ज्ञानकर्मसन्न्यासयोगः ।

om śrīparamātmāne namaḥ. atha caturtho'dhyāyaḥ. jñānakarmasannyāsayogaḥ

1.	श्रीभगवानुवाच । इमं विवस्वते योगम् प्रोक्तवानहमव्ययम् । विवस्वान्मनवे प्राह मनुरिक्ष्वाकवेऽब्रवीत् ॥	śrībhagavānuvāca imam vivasvate yogam proktavānahamavyayam vivasvānmanave prāha manurikṣvākave'bravīt
2.	एवं परम्पराप्राप्तम् इमं राजर्षयो विदुः । स कालेनेह महता योगो नष्टः परन्तप ॥	evam paramparāprāptam imam rājarṣayo viduḥ sa kāleneha mahatā yogo naṣṭaḥ parantapa
3.	स एवायं मया तेऽद्य योगः प्रोक्तः पुरातनः । भक्तोऽसि मे सखा चेति रहस्यं ह्येतदुत्तमम् ॥	sa evāyam mayā te'dya yogaḥ proktaḥ purātanaḥ bhakto'si me sakhā ceti rahasyaṁ hyetaduttamam
4.	अर्जुन उवाच । अपरं भवतो जन्म परं जन्म विवस्वतः । कथमेतद्विजानीयाम् त्वमादौ प्रोक्तवानिति ॥	arjuna uvāca aparam bhavato janma param janma vivasvataḥ kathametadvijāniyām tvamādaḥ proktavāniti
5.	श्रीभगवानुवाच । बहूनि मे व्यतीतानि जन्मानि तव चार्जुन । तान्यहं वेद सर्वाणि न त्वं वेत्थ परन्तप ॥	śrībhagavānuvāca bahūni me vyatītāni janmāni tava cārjuna tānyaham veda sarvāṇi na tvaṁ vettha parantapa
6.	अजोऽपि सन्नव्ययात्मा भूतानामीश्वरोऽपि सन् । प्रकृतिं स्वामधिष्ठाय सम्भवाम्यात्ममायया ॥	ajo'pi sannavyayātmā bhūtānāmīśvaro'pi san prakṛtiṁ svāmadhiṣṭhāya sambhavāmyātmamāyayā
7.	यदा यदा हि धर्मस्य ग्लानिर्भवति भारत । अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥	yadā yadā hi dharmasya glānirbhavati bhārata abhyutthānamadharmasya tadātmānaṁ sṛjāmyaham

8.	परित्राणाय साधूनाम् विनाशाय च दुष्कृताम् । धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥	paritrāṇāya sādḥūnām vināśāya ca duṣkṛtām dharmasaṁsthāpanārthāya sambhavāmi yuge yuge
9.	जन्म कर्म च मे दिव्यम् एवं यो वेत्ति तत्त्वतः । त्यक्त्वा देहं पुनर्जन्म नैति मामेति सोऽर्जुन ॥ ९ ॥	janma karma ca me divyam evaṁ yo veti tattvataḥ tyaktvā dehaṁ punarjanma naiti māmeti so'rjuna
10.	वीतरागभयक्रोधाः मन्मया मामुपाश्रिताः । बहवो ज्ञानतपसा पूता मद्भावमागताः ॥	vītarāgabhayakrodhāḥ manmayā māmupāśritāḥ bahavo jñānatapasā pūtā madbhāvamāgatāḥ
11.	ये यथा मां प्रपद्यन्ते तांस्तथैव भजाम्यहम् । मम वर्त्मानुवर्तन्ते मनुष्याः पार्थ सर्वशः ॥	ye yathā mām prapadyante tāmstathaiva bhajāmyaham mama vartmānuvartante manuṣyāḥ pārtha sarvaśaḥ
12.	काङ्क्षन्तः कर्मणां सिद्धिम् यजन्त इह देवताः । क्षिप्रं हि मानुषे लोके सिद्धिर्भवति कर्मजा ॥	kāṅkṣantaḥ karmaṇām siddhim yajanta iha devatāḥ kṣipraṁ hi mānuṣe loke siddhirbhavati karmajā
13.	चातुर्वर्ण्यं मया सृष्टम् गुणकर्मविभागशः । तस्य कर्तारमपि माम् विद्ध्यकर्तारमव्ययम् ॥	cāturvarṇyam mayā sṛṣṭam guṇakarmavibhāgaśaḥ tasya kartāramapi mām viddhyakartāramavyayam
14.	न मां कर्माणि लिम्पन्ति न मे कर्मफले स्पृहा । इति मां योऽभिजानाति कर्मभिर्न स बध्यते ॥	na mām karmāṇi limpanti na me karmaphale sprhā iti mām yo'bhijānāti karmabhirna sa badhyate
15.	एवं ज्ञात्वा कृतं कर्म पूर्वैरपि मुमुक्षुभिः । कुरु कर्मैव तस्मात्त्वम् पूर्वैः पूर्वतरं कृतम् ॥	evaṁ jñātvā kṛtaṁ karma pūrvairapi mumukṣubhiḥ kuru karmaiva tasmāttvam pūrvaiḥ pūrvataram kṛtam

16.	किं कर्म किमकर्मेति कवयोऽप्यत्र मोहिताः । तत्ते कर्म प्रवक्ष्यामि यज्ज्ञात्वा मोक्ष्यसेऽशुभात् ॥	kiṁ karma kimakarmeti kavayo'pyatra mohitāḥ tatte karma pravakṣyāmi yajjñātvā mokṣyase'subhāt
17.	कर्मणो ह्यपि बोद्धव्यम् बोद्धव्यं च विकर्मणः । अकर्मणश्च बोद्धव्यम् गहना कर्मणो गतिः ॥	karmaṇo hyapi boddhavyam boddhavyam ca vikarmaṇaḥ akarmaṇaśca boddhavyam gahanā karmaṇo gatiḥ
18.	कर्मण्यकर्म यः पश्येत् अकर्मणि च कर्म यः । स बुद्धिमान्मनुष्येषु स युक्तः कृत्स्नकर्मकृत् ॥	karmaṇyakarma yaḥ paśyet akarmani ca karma yaḥ sa buddhimānmanuṣyeṣu sa yuktaḥ kṛtsnakarmakṛt
19.	यस्य सर्वे समारम्भाः कामसङ्कल्पवर्जिताः । ज्ञानाग्निदग्धकर्माणम् तमाहुः पण्डितं बुधाः ॥	yasya sarve samārambhāḥ kāmasaṅkalpavarjitāḥ jñānāgnidagdhakarmāṇam tamāhuḥ paṇḍitaṁ budhāḥ
20.	त्यक्त्वा कर्मफलासङ्गम् नित्यतृप्तो निराश्रयः । कर्मण्यभिप्रवृत्तोऽपि नैव किञ्चित्करोति सः ॥	tyaktvā karmaphalāsaṅgam nityatṛpto nirāśrayaḥ karmaṇyabhipravṛtto'pi naiva kiñcitkaroti saḥ
21.	निराशीर्यतचित्तात्मा त्यक्तसर्वपरिग्रहः । शारीरं केवलं कर्म कुर्वन्नाप्नोति किल्बिषम् ॥	nirāśīryatacittātmā tyaktasarvaparigrahaḥ śārīraṁ kevalam karma kurvannāpnoti kilbiṣam
22.	यदृच्छालाभसन्तुष्टः द्वन्द्वातीतो विमत्सरः । समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥	yadṛcchālābhasantuṣṭaḥ dvandvātīto vimatsaraḥ samaḥ siddhāvasiddhau ca kṛtvāpi na nibadhyate
23.	गतसङ्गस्य मुक्तस्य ज्ञानावस्थितचेतसः । यज्ञायाचरतः कर्म समग्रं प्रविलीयते ॥	gataśaṅgasya muktasya jñānāvasthitacetasaḥ yajñāyācarataḥ karma samagraṁ praviliyate

24.	ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् । ब्रह्मैव तेन गन्तव्यम् ब्रह्मकर्मसमाधिना ॥	brahmārpaṇaṁ brahma haviḥ brahmāgnau brahmaṇā hutam brahmaiva tena gantavyam brahmakarmasamādhinā
25.	दैवमेवापरे यज्ञम् योगिनः पर्युपासते । ब्रह्माग्नावपरे यज्ञम् यज्ञेनैवोपजुहति ॥	daivamevāpare yajñam yoginaḥ paryupāsate brahmāgnāvapare yajñam yajñenaivopajuhvati
26.	श्रोत्रादीनीन्द्रियाण्यन्ये संयमाग्निषु जुहति । शब्दादीन्विषयानन्ये इन्द्रियाग्निषु जुहति ॥	śrotrādīnīndriyāṅyanye saṁyamāgniṣu juhvati śabdādīnviṣayānanye indriyāgniṣu juhvati
27.	सर्वाणीन्द्रियकर्माणि प्राणकर्माणि चापरे । आत्मसंयमयोगाग्नौ जुहति ज्ञानदीपिते ॥	sarvāṅīndriyakarmāṇi prāṇakarmāṇi cāpare ātmasaṁyamayogāgnau juhvati jñānadīpīte
28.	द्रव्ययज्ञास्तपोयज्ञाः योगयज्ञास्तथापरे । स्वाध्यायज्ञानयज्ञाश्च यतयः संशितव्रताः ॥	dravyayajñāstapoyajñāḥ yogayajñāstathāpare svādhyāyajñānayajñāśca yatayaḥ saṁśitavratāḥ
29.	अपाने जुहति प्राणम् प्राणेऽपानं तथापरे । प्राणापानगती रुद्ध्वा प्राणायामपरायणाः ॥	apāne juhvati prāṇam prāṇe'pānaṁ tathāpare prāṇāpānagatī ruddhvā prāṇāyāmaparāyaṇāḥ
30.	अपरे नियताहाराः प्राणान्प्राणेषु जुहति । सर्वेऽप्येते यज्ञविदः यज्ञक्षपितकल्मषाः ॥	apare niyatāhārāḥ prāṇānprāṇeṣu juhvati sarve'pyete yajñavidāḥ yajñakṣapitakalmaṣāḥ
31.	यज्ञशिष्टामृतभुजः यान्ति ब्रह्म सनातनम् । नायं लोकोऽस्त्ययज्ञस्य कुतोऽन्यः कुरुसत्तम ॥	yajñāśiṣṭāmṛtabhujāḥ yānti brahma sanātanam nāyaṁ loko'styayajñasya kuto'nyaḥ kurusattama

32.	एवं बहुविधा यज्ञाः वितता ब्रह्मणो मुखे । कर्मजान्विद्धि तान्सर्वान् एवं ज्ञात्वा विमोक्ष्यसे ॥	evam bahavidhā yajñāḥ vitatā brahmaṇo mukhe karmajānviddhi tānsarvān evam jñātvā vimokṣyase
33.	श्रेयान्द्रव्यमयाद्यज्ञात् ज्ञानयज्ञः परन्तप । सर्वं कर्माखिलं पार्थ ज्ञाने परिसमाप्यते ॥	śreyāndravayamayādyañāt jñānayajñāḥ parantapa sarvaṁ karmākḥilam pārtha jñāne parisamāpyate
34.	तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया । उपदेक्ष्यन्ति ते ज्ञानम् ज्ञानिनस्तत्त्वदर्शिनः ॥	tadviddhi praṇipātena paripraśnena sevayā upadekṣyanti te jñānam jñāninastattvadarśinaḥ
35.	यज्ज्ञात्वा न पुनर्मोहम् एवं यास्यसि पाण्डव । येन भूतान्यशेषेण द्रक्ष्यस्यात्मन्यथो मयि ॥	yajjñātvā na punarmoham evam yāsyasi pāṇḍava yena bhūtānyaśeṣeṇa drakṣyasyātmanyatho mayi
36.	अपि चेदसि पापेभ्यः सर्वेभ्यः पापकृत्तमः । सर्वं ज्ञानप्लवेनैव वृजिनं सन्तरिष्यसि ॥	api cedasi pāpebhyaḥ sarvebhyaḥ pāpakṛttamaḥ sarvaṁ jñānaplavenaiva vṛjinaṁ santariṣyasi
37.	यथैधांसि समिद्धोऽग्निः भस्मसात्कुरुतेऽर्जुन । ज्ञानाग्निः सर्वकर्माणि भस्मसात्कुरुते तथा ॥	yathaidhānsi samiddho'gniḥ bhasmasātkurute'rjuna jñānāgniḥ sarvakarmāṇi bhasmasātkurute tathā
38.	न हि ज्ञानेन सदृशम् पवित्रमिह विद्यते । तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति ॥	na hi jñānena sadṛśam pavitramiha vidyate tatsvayaṁ yogasaṁsiddhaḥ kālenātmani vindati
39.	श्रद्धवाल्लभते ज्ञानम् तत्परः संयतेन्द्रियः । ज्ञानं लब्ध्वा परां शान्तिम् अचिरेणाधिगच्छति ॥	śraddhāvāṁllabhate, jñānam tatparaḥ saṁyatendriyaḥ jñānam labdhvā parāṁ śāntim acireṇādhigacchati » śraddhāvān-labhate

40.	अज्ञश्चाश्रद्धानश्च संशयात्मा विनश्यति । नायं लोकोऽस्ति न परः न सुखं संशयात्मनः ॥	ajñāścāśraddadhānaśca saṁśayātmā vinaśyati nāyaṁ loko'sti na paraḥ na sukhaṁ saṁśayātmanaḥ
41.	योगसन्न्यस्तकर्माणम् ज्ञानसञ्छिन्नसंशयम् । आत्मवन्तं न कर्माणि निबध्नन्ति धनञ्जय ॥	yogasannyastakarmāṇam jñānasañchinnaśayam ātmavantaṁ na karmāṇi nibadhnti dhanañjaya
42.	तस्मादज्ञानसम्भूतम् हृत्स्थं ज्ञानासिनात्मनः । छित्त्वैनं संशयं योगम् आतिष्ठोत्तिष्ठ भारत ॥	tasmādajñānasambhūtam hṛtsthaṁ jñānāsinātmanaḥ chittvainaṁ saṁśayaṁ yogam ātiṣṭhottiṣṭha bhārata
<p>ॐ तत् सत् इति श्रीमद्भगवद्गीतासु उपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे ज्ञानकर्मसन्न्यासयोगो नाम चतुर्थोऽध्यायः ॥</p> <p>श्रीकृष्णार्पणमस्तु ॥</p> <p>om tat sat - iti śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyāṁ yogaśāstre śrīkṛṣṇārjunasaṁvāde jñānakarmasannyāsayogo nāma caturtho'dhyāyaḥ</p> <p>śrīkṛṣṇārpaṇamastu</p>		



Shree Gurustotram

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ १ ॥
akhaṇḍamaṇḍalākāraṁ vyāptaṁ yena carācaram ।
tatpadaṁ darśitaṁ yena tasmai śrīgurave namaḥ ॥ 1 ॥

Salutations are to that guru who showed me the abode, the one who is to be known, whose form is the entire universe and by whom all the movable and immovable are pervaded.

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥ २ ॥
ajñānatimirāndhasya jñānāñjanaśalākayā ।
cakṣurunmilitaṁ yena tasmai śrīgurave namaḥ ॥ 2 ॥

Salutations are to that guru who opened the eye of one blind due to the darkness (cover) of ignorance with a needle coated with the ointment of knowledge.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः ॥ ३ ॥
gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ ।
gurureva paraṁ brahma tasmai śrīgurave namaḥ ॥ 3 ॥

Salutations to that guru who is the Creator, Sustainer and Destroyer, who is the limitless one.

स्थावरं जङ्गमं व्याप्तं यत्किञ्चित् सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ४ ॥
sthāvaram jaṅgamaṁ vyāptaṁ yatkiñcit sacarācaram ।
tatpadaṁ darśitaṁ yena tasmai śrīgurave namaḥ ॥ 4 ॥

Salutations are to that guru who showed me the one to be known, who permeates whatever is movable, immovable, sentient or insentient.

चिन्मयं व्यापि यत्सर्वं त्रैलोक्यं सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ५ ॥
cinmayam vyāpi yatsarvaṁ trailokyam sacarācaram ।
tatpadaṁ darśitaṁ yena tasmai śrīgurave namaḥ ॥ 5 ॥

Salutations to that teacher who showed me (by teaching) the One to be known, who is but Awareness and who is the pervader of all three worlds comprising the sentient and insentient.

सर्वश्रुतिशिरोरत्नविराजितपदाम्बुजः ।
वेदान्ताम्बुजसूर्यो यः तस्मै श्रीगुरवे नमः ॥ ६ ॥
sarvaśrutīśīroratnavirājitapadāmbujaḥ ।
vedāntāmbujasūryo yaḥ tasmai śrīgurave namaḥ ॥ 6 ॥

Salutations are to that guru who is the Sun to the lotus of Vedanta and whose lotus feet are made radiant by the jewel of all Srutis (Upanishads).

चैतन्यः शाश्वतः शान्तो व्योमातीतो निरञ्जनः ।
बिन्दुनादकलातीतः तस्मै श्रीगुरवे नमः ॥ ७ ॥
caitanyaḥ śāśvataḥ śānto vyomātīto nirañjanaḥ ।
bindunādakalātītaḥ tasmai śrīgurave namaḥ ॥ 7 ॥

Salutations are to that guru who is Awareness, changeless (beyond time), who is peace, beyond space, pure (free from likes and dislikes), and who is beyond the manifest and the unmanifest (Nada, Bindu, etc.).

ज्ञानशक्तिसमारूढः तत्त्वमालाविभूषितः ।
भुक्तिमुक्तिप्रदाता च तस्मै श्रीगुरवे नमः ॥ ८ ॥
jñānaśaktisamarūḍhaḥ tattvamālāvibhūṣitaḥ ।
bhuktimuktiḥpradātā ca tasmai śrīgurave namaḥ ॥ 8 ॥

Salutations are to that guru who is rooted in knowledge that is power, adorned with the garland of Truth and who is the bestower of the joy of liberation.

अनेकजन्मसम्प्राप्त कर्मबन्धविदाहिने ।
आत्मज्ञानप्रदानेन तस्मै श्रीगुरवे नमः ॥ ९ ॥
anekajanmasamprāpta karmabandhavidāhine ।
ātmajñānapradānena tasmai śrīgurave namaḥ ॥ 9 ॥

Salutations are to that guru who by bestowing the knowledge of the self burns up the bondage created by accumulated actions of innumerable births.

शोषणं भवसिन्धोश्च ज्ञापनं सारसम्पदः ।
गुरोः पादोदकं सम्यक् तस्मै श्रीगुरवे नमः ॥ १० ॥
śoṣaṇam bhavasindhośca jñāpanam sārasampadaḥ ।
guroḥ pādodakam samyak tasmai śrīgurave namaḥ ॥ 10 ॥

Salutations are to that guru; the perennial flow of wisdom from the one rooted in the vision of the sruti, dries up totally to ocean of transmigration (samsara) and reveals the essence of all wealth (the freedom of want).

न गुरोरधिकं तत्त्वं न गुरोरधिकं तपः ।
तत्त्वज्ञानात् परं नास्ति तस्मै श्रीगुरवे नमः ॥ ११ ॥
na guroradhikaṁ tattvaṁ na guroradhikaṁ tapaḥ ।
tattvajñānāt paraṁ nāsti tasmai śrīgurave namaḥ ॥ 11 ॥

There is nothing superior to knowledge of Truth, nothing higher than the Truth, and there is no purifying austerity better than the Truth; salutations to that guru.

मन्नाथः श्रीजगन्नाथः मद्गुरु श्रीजगद्गुरुः ।
मदात्मा सर्वभृतात्मा तस्मै श्रीगुरवे नमः ॥ १२ ॥
mannāthaḥ śrījagannāthaḥ madguru śrījagadguruḥ ।
madātmā sarvabhūtātmā tasmai śrīgurave namaḥ ॥ 12 ॥

Prostrations to that guru who is the Lord of the Universe, my Teacher, who is the Teacher of the Universe, who is the Self in me, and the Self in all Beings.

गुरुरादिरनादिश्च गुरुः परमदैवतम् ।
गुरोः परतरं नास्ति तस्मै श्रीगुरवे नमः ॥ १३ ॥
gururādiranādiśca guruḥ paramadaivatam ।
guroḥ parataraṁ nāsti tasmai śrīgurave namaḥ ॥ 13 ॥

Salutations are to that guru who is the beginning and the beginningless, who is the highest Deity and to whom there is none superior.

त्वमेव माता च पिता त्वमेव
त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव
त्वमेव सर्वं मम देवदेव ॥ १४ ॥
tvameva mātā ca pitā tvameva
tvameva bandhuśca sakhā tvameva ।
tvameva vidyā draviṇaṁ tvameva
tvameva sarvaṁ mama devadeva ॥ 14 ॥

O God of all Gods, you alone are my mother, father, kinsman, friend, the knowledge and wealth. You are everything to me.

Mangala Aarti

मंगल आरति प्रिया प्रीतमकी । मंगल प्रीतिरीति दोउनकी ॥
मंगल कांति हंसनि दसननकी । मंगल मुरली बीनाधुनकी ॥

mangala aarti priya pritamaki | mangala pritiriti dounaki ||
mangala kanti hamsani dasananki | mangala murali binadhunaki ||

मंगल बनिक त्रिभंगी हरिकी । मंगल सेवा सब सहचरकी ॥
मंगल सिर चंद्रिका मुकुटकी । मंगल छबि नैननमें अटकी ॥

mangala banika tribhangi hariki | mangala seva saba sahaacaraki ||
mangala sira candrika mukutaki | mangala chabi nainanamem ataki ||

मंगल छटा फबी अंग अंगकी । मंगल गौर स्याम रसरंग की ॥
मंगल अति कटि पियरे पटकी । मंगल चितवनि नागरनाटकी ॥

mangala chata phabi amga amgaki | mangala gaura syama rasaramgaki ||
mangala ati kati piyare pataki | mangala citavani nagaranataki ||

मंगल सोभा कमलनयनकी । मंगल माधुरि मृदुल बैन की ॥
मंगल व्रंदावन मग अटकी । मंगल क्रीड़न जमुनातटकी ॥

mangala sobha kamalanayanaki | mangala madhuri mrdula bainaki ||
mangala vrndavana maga ataki | mangala krirana jamunataki ||

मंगल चरन अरून तरुवन की । मंगल करनि भगति हरिजनकी ॥
मंगल जुगलप्रिया भावनकी । मंगल श्रीराधा जीवनकी ॥

mangala carana aruna taruvanaki | mangala karani bhagati harijanaki ||
mangala jugalapriya bhavanaki | mangala sriradha jivanaki ||

aarati

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

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

jo dhyaaave **ph**ala paave du**Hkha** binase mana kaa-svaami
su**kh**a sampati **gh**ara aave (2)
kaShTa miTe tana kaa | Om jaya jagadIsha hare

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

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

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

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

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

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

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

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

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

dInabandhu du**Hkha** harataa tuma rakShaka mere-svaami
apane haatha u**Th**aaO apane charana ba**Dh**aaO
dvaara paDaa mai tere | Om jaya jagadIsha hare

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

viShaya vikaara miTaaO paapa haro devaa-svaami
shraddhaa **bh**akti ba**Dh**aaO shraddhaa prema ba**Dh**aaO
santana kI sevaa | Om jaya jagadIsha hare

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

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

chinmaya aarati

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
bhakta 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

shaanti mantra-s

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 sukhinaH
sarve santu niraamayaaH |
sarve **bh**adraaNi pashyantu
maa kashchid duHkh**bh**aag **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 ॥

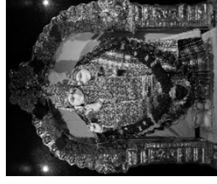
Om pUrNamadaH pUrNamidaM
pUrNaat pUrNamudachyate |
pUrNasya pUrNamaadaaya
pUrNamevaavashiShyate ||

ॐ शान्तिः शान्तिः शान्तिः ॥
हरिः ॐ
श्री गुरुभ्यो नमः
हरिः ॐ

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

Weekly Poojas & Homams

Temple Hours: Mon – Fri: 09:00am – 02:00pm and 05:30pm – 08:15pm
Sat – Sun : 08:30am – 08:30pm



Nitya Poojas start at 9:00am, 12:00pm and 5:30pm except on Festival Days.
On Festival Days/Pradosham/Sankatahara Chaturthi, timings subject to change

For Priest Services booking, contact Temple @ (609)655-0404 or email cmtcpooja@gmail.com. For Pooja related queries, kindly contact Sujani Murthy @ (609)540-9114

Chinmaya Vrindavan

www.chinmayavrindavan.org

Day	Time	Pooja
Sunday & Pradosham* 6:30 PM	Lord Shiva (Spatika Lingam)	Rudrabhishekam Pradosham time varies. Please call temple for timings
Monday 6:30 PM	Lord Shiva (Spatika Lingam)	Rudrabhishekam followed by chanting of Shiva Kavacham <i>Pradosham time varies. Please call temple for timings</i>
Tuesday 6:30 PM	Lord Abhaya Ganapathi Lord Subramanya	Ganapathi Atharvasirsha Ganesha Trisathi Subramanya Archana
Wednesday 6:30 PM	Lord Radha Krishna	5:15pm Narayanaeeyam (Chanting 5 Dashakams) 6:30pm Vishnu Sahasranama Archana
Thursday 6:30 PM	Lord Medha Dakshinamurthy	Dakshinamurthi Abhishekam, Sahasranama Archana and Dakshinamurthi Ashtakam
Friday 6:30 PM	Goddess Lalithambika	Srichakra Pooja for Mahameru with Lalitha Sahasranama Archana
Saturday 10:30am	Lord Bhakta Hanuman	Hanuman Abhishekam and Archana

Day & Time	Deity	Homam
Monday 12 PM to 1PM	Lord Shiva	Mruthyunjaya Homam - performed to achieve Jaya or Victory over Mrityu or death.
Tuesday 12 PM to 1PM	Lord Ganapathi	Ganapathi Homam - performed to beget happiness, prosperity and good health.
Wednesday 12 PM to 1PM	Lord Vishnu	Sudarshana Homam - is performed for removal of all enemies & avoiding accidents. The yantra (a symbol embedded in metal) used in the Homa, will keep all negativity at a distance and bring in divine and auspicious energies.
Thursday 12 PM to 1PM	Lord Medha Dakshinamurthy	Guru Dakshinamurthy Homam - Benefits of worshipping Lord Dakshinamurthy include excelling in education, gain wisdom, knowledge and intellect, self-knowledge, self-empowerment and spiritual uplift
Friday 6:30 PM to 7:30 PM	Goddess Mahalakshmi	Sri Sukta Homam - of the Veda is recited with benefit especially on Fridays, together with formal worship of the Goddess, for peace, plenty, and all-round prosperity
Saturday 6:PM to 7 PM	Navagrahas	Navagraha Homam - Navagraha homam is commonly believed to reduce the maleficent the planets in very effective manner



ALL ARE WELCOME
Our Motto: To give Maximum Happiness to Maximum people for Maximum Time
95 Cranbury Neck Road, Cranbury, NJ 08512. Phone: (609) 655-0404



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



