



# CHINMAYA PRADĪPIKĀ

## CMSD QUARTERLY NEWSLETTER



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### IN THIS ISSUE OF CHINMAYA PRADĪPIKĀ

This quarter was all about celebrations at our āśrama. From New Year to the twentieth anniversary of CMSD and from Tyāgarāja Ārādhana to Śivarātrī, it was sheer joy throughout. Valentine's Day was celebrated with a special screening of Śrīnivāsa Kalyāṇam. There were two workshops - 'Conscious Parenting' and 'From Smart to Wise with Gītā's advice.'



### THE MASTER SPEAKS

Full efficiency in any work can be attained only when this entire equipment (body, mind and intellect) is completely tuned up. Where the body is at work, the receptive and responsive mind of the worker should be, and, his alert and discriminating intellect should assume full command of both body and mind. Such a three-fold concentration is otherwise referred to as "single-pointedness".



## CMSD celebrates 20 magnificent years!



On January 28, 2021, CMSD reached a significant milestone as our Center completed 20 years! Lakshmi Aunty performed the *Guru Pādukā Pūjā* at Chinmaya Nivas. The meditative *Guru Pādukā Stotram* was chanted and then Chinmaya Swaranjali offered *bhajans* describing the grace and glory of the *Guru*.



Towards the end of the evening, Lakshmi Aunty involved the participants in a fun-filled activity where she identified at least one CMSD member who joined from each of the 20 years of the center's existence.





After the welcome to Swamiji, CMSD Sevak Tushar Sathe and CHYK Aditi Puttur sang the beautiful invocation song *Chinmaya Parivār*.



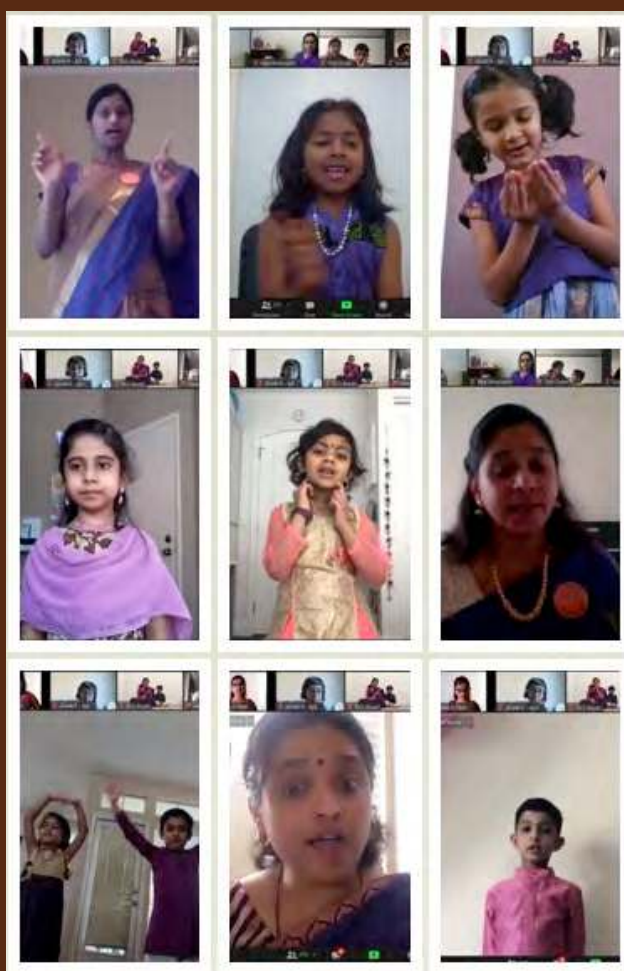


Shishu Vihar

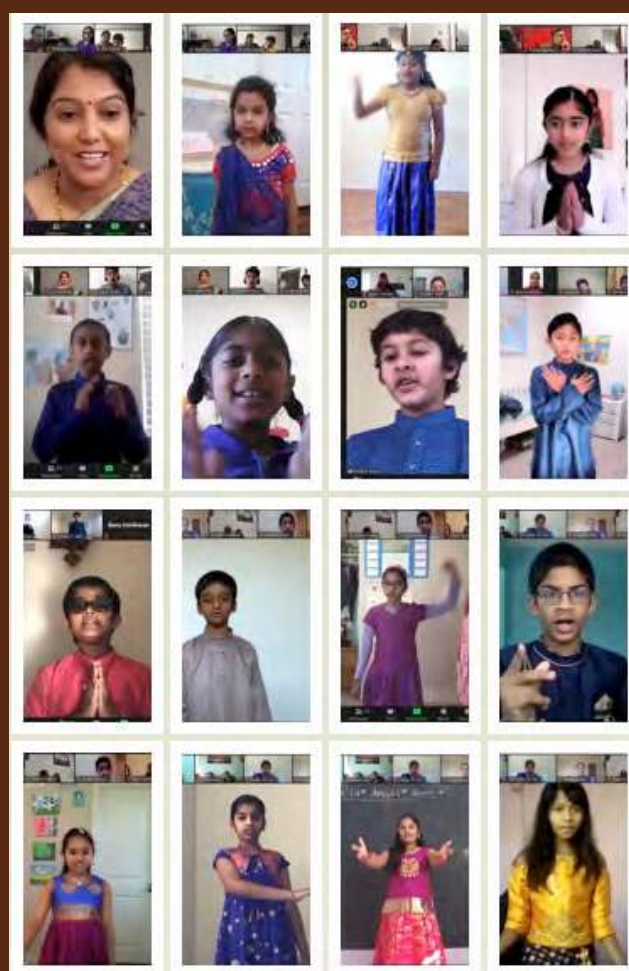


The stage was set for the CMSD Shishu Vihar and Bala Vihar presentations.

From SV3 to Grade 12, our students presented a variety of programs all woven around the theme “*Yatha Dr̥ṣṭi, Tatha Sr̥ṣṭi*”.

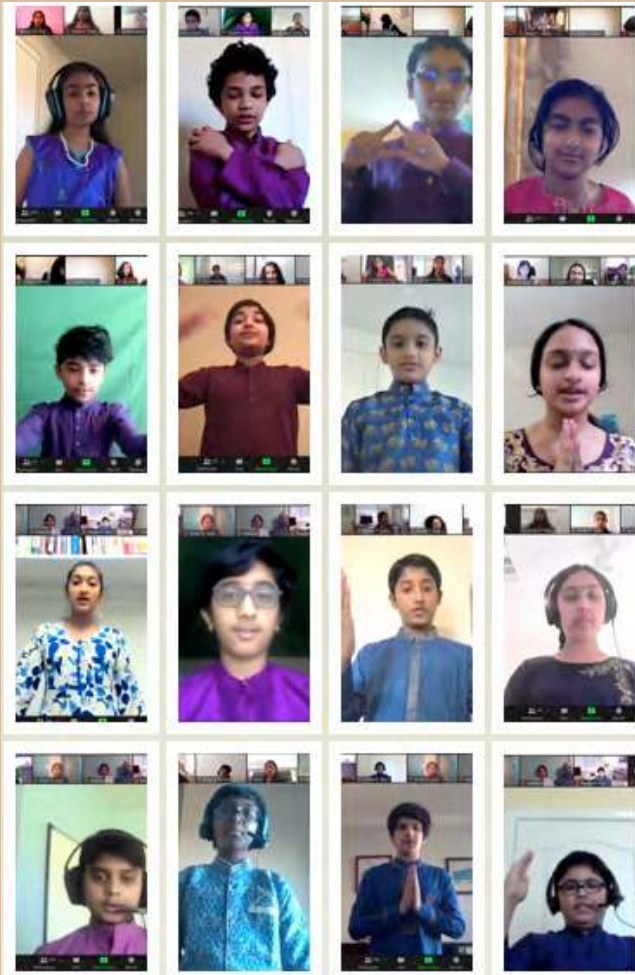


Grades K &amp; 1

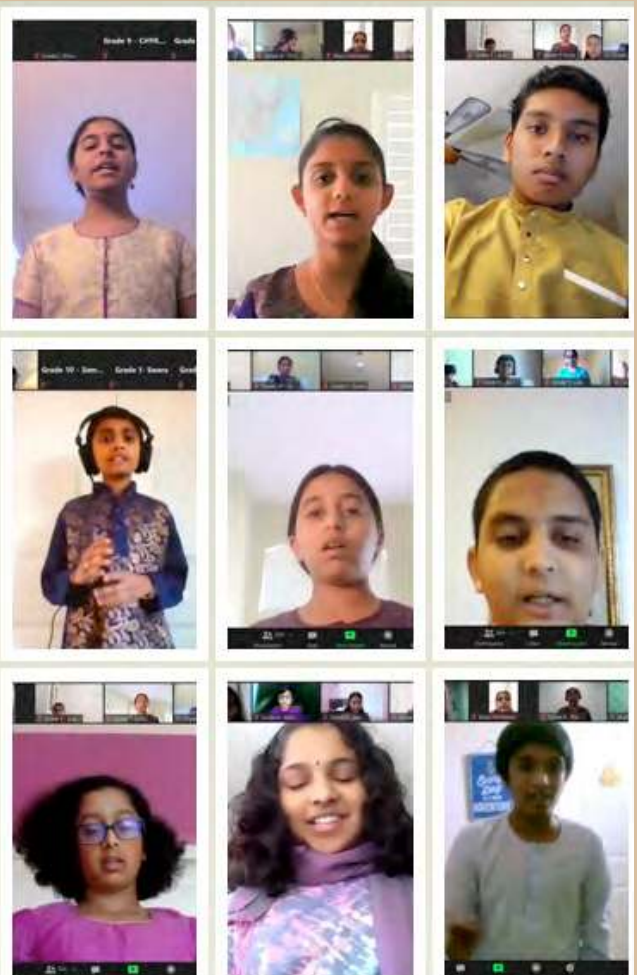


Grades 2, 3, 4





Grades 5 & 6



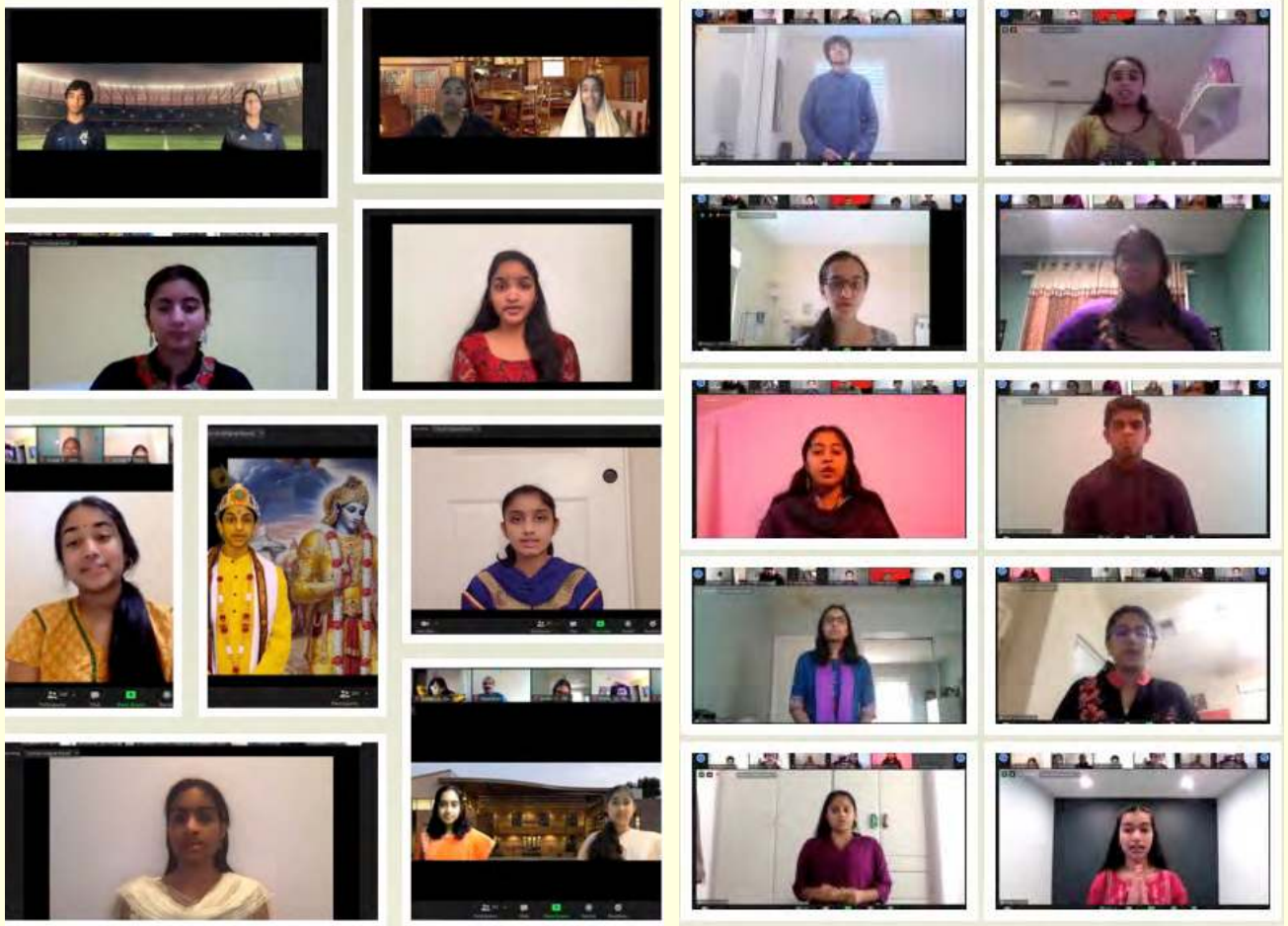
Grade 7



Grade 8



Grade 9



Grade 10

Grades 11&amp; 12

Grade 9 student **Hemadarshini Rajendran** shares "The presentation captivated the audience and amazed me greatly! Seeing the progression of learning from the young kids all the way to the 12th graders made me realize how much we, as Bala Vihar students, evolve in our spiritual journey. Looking back at the journey of our *Chinmaya Jyoti*, I realized how much effort and dedication has been put to establish the Center we know today, and how much the *Chinmaya Parivār* has grown over the years with the blessing of our beloved Pujya Gurudev! I really enjoyed the program, because at heart it felt as if we were all at the *āśrama* enjoying the program together!"

**Srividya Brahamakal** adds "Our afternoon was spent gushing over the cuteness of the children of Shishu Vihar, admiring the Bala Vihar Childrens' understanding of the *Rāmāyaṇa*, and as the older children spoke of how the Mission helped them navigate the curve balls school and life threw at them, as were indeed awestruck!"

**Hetal Babla** remarks " Grade 2 presentation with the *Śivagaṇas* left a mark in my mind"





After the conclusion of the Bala Vihar Program, **Puja Swami Shantananda** addressed the CMSD family.

He began his address by calling San Diego as a *pūnyabhūmi* because Puja Gurudev decided to leave his body here. Swamiji added that **Chinmaya Jyoti is a special place for the worldwide Chinmaya Mission family and will eventually become a special place of pilgrimage for all members**. Swamiji encouraged the CMSD family to keep the Jyoti glowing and also advised to pitch in and make the center debt free over the next five years.



This was followed by a presentation by the CMSD Treasurer **Nikhil Variya** about the current status of CMSD and the Capital Campaign, a critical initiative to make our center debt-free.

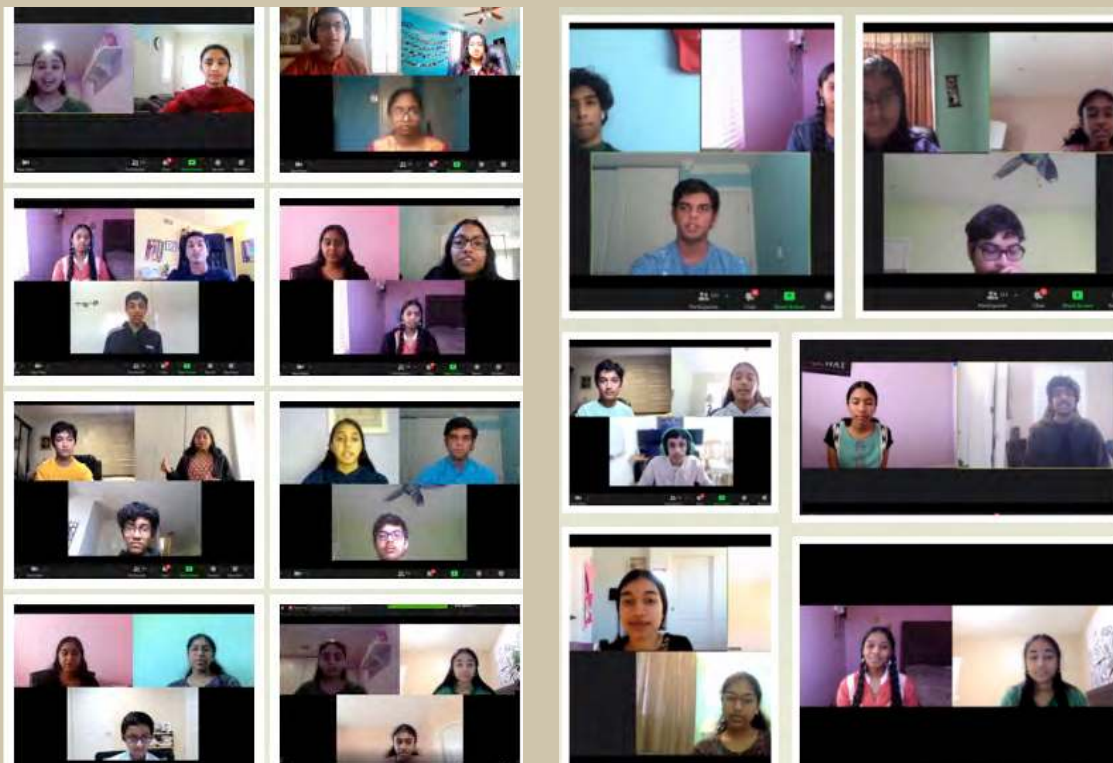
A special video presentation, which covered the entire history of CMSD right from its inception in 2001 till today, was showcased. This was a wonderful collection of videos, compiled by the CMSD Archives team, that captured key events celebrated at the *āśrama* over the entire 20-year period.



Chinmaya Dhvani led the singing of mellifluous "The River, she is flowing", a song which conveys a beautiful message - just as the river flows gently and eventually loses its individuality to merge with the ocean, may our *sāadhanā* lead to the realization of the Ultimate Truth and become one with the Lord.

**Srividya Brahmakal** shares her reflection: "Going down memory lane was one of the best parts of the celebration and made us wish we had joined the Chinmaya *Parivār* much sooner. What stands out is the commitment of Lakshmi Aunty, and Sukumar uncle, and all of the *sevaks*. Running a spiritual center that is growing in size each year takes immense effort and dedication, and the Mission has these in abundance! The statement made by one of the board members, Mr. Nikhil Varaiya totally stuck with us "even though many things changed over the years, the one constant in our lives, that rooted us was Chinmaya Mission." This painted a vivid image in our minds: a mighty river flowing in all its greatness, quenching the thirst of everyone who seeks it, and helping us reach the sea where we belong!"

**Hetal Babla** summed it well "Many good memories so far and many more to make!"



The program concluded with a special presentation by high schoolers titled "20 reasons to be at Bala Vihar."

-Ashwin Mohan



## CMSD Member Reflection

On the occasion of the 20th anniversary of CMSD, **Bhuvana Garcia** shares her journey with CMSD right from its inception.

“To be a part of something so immense that it impacts all aspects of one’s life, and to be involved from the very beginning, is nothing short of magic. That is how I feel when I think of CMSD. I have witnessed a dream become a reality. I have learned to see the small miracles in everyday life, and to view adversities as ways to bring out the “diamond” in me. Even before I realized I needed a Guru and the Mission, I was pulled into the Chinmaya Mission family. With the guidance of CMSD, I have been a less anxious parent and have learned that our children have their own paths and journeys, and I am but a guide for a short time. All the Mission activities, including *jñāna yajñas*, *bhikṣā sevās*, festivals and *pūjās*, workshops, etc., have given my life so much more meaning. Even this Pandemic did not slow down CMSD, in fact not one beat was missed -- everything has gone on remotely with full force.

Pujya Gurudev’s blessings flow through Lakshmiji and Sukumarji, who are synonymous with CMSD for me. Just when I thought I knew what to expect, there was a wonderful surprise element of purple beetroot halwa to celebrate our 20th anniversary -- going purple with San Diego’s purple tier!

I am truly looking forward to the next 20 plus years with the Mission with full confidence of having the support and guidance to face all aspects and stages of life.

How blessed am I that Pujya Gurudev found me?”

- **Bhuvana Garcia**

# Welcome 2021! - New Year Celebrations



Every New Year offers another opportunity to reflect and grow spiritually. Although the circumstances mandated an online celebration on January 1, 2021, the New Year event was divine and inspiring - the Chinmaya way. The celebrations started with a short *Gaṇeśa pūjā* and also included a *pūjā* for Pujya Gurudev and *Viṣṇusahasranāmam* chanting. A peaceful and serene atmosphere was created by the CMSD Vedic chanting team. An inspiring message was delivered by Lakshmi auntie that encouraged all to embark upon the New Year with love, compassion, and enthusiasm. The ceremony concluded with the New Year song by Pujya Guruji and the *Jaya Jagadīśa Hare āratī*.

**Arushi Bharadwaj**, Grade 10 student, shares: “The CMSD New Year celebrations have filled me with hope and optimism for 2021. I am grateful to have had the opportunity to begin the year with the CMSD New Year celebrations. After learning about the benefits of *Viṣṇusahasranāmam*, and with Lakshmi Auntie’s encouragement, I am inspired to chant the *stotram* more often.”





## Tyāgarāja Ārāadhanā on February 2, 2021



Chinmaya Mission San Diego held the Seventh Annual *Tyāgarāja Āradhanā* celebration on February 2, 2021 via Zoom. The event began with the *pūjā* of Saint *Tyāgarāja* and chanting the *Tyāgarāja aṣṭottara śatanāmāvali*.



There were two invocatory *Kṛtis*, '*śrī gaṇapatini*' by Aditi Puttur and '*guruleka*' by Vrishank Chandrasekhar. This was followed by the stirring renditions of the *pañcaratna kīrtanās* sung by Srilekha Krishnamurthy, Devesh Vashishtha, and Aditi Puttur.

*Pañcaratna* means the five jewels and these *kīrtanās* are the eternal masterpieces of Saint *Tyāgarāja* expounding his utmost devotion for the Lord.



Solo offerings of *kṛtis* were presented afterwards: '*enta nercina*' by Sowmian Rangarajan, '*sukhi evaro*' by Devesh Vashishtha, '*durmārgacara*' by Vrishank Chandrasekhar on the violin, '*telisi rāmachintanato*' by Sai Sree, '*nannu viḍaci kadalakura*' by Veena Kinhal on *vīna*, '*banṭurīti kolu*' by Vishruthi Chandrasekhar, and '*entamuddo*' by Srilekha Krishnamurthy.



The joyous celebration concluded with the *maṅgalam*.

- Aditi Puttur



## Reflections

When we began the CMSD *Tyāgarāja Āradhanā* in 2014, our vision was to create a space to honor Saint *Tyāgarāja* by sharing the beauty of his compositions. We celebrate this *Āradhanā* every year.

Saint *Tyāgarāja* was born in the mid-1700's and is considered to be one of the greatest composers of South Indian Carnatic music. The hallmark of Saint *Tyāgarāja's* music is his ability to convey spontaneous devotion, lyrical beauty, and melodic perfection. Saint *Tyāgarāja's iṣṭa devata*, or favorite form of God, was Lord *Rāma*.

The most recent *Tyāgarāja Āradhanā* took place over Zoom, and we owe deep gratitude to our CMSD *sevikas and sevaks* for their careful attention to planning this wonderful event. I loved listening to musicians from all age groups, singing, and playing the violin, to celebrate Saint *Tyāgarāja's* music. A highlight was Smt. Veena Kinhal's heartfelt lyrical description, singing, and *vīna* rendition of '*nannu vidaci*': O Lord Rama, do not abandon me, tuned in the sublime *Rīthigowla*.

I look forward to seeing this tradition continue, hopefully in-person next time. Until then, keep safe, and may *Śrī Rāma's* name and form remain close to our hearts.

- **Devesh Vashishtha**

*Tyāgarāja Āradhanā* 2021 proved to be yet another memorable milestone, here at CMSD, as humble offering made to the musical legend and Guru *Śrī Tyāgarāja Svāmi*. Social distancing due to the Covid pandemic was no barrier to the enthusiastic souls. Participants from different parts of the country gathered online to offer their renditions, both vocal and instrumental, at the Lotus Feet of the Goddess of Music. Like every other occasion at CMSD, *Tyāgarāja Āradhanā* also felt very divine and soul stirring. I was also blessed with an opportunity to offer a *Kṛti* of *Tyāgarāja*.

- **Sai Sreelakshmi**

It was a unique experience of an *Āradhanā* festival as we couldn't be there in person this year, it still was a very enjoyable evening listening to the priceless compositions of the saintly composer.

- **Sowmian Rangarajan**

# Mahā Śivarātrī Celebrations - March 11, 2021



This year's *Mahā Śivarātrī* marked one year of celebrating festivals virtually through Zoom. The evening commenced with chanting of the Lord's name. *Abhiṣeka* to the *Śiva Liṅgam* was performed with various *dravyas* to the chanting of *namakam* and *camakam*. The *aṣṭottara śatanāmāvali pūjā* was followed by the chanting of *stotrams*. Chinmaya Swaranjali weaved in melodious *bhajans* and songs in praise of Lord *Śiva*. As midnight approached, the meditative silence enveloped the atmosphere -- what better way to pay our tribute to the *Ādiyogī* than to spend some time in quiet contemplation!

One of our new members, **Santosh Pappu** shares: "Not having witnessed *Śivarātrī* puja for many years, our family delightfully participated all night long. Our first *Mahā Śivarātrī* with the Chinmaya *Parivār* was truly a special and magical one. Not only did we get to reminisce the way our family used to celebrate the divine festival, but also experience it the Chinmaya way!"





One of our Grade 12 students, **Harini Rangarajan** says, “I really enjoyed taking part in this year’s *Śivarātrī* celebration and *pūjā*. It was nice to see the *pūjā* up close and observe all the different steps. I especially loved all the meditative *bhajans* and chanting, as they were very peaceful and calming. It was a beautiful celebration to watch, and I am so glad I was able to be a part of it.”

Another member, **Akhila Koneri** beautifully pens her prayer for Lord *Śiva*:

*Om Namaḥ Śivaya!* O, Lord of the Universe, in your glorious presence we revel

In your glorious presence we dwell

Thou art our Home, our Refuge, O Benevolent One

On this blessed and auspicious night, we are alive with devotion

O Compassionate Father, we gratefully sing and serve

Endless is Thy nature and we pray this new dawn heralds endless devotion, O Lord *Śiva*!

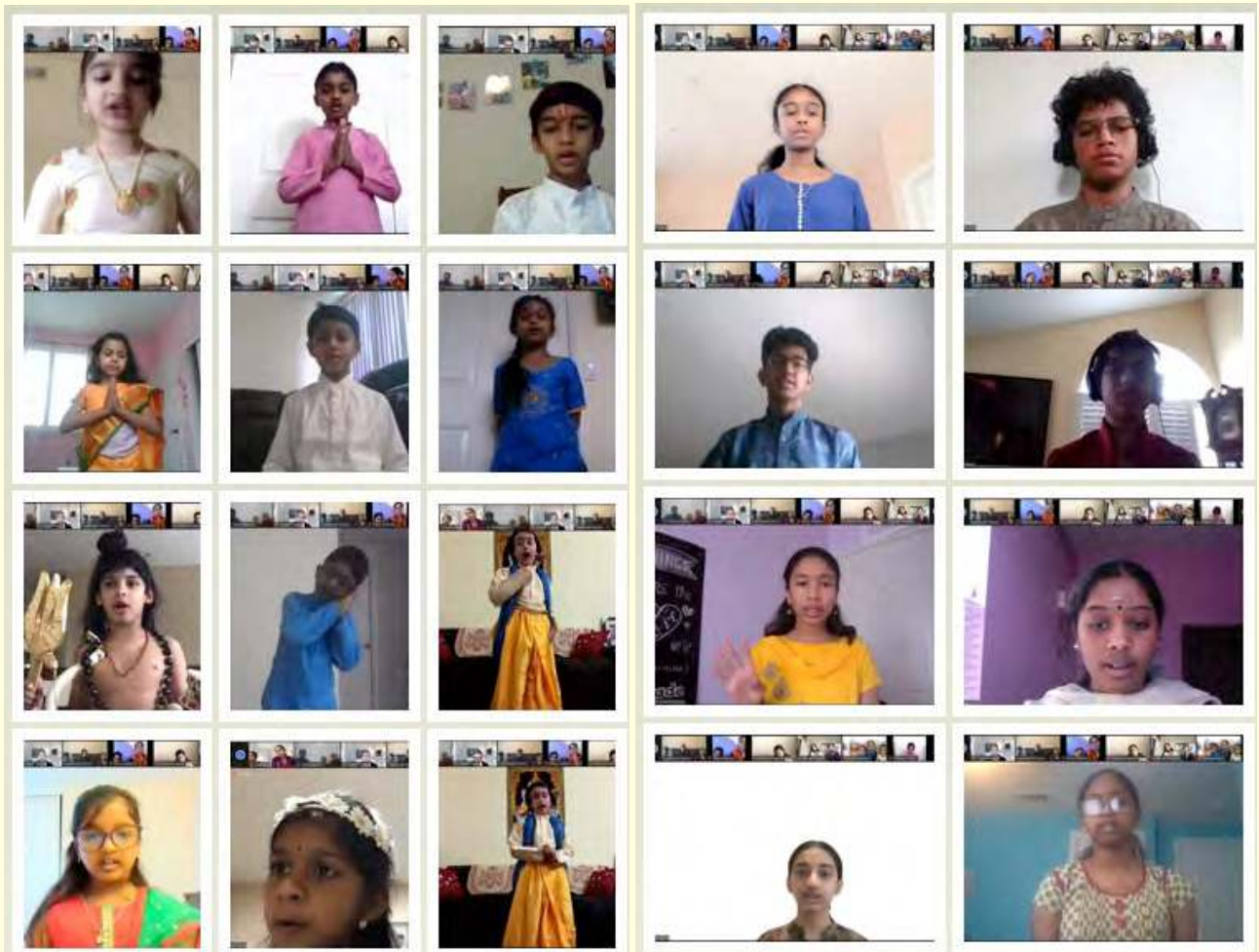


CMSD members performing *Abhiṣeka* to the *Līṅgam*





*Ārati* was performed to culminate a memorable, joyous and meditative evening.



Grade 2

Grade 9

During the Sunday Bala Vihar session on March 7, 2021, Grades 2 and 9 gave a special presentation on "The Legend and Symbolism of *Mahā Śivarātrī*."

-Srividya Brahmakal



# Conscious Parenting Workshop - Feb 21, 2021



In the **Conscious Parenting** workshop, Lakshmi Auntie beautifully enfolded the *dharma* as a parent, to teach the children the righteous way of living through our scriptures! This is achievable through conscious deliberate effort with a compassionate giving heart.

Parenting roles and relationships were established through the initial discussions. What are the right values and how to establish them were highlighted. Auntie beautifully and effectively pointed out that the only and best way to achieve this is by being a good role model to our children.

The key takeaway for me was that whatever roles we play - a teacher, a mother, a listener, a friend - we should do it patiently and with the same attitude as serving the Lord. Children are nothing but the extension of the same. Khalil Gibran's poem beautifully enumerates this, "Your children are not your children...They come through you but not from you.."

This translates to role and goal clarity on our part by knowing what is right and wrong as parents and as teachers.

The Conscious Parenting workshop concluded with an insightful interactive question and answer session.

- **Smita Bhatia**

## Parent Reflections

“Children are lamps to be lit, and not vessels to be filled”- This saying was shown in a whole new light in the recent workshop conducted on Conscious Parenting. The role and dharma of a parent in bringing up a child as per instructions from the Hindu scripture was very well and thoroughly explained by Lakshmi Auntie. To think of myself as a trustee and my child as a child of God has certainly made me look at our relationship with a new lens.

I personally loved the analogy of a parent being a bow, child the arrow and God, the wielder of the bow. Only when the bow completely surrenders to the will of the Lord, can the arrow follow the trajectory it is supposed to. With this analogy, what dawned on me is that parenting is more about the parent than about the child. Each one of us has our childrens’ best interests at heart, but we seldom realize that we can effectively bring them up by first raising ourselves. To teach them good values, we need to be good and do good ourselves first; to teach them not to procrastinate, we need to not do it; to be independent, we need to show them that no work is too small to do it by ourselves. In short, we need to be role-models for our children. Actions definitely speak louder than words.

Finally, as Pujya Gurudev put it - “Invest not only on your child, but in your child”, is what moved me the most. Through effective two-way communication, one can parent proactively and affect generations to come.

### - Srividya Brahmakal

The workshop was very insightful. I learnt that as a parent I am an instrument in the hands of God and the entire world contributes in the growth of our children. Becoming a parent is easy but becoming an ideal for children is very difficult. I must lead by example and model the values I am expecting my children to practice.

### - Pallavi Kulkarni

The Conscious Parenting workshop was really interesting and helpful for me. The qualities representing the word parenting was the most key takeaway. Practicing them will surely help me enjoy parenting with a better perspective.

Listening to other parents also was reassuring. It helped me to understand that it is a learning journey and we have to grow spiritually along with our kids.

### - Padmaja Menon



## CMSD Youth Corner

### Seize the Opportunities!

Long ago in a village, there lived two rival neighbors, Raman and Sankaran. They despised each other to such an extent that they wished for sorrow and destruction for the other. One day Raman and Sankaran decided to do penance and gain a boon from the Lord to defeat the other once and for all. With strong determination, both Raman and Sankaran began to chant Lord Śiva's nama without realizing that both of them had the same idea.



“*Om Namah Śivaya, Śivaya Namah Om!*” Lord Śiva's *nāma* rang throughout the temple nonstop from daybreak to dusk for many days. Mother *Pārvatī*, touched by Raman and Sankaran's severe penance, asked Lord Śiva to give *darśana* to his devotees. Lord Śiva then revealed to Mother *Pārvatī* that their requests would harm the other. Confused, Mother *Pārvatī* continued requesting Lord Śiva to go bless his persistent devotees. Lord Śiva finally agreed to her request but warned her that nothing good would come out of it. He first blessed Sankaran who had started his *tapas* first and granted him a boon. Sankaran, ecstatic to see the Lord, hurriedly thought of what boon he could ask that would destroy his enemy. He foolishly asked the Lord “Oh *Bhagvān*, I know you will grant Raman a boon too so I ask you only one thing. Please give me double of whatever you grant him!” Lord Śiva smiled as he knew that both their intentions were to destroy each other. He said “*Tathāstu*” and went to grant Raman a boon. Raman was also very happy to see the Lord and quickly asked him, “O Lord, did you see Sanakarn before me? What did he ask?”

The Lord replied, “he asked for double of whatever you want from me and I agreed.” Raman was angry and wanted to teach Sankaran a good lesson. After much thought, he asked the Lord to blind one of his eyes and the Lord granted his wish. In the end, Raman became blinded in one eye while Sankaran became blind in both his eyes! They were given golden opportunities from the Lord himself, but they wasted them by asking for malicious things!

Often, we are given many opportunities to excel, but we fail to take advantage of them. Even during this pandemic, many opportunities are given to us by the Lord, to better ourselves and the world, It is and has always been up to us to make the best use of them!

- Hemadarshani Rajendran, Grade 9

## Sustainability Workshop

The CMSD high school students had the opportunity to discuss sustainability and healthy living practices with Lakshmi auntie, and thereby gain some valuable insights. Throughout the workshop, the emphasis was made on making small changes to our daily lives and then progress towards embracing larger, more impactful changes. Some of the healthy and sustainable practices that can be easily adopted at home include using household organic waste to make compost, saving water by being conscious of water usage, saving electricity by limiting the usage of large appliances, implementing a vegetarian or vegan diet, not using paper towels, and reducing plastic usage. Another element of such practices, like buying organic food and eating *sāttvika* food at home, was also shared with the group.

For **Arushi Bahardwaj**, Grade 10 student, “Just as knowledge is key to dispelling ignorance, so it is equally important for me to educate myself about climate change, and what I can do on my part to slow it down. Additionally, it is a part of our Hindu culture to revere Mother Earth as the giver of everything that all beings need to live. Worshiping Mother Earth every day is a way for me to remember to be thankful for everything that she has given me and protect her through sustainable practices.”

## CHYK Corner

### CHYK Study Group

Over the past few months, the biweekly study group for CMSD CHYKs & Alumni has been conducted on *Manah Śodhanam*. Reading short portions of the text followed by discussions guided by Sukumar Uncle has allowed us to cover many key topics related to removing impurities of the mind through active participation.

One thing that I have gained from this experience is my real-life applications of these teachings are important. For example, when learning about the permanent state of constant bliss that we are striving to achieve, Sukumar Uncle explained that the way to prevent fleeting thoughts from disturbing our internal stable state is to not give energy to such thoughts. This is a very practical lesson to my current studying habits. By applying this, I will not get disturbed by passing thoughts and instead focus my attention on the task at hand with full concentration.

I look forward to future sessions and exploring a plethora of other topics with the study group!

- **Sanil Gandhi**



## Annual Jr.CHYK and CHYK Workshop on MLK Day



The MLK workshop was held on January 18, 2021. The topic this year, "**Fearlessness, Leadership in Uncertain Times, Guided by the Gita.**", was very insightful to us students. We were able to see our internal and external fears, how to face them, and then unlearn those fears. We have all these notions of how people portray us but it is only us seeing the world through a colored lens. Lakshmi Auntie then moved on to the topic of Leadership. Leaders have experienced what the others are now experiencing and can interpret it for the rest of them. The workshop was a great way to understand how to unlearn the internal dispositions that we have gained from the world around us.

- **Madhumitha Senthilkumar**

## Śrīnivāsa Kalyāṇam on Feb 14, 2021

Valentine's Day this year was celebrated the CMSD way. Over Zoom, CMSD showed "*Śrīnivāsa Kalyāṇam*" - a Kuchipudi classical dance drama. The dance was originally choreographed and presented by Padma Bhushan Guru Vempati Chinna Satyam at Tirumala Tirupati Devasthānam, in 1978.

The story of *Śrīnivāsa*, *Viṣṇu's Avatāra*, was beautifully portrayed by the dancers through the different scenes. From the spectacular costumes of the *Brahmanas*, the 3 supreme Gods & their consorts and the cows, to the dancers' expressions depicting the story were all mesmerizing. The program was a treat for the CMSD families and some probably learned a new story of Lord *Viṣṇu* - Story of *Śrīnivāsa Kalyāṇam* presented in a unique way.

- **Hetal Babla**

### Member Reflection

I sincerely enjoyed the fantastic dance performance of *Śrīnivāsa Kalyāṇam*! All of the characters had beautiful expressions, while costumes and makeup looked truly authentic. The fortune-teller, makeup and dance were especially extraordinary. Overall, it was an inspiring performance and a beautiful Valentine's gift for Chinmaya Mission San Diego families.

- **Sridevi Akkala**

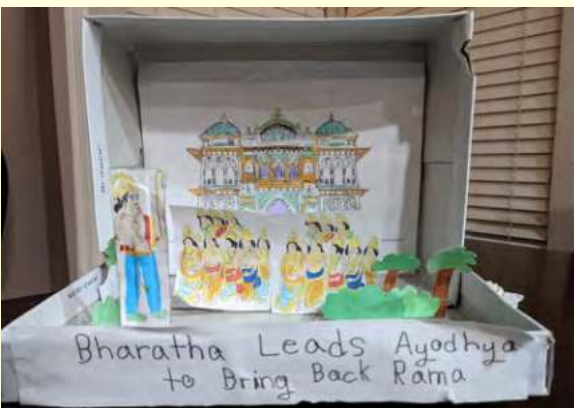
## BV Corner



Valentine cards created by Grade 3 students for Lord Rāma.



## BV Corner



Selected Diorama pictures submitted by Grade 3 students.



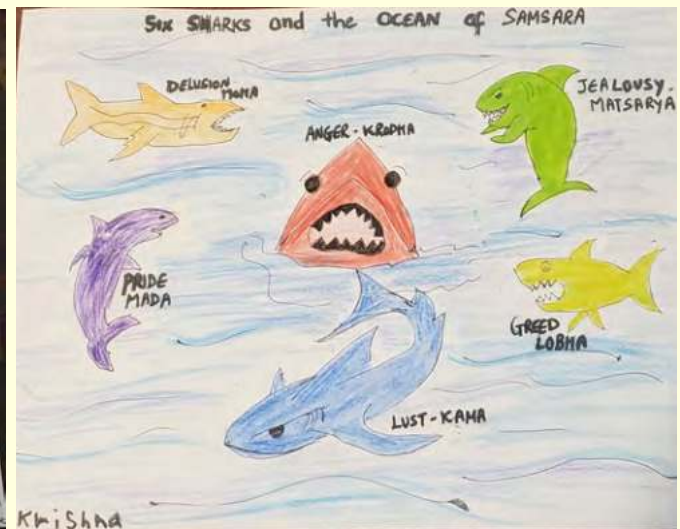
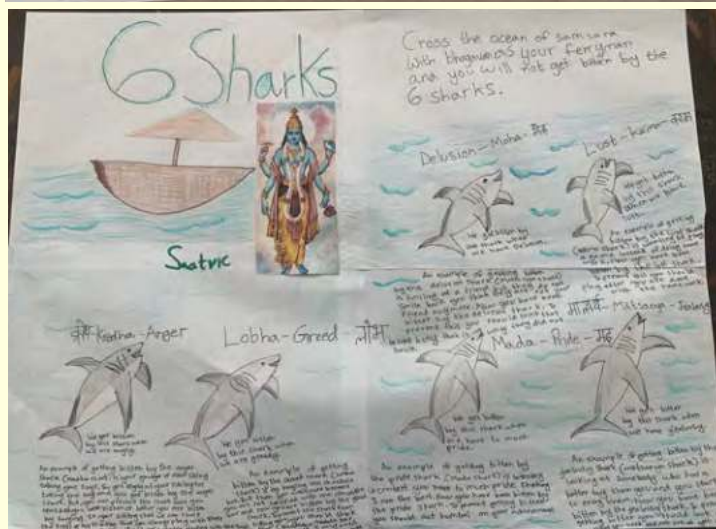
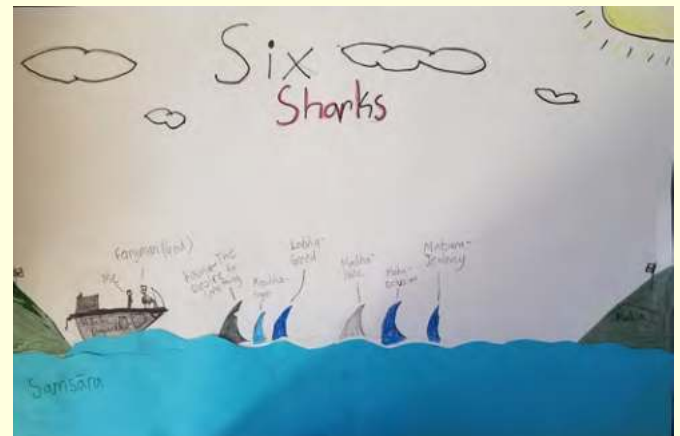
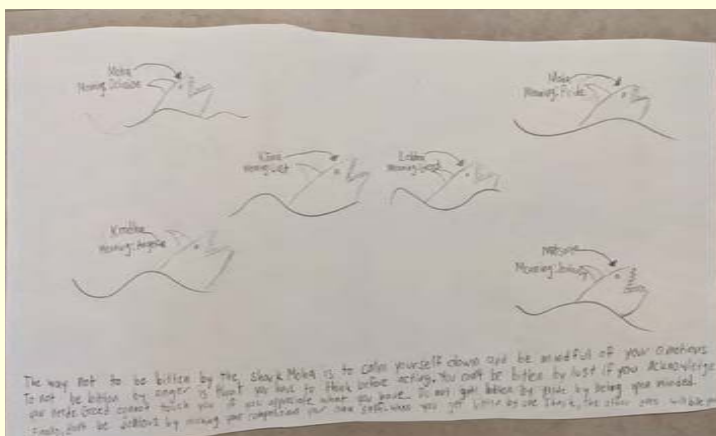
## BV Corner



Selected posters by 2nd graders on the  
"Attributes of *Bhagavān Śiva*"



Poster by Grade 6 student, Eshan Patibandla, on '24 Gurus'



Posters on 'Six Sharks' by Grade 5 students Avi, Achintya, Saatvic and Krishna.



# Indian Language Fest - March 27, 2021



"Start by doing what is necessary, then what is possible and suddenly you will find yourself doing the impossible." - Gurudev Swami Chinmayananda.

Above quote, which was shared by the organizers, during the CMW Indian Language Fest, sums up the emotions of many participants in the program. Across all the centers of CMW, various language programs started out of a "necessity" to pass the heritage of our languages to the next generation. However, the dream that was fulfilled through the language festival has definitely taken all the CMW language programs into the realm of "possibility."

The experience of all the audience in the language festival was summed in the words of Brni. Shubhani Chaitanya - "Today I experienced what Pujya Gurudev said: We stand as one family bound to each other with love and respect. We truly experienced unity in diversity. *Pranām* to Pujya Gurudev for his lofty and all encompassing vision and for the field of the Mission."

Listening to the talks by Swamins/Brahmacarins in several languages was so joyful that for the two hours one forgot that we were outside India. Breakout sessions were conducted in 9 languages - demonstrating the richness of the language programs offered across all the CMW centers.



CMSD Hindi Language class presentation.

Preparations for the program also facilitated collaboration across many CMW centers. These bonds will be effective in jointly improving our programs.

- Ashok Bhatia



## CMSD Ongoing Events - *Sundara Kāṇḍa Pārāyaṇā*

The monthly *Sundara Kāṇḍa Pārāyaṇā* were held on January 23, 2021, February 20, 2021 and March 26, 2021.



**Ashwin Mohan** and family performing the *pūjā* for the January event.



The March event marked **13 years of monthly *Sundara Kāṇḍa Pārāyaṇā*** at CMSD. CMSD Families followed the singing of the *Sundara Kāṇḍa* in various *rāgās* by Pujya Guruji.

# From SMART to WISE with *GĪTĀ*'s ADVICE



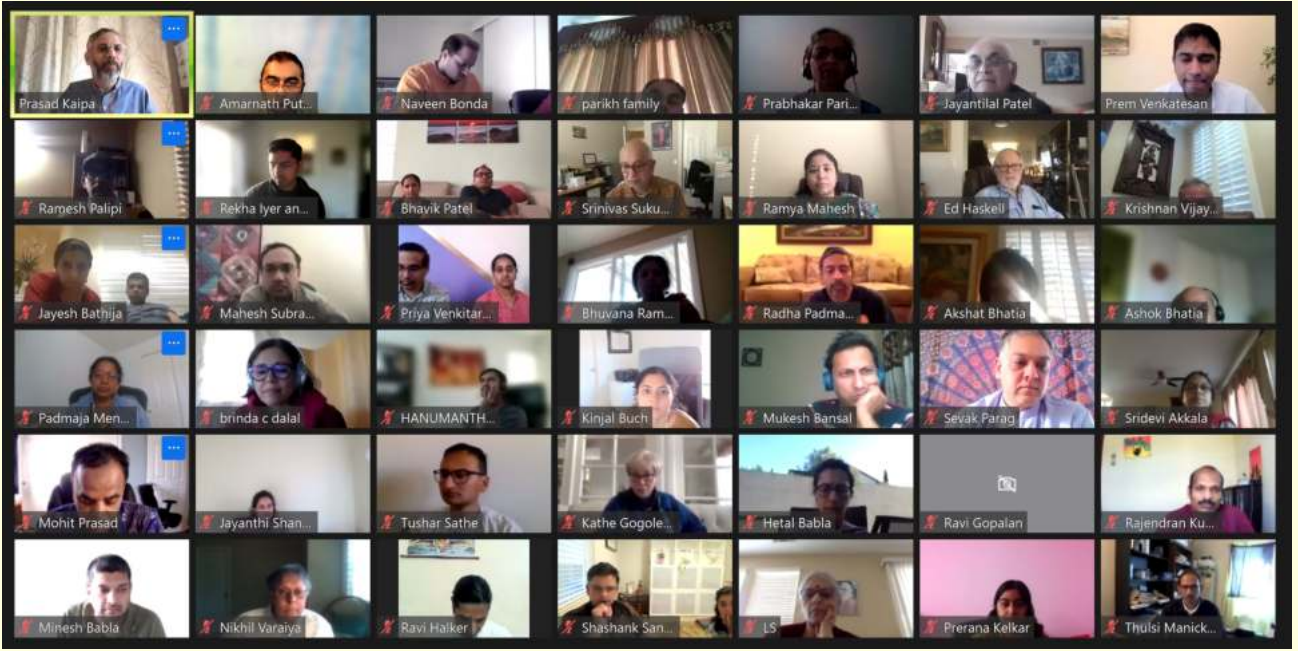
On March 28, 2021, Dr Prasad Kaipa, a thought leader in innovation, leadership and management, presented an insightful workshop on “From SMART to WISE - with *GĪTĀ*'s advise”. The CMSD workshop was hosted over Zoom and open to the public, wherein, close to 200 participants joined the thought-provoking discussion. Dr. Kaipa interspersed the workshop with lessons from The *Bhagavad Gītā*, providing some unique perspectives on how to become a successful and wise leader.

CMSD Sevak **Nagesh Nookala** shared his reflections:

"It was a very interesting presentation. Dr. Kaipa led us into thinking deeply on what makes a leader be *Sāttvika* and wise. His questions were unique and generated discussion on how to differentiate between being SMART and WISE."

CMSD Sevika **Kinjal Buch** added: "I thoroughly enjoyed the workshop. I got a very good understanding of the qualities that I need to acquire to become a wise leader in my personal and professional life. During the discussion on *guṇas* - *Tāmasika*, *rajasika* and *sāttvika* - I could distinctly identify the more prominent *guṇas* in my decision making and determine how I could make a shift to wisely pick between being “functional smart” and “business smart” in various aspects of my life. This will help me not only in my career but also my day-to-day life!"





CMSD member **Jayesh Bathija** shared: "The workshop taught a beautiful way to apply the Sunday *Gītā* discourse to everyday life. No wonder Lakshmi Aunty recommended all members to attend the same. I feel blessed to get such good advice and framework to apply - ascertaining some thoughts, invoking some new ones and providing a path to awakening in tiny steps via daily actions. Isn't that the only way to enlightenment for the busy modern urban corporate citizen?"

CMSD member **Priya Narthakii** adds "On a beautiful, blue-skied Sunday afternoon we engaged in a lively virtual seminar developed by Dr. Prasad Kaipa. The engaging seminar dove deep into the difference between the Smart Leader and the Wise Leader drawing into perspective the context set for *Sthitaprajña* (The Man of Wisdom) as laid out by Lord *Kṛṣṇa* at the end of Chapter 2 of the *Gītā*, the capabilities of that Wise Leader as laid out in Chapter 18 and a loose adaptation of the *guṇas* (discussed in Chapter 14) to bring together a unique insight into the practical applications of how to view ourselves differently as leaders and how to show up differently by making simple, consistent micro-shifts in our decisions, communication, and actions.

Each participant thoroughly enjoyed the seminar and left with critical key-takeaways and accountability partners to ensure that the work of the seminar could continue into our day-to-day lives as we learn to shift the pendulum from smart to wise - by embodying WISDOM.

The entire seminar was supported seamlessly by our very own *Sevaks* team and serves as yet another reason to belong to CM San Diego - an *āśrama* that is committed to our development with high-quality programming. The opportunity to serve continuously and tirelessly enables us to connect at various levels and perspectives, all the while staying true to Pujya Gurudev's vision."



## SWAMI TEJOMAYANANDA

*If I love myself, I must try to bring total integration within myself.  
This implies taking care of the body's health, the mind's beauty and  
the intellect's subtlety.*