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आनन्दाश्रमिशष्याग्य्रं स्वानन्दाम्बुधिमज्जितम् । आनन्दाश्रमिणं वन्दे परिज्ञानाश्रमं गुरुम् ।।



Mahashivaratri Pujan at Shri Dungargarh on 18-2-2023. (Courtesy: Anushravas)



P. P. Swamiji delivering Ashirvachan at Shri Dungargarh on 21-2-2023 during Shiva Aradhana Mahotsav (Courtesy: Anushravas)



P. P. Swamiji at Shree Gopala Goushala, Shri Dungargarh on 22-2-2023. (Courtesy: Anushravas)



P. P. Swamiji being received at Haridwar by Kashi Mathadhipati Shri Samyamindra Tirtha Swamiji on 24-2-2023. (Courtesy: Anushravas)

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CONTENTS	Page No.
Prayers, Praises and Psalms	5
Teachings of Swami Anandashram	6
Teachings of Swami Parijnanashram	10
Excerpt of Ashirvachan by Shrimat Sadyojat Shankarashram	
Swamiji on 18-12-2016 at Santacruz, Mumbai	15
Jagadguru Speaks	20
Festivals in April 2023	21
Teachings of Swami Iswarananda Giriji Maharaj	22
Form IV	26
Newspaper reports of HH's North India tour	27
Girvan Pratishtha Activities - A report	29
Appeal for donations - Shri Khar Math	33
Sayujyotsava 2023 programme	35
Chitrapura Rathotsava 2023 Programme	39
Little Ravikiran	41

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PRAYERS, PRAISES & PSALMS THE UPANISHADS

केनेषितं पतित प्रेषितं मनः केन प्राणः प्रथमः प्रैति युक्तः। केनेषितां वाचमिमां वदन्ति चक्षुः श्रोत्रं क उ देवो युनक्ति।।

At whose behest does the mind think? What bids the body to live? What prompts men to speak? The eye and the ear, which god indeed directs?

श्रोत्रस्य श्रोत्रं मनसो मनो यद्वाचो ह वाचं स उ प्राणस्य प्राणः। चक्षुषश्चक्षुरतिमुच्य धीराः प्रेत्यास्माल्लोकादमृता भवन्ति।।

The Self is the ear of the ear, mind of the mind and speech of the speech. He is also the breath of the breath and eye of the eye. Having given up the false identification of the Self with the senses and the mind, (and knowing the Self to be Brahman) the wise, on departing from this world, become immortal.

न तत्र चक्षुर्गच्छति न वाग्गच्छति नो मन:। न विद्यो न विजानीमो यथैतदनुशिष्यात्।।

There the eye does not go, neither the speech nor the mind. We do not know, we do not understand, how one can teach this!

(Kena Upanishad 1-1/3)

'ॐ श्री सद्गुरवे नमः'

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TEACHINGS OF SWAMI ANANDASHRAM

RELIGION A MATTER FOR PRACTICE AND EXPERIENCE

(Delivered at Karkala in May 1937, and published in Kanara Saraswat in August 1937.)

That reason should be given the first place in teaching religious topics, is an idea which has of late been gaining strength. But if, among such topics, rebirth and the like must be taught from experience alone, is there any way, to do so by dying first to gain it? Hence, in matters beyond the powers of reason, it is necessary to accept trustworthy statements as authority. Don't we refrain from taking poison on the authority of such statements without testing them to obtain the experience?

It is not to be understood from this that reason should be ignored altogether. It must be given due weight if only to scotch the evils arising in society from blind mistaken faith. Accordingly, the authority of reason and the Scriptures alike will be relied upon in dealing with today's subject.

Is religion a mere matter of speculation? The question may be interpreted in two ways:

(1) When strenuous efforts have proved fruitless, to believe, in order to soothe one's grief, that God

O DEVA, my Pranams at Your Divine Feet. Let my Pranams be in my Deeds. To offer our Pranams & this Prayer, we sponsor this page – Smt. Uma & Shri Arun S. Bolangdy. will bestow the reward at least in a future birth, is pure speculation; in other words, a mental attitude, assumed for the sake of mental peace, in the absence of any actual experience of God or of rebirth.

(2) Intellectual perception of truths relating to God and religion, is enough: practice is unnecessary. Whatsoever the practice, good will result from the mere fact that the mind is directed towards religion.

That neither of these contentions is sound will be clear from the following explanations:

- (1) Says Manu (VI-67): "If dirty water has to be purified, it is absolutely no use calling the clearing nut aloud times without number. The water is rendered pure only when the nut is actually obtained and put into it. Similarly, the fruits of religion can be obtained only by practising it." This disposes of the first contention.
- (2) Says Sureshvaracharya (Naishkarmyasiddhi, IV-62): "If the wise may be wicked, what is the difference between dogs and such wise men?" Again, as the Upanishads put it, "He who does not leave wickedness aside cannot attain salvation from the knowledge of Brahman." Hence the second contention also falls to the ground.

It follows from the above that religion is not a matter of speculation alone, but a matter for practice. Whether it is also a matter for experience will now be considered.

The religious doctrine of rebirth has been established in the *Gita* and the Upanishads. Gautama maintains that it is a result of the habit of previous

births that the new-born calf seeks its mother's teats straightway to have its fill of milk and does not search for it elsewhere; as also the fact the cow is frightened at the very sight of the tiger, realising that it is her mortal foe. According to the *Patanjali Yogasutras* (III-18), a particular type of *yogasadhana* enables one to recall past births. It may therefore be inferred that rebirth is a matter capable of being tested by experience.

Similary, the *Patanjali Yogasutras* themselves (II-44) hold that a study of the Scriptures enables one to realise the *Ishtadevata*. It may be understood from this that the gods too are not outside the scope of human experience.

Again, the Upanishads declare that the ultimate goal of religion, namely, the attainment of the Self, is possible through intense meditation. Even the Parabrahman, then is an object capable of being realised. Yajnyavalkya too (1-8) accepts this.

On the whole, it is clear that religion is not a matter of mere speculation but definitely one for practice and experience.

The utility of such a religion will now be briefly explained, althought the question is not strictly relevant to the subject in hand.

That the well-being of society must rest on a foundation of ethics, is a proposition which few will deny. But ethical truths will not easily sprout in selfish hearts unless there is a religious feeling. Universal religious truths are not dissociated from ethics. Manu says (X-63) that harmlessness, truth,

uprightness, purity and self-control should be practised by all alike. Is it necessary to add that religious tenets embodying such ethical teaching are a source of the society's well-being? "It is the function of religion to support the subjects and save them from a fall," says Vyasa. The injunctions against the satisfaction of the sexual instinct otherwise than through a wedded life, as also against the eating of flesh and the drinking of liquor otherwise than as prescribed in connection with laborious sacrifices, were doubtless meant to regulate man's natural propensities in an orderly fashion. According to the Bhagavata (VI-5-41), "The element of evil in the objects of sense cannot be appreciated without experience. Hence the man who adopts the life of the householder, experiences sorrow in due course from such objects, acquires dispassion, and adopts the path of *nivritti*", the path that leads to ultimate good. Of the four ashramas, brahmacharya, vanaprastha and sanyas obviously follow this path, while even that of grihastha may be said to follow it to a large extent, being strictly regulated in various ways, for example, the prohibition of sexual intercourse except at prescribed periods.

"The Paramatman who is in all is One and to worship Him is the eternal religion." A feeling of this kind is a great help in the observance of tenets regarding harmlessness etc. Again, "Just as different rivers join the one ocean, the different faiths leads to the One Paramatman," indicating that a tolerant attitude towards other religions can result in nothing but good.



TEACHINGS OF SWAMI PARIJNANASHRAM

IMPORTANCE OF MARCH FIRST

These official tours have become traditional for the benefit of the laity as well as the Guru because, in these times, it is not possible for the people, with their worldly preoccupations, to come to Shirali, especially for old people etc. So, instead, we come and live in their midst for four or five days, bringing Lord Bhavanishankar with us. That is why we are here today. You have arranged many programmes of music etc., but what pleased us most was Kilpady Gurudutt's address wherein he spoke on Sampradaya, March First etc. We too have never asked anyone to give up what has been handed down by our elders and go entirely modern. As Gurudutt said, all we have asked is: do not develop thick heads, reflect on what you have heard and what you are practising. It makes little difference whether you take cow's milk or buffalo milk. Likewise, if you are repeating Gayatri Mantra, do not merely be content with the repetition, go deep into the meaning of this Mantra. If we were to preach Dharma, people would find it difficult in the context of present-day conditions. So, we have to devise new ways of teaching the people according to their ability to grasp and understand, just as you offer a child a chocolate to induce him to take cough mixture. So, also, first we have to win the confidence of the listeners and then convey to them whatever Dharmik teachings we want to teach them. That is why, we always say - it doesn't matter if you have many new ideas or go by new paths,

what matters is, with the intelligence given to you by God, how much of our ancient truths you are able to imbibe.

As we said, Gurudutt spoke of the importance of *March First* and stressed the importance of following the Guru. The Vedas tell us that the Guru's feet are holy, because they show us the path by which one must tread. But, it is not enough to worship the Guru's feet, you must also follow those feet, you must walk by the path by which the Guru's feet have walked showing you the way. That is why the Guru's feet are worshipped more than any other part of his sacred person. They are our guides and our pathfinders. That is why, We said: *March first*. God is there, Guru is there and Sâdhanâ Shakti is also there. We are moving ahead and, if you all follow us, you will not be sorry.

We do not ask you to accept everything blindly. Reflect on what we have said, on what the elders have said and accept it only if you firmly believe in it. Man is always in search of happiness. In our address at Matunga, we had said that one's Sâdhanâ should not consist only of bookish knowledge read and acquired by him. He should also have mental Sâdhanâ which is the real Sâdhanâ. We should instal God in our mind, think of Him always and worship Him in our mind. Nobody is wholly free from the entanglements of Sansâr. Our elders tell us in the scriptures repeatedly "wake up, wake up." When you have to wake up a child in the morning, it is not enough to just tell him to wake up, he will not get up. You have to shake him repeatedly, telling him to wake up. Similarly, our scriptures tell us:

जन्म दुःखं जरा दुःखं मृत्युर्दुःखं पुनःपुनः । संसार सागरे दुःखं तस्मात् जागृहि जागृहि ।।

That is the meaning of the repeated emphasis on "जागृहि जागृहि".

All of us can attain eternal happiness, but most of us do not attain it. Why? It is because our vision is veiled by the pall of sorrow. Happiness is of two kinds, one is the shadow, the other the substance, one the unreal and the other the real happiness. We are too busy chasing the shadows of happiness in our pursuit of wordly pleasures to bother about real happiness. We are seeking happiness outside, forgetting its source within us. We have spoken at several places of the Sport of Brahman, how this creation came into being. The Brahman we refer to here is different from the Brahma of the Trinity (Brahma, Vishnu and Maheshwar). He is the Supreme Being, the Primordial Being. He is without beginning and without end, without name or form. That Supreme Being felt like having divine Sport-Leela, So Brahman created what we might call a split personality, called Adi Shakti. That Shakti deliberated deeply why She was created and realised that Brahman wanted to have divine sport and that She must carry out His wishes. So, She, in turn created Brahma, Vishnu and Maheshwar and assigned them the three respective functions of creation, preservation and destruction. The same Shakti or divine power pervades all the three functions. The same Shakti has been carrying on this Leela all the while till now and will continue to do so in future as well. That is what the Shastras have always told us, but to explain it in simpler

terms: a man wakes up, carries on his daily routine and then goes to sleep again at the end of the day. functions represent creation, These three preservation and destruction and while carrying out all the three, the same Shakti works through every individual. So, Shakti is at work in every living creature and all over the world. Such a Shakti can be realised by us in many ways such as Jnana, Karma or Bhakti paths. If we look upon Her as the Divine Mother and surrender ourselves to Her. placing ourselves at Her feet, She sheds her veil of Mâvâ and reveals Herself to us as Ãdi Shakti Herself and liberates us from the coils of a mortal existence. We all have our worldly goals, our mundane aims and ends and in their pursuit we allow this precious human life to be frittered away.

But, we should realise once and for all that we are not here merely to work out the effects of our past actions or sow seeds of new actions but to realise the true purpose of our life, namely, to liberate ourselves and attain eternal happiness. In other words, we came from Shiva originally but, forgetting this fact, we have become "Shava" or mortal. We must now go back to our original state in Shiva.

(Summary of the ashirvachan delivered at Bengaluru on 26-1-1976)

LEST WE FORGET

P. P. Shrimat Anandashram Swamiji on Vantiga

"If all paid Vantiga at the rate of 1% of income, the daily as well as occasional services of the Math could be performed without any anxiety and the Sadhana contemplated by Us could be accomplished with peace of mind"

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Excerpt of Ashirvachan by P. P. Shrimat Sadyojat Shankarashram Swamiji on the Occasion of Gururanjani Celebrations at Santacruz on 18th December 2016.

कर्णस्वर्णविलोलकुण्डलधराम् आपीनवक्षोरुहां मुक्ताहारविभूषणां परिलसत् धम्मिल्लसम्मिल्लकाम् । लीलालोलितलोचनां शशीमुखीम् आबध्दकाञ्चीस्रजं दीव्यन्तीम् भुवनेश्वरीम् अनुदिनम् वन्दामहे मातरम् ।। आनन्दाश्रम शिष्याग्य्रं स्वानन्दाम्बुधिमिज्जितम् । आनन्दाश्रमिणं वन्दे परिज्ञानाश्रमं गुरूम् ।। ॐ श्री गुरुभ्यो नमः श्री भवानीशङ्कराय नमः

मस्त कल्लें आम्कां सांग्चें ना. वेळ जाल्ला. तुम्मि हांग्गा आम्मि आयिल तावळी श्रद्धा भिक्त पूर्वक सग्ळे कार्यक्रमांतुं भाग घेत्ताति, व्यस्त आस्ल्यारि सुद्धांयिं ह्या दोन दिवसां खातिर पुणि हांग्गा येव्नु भाग घेत्ताति, युवा पीढी सुद्धांयिं, तशीचि तुमालें एक कर्तव्य जाव्नु आस्स मठा तर्फे. मठांतुं रथोत्सव जात्तना येंव्वें एक होड तुमालें कर्तव्य. थंयीं ती एक जागृति येत्त आस्स आम्मि परत परत सांग्ताति. आत्तं कल्लें जाल्यां म्हळ्यारि आम्मि बॉम्बे येंव्वें जात्ता, कार्ला येंव्वें जात्ता, थंयीं आम्मि मेळ्चें जात्ता so, oh शिराली म्होणु चिकेची एक option शें दवर्ताति. वर्सा एक फांत्तां येंव्वों संकल्प कराति. एक्क सोसाय्टींतुं राब्ताति तावळी चिकेचि निर्णय घेव्येद. "आत्त आमालिं इत्ली representatives

पुणि रथोत्सवाक वत्तलिं." अश्शि केल्यारि मस्त लाभ आस्स तांतुं. तुम्गलें ते एक connection आस्स देवा सांगाती. देवाल शक्ति कल्लें म्होण्चें? ताज्जें वर्णन कोरू जात्तवे? देवाक केन्ना थंयिं आवाहन केल्यां, देवाक प्रतिष्ठित केल्ल्यां मठाचो प्रधान देवता म्होणु तावळी तो आण्णाली व्यवस्था कोर्नु घेत्ता भवानीशंकर देवु. तागेलो अनुग्रह प्राप्त जात्त आस्स म्हळ्यारि थंयीं भवानीशंकर देवु प्रसन्न जात्त आस्स. देवालि प्रसन्नता एक स्तरारि आस्ता. प्रतिष्ठित जाय्नाफुडे देवाक, "हे देवा, तूं सर्वव्यापी आस्स, हांवें तुक्का नैवेद्य दिंब्का म्होणु आस्सवें? तूं खंच्चेयि हॉटेलांतुं वोचुनु घेव्येद म्होणु तश्शि म्हण्तातिवे? प्रतिष्ठा जाल्या म्हळ्यारि मगल तुगलो एक संबंध आस्स आन्नि हावं कश्शि तुगलि उपासना कर्ता तद्नुसार you'll reveal your grandeur, एक एक विंगड विंगड स्तरारि तुगल अनुग्रह माक्का प्राप्त जात्तले. The pure spiritual I can't even conceive of it. It's indescribable, it is incomprehensible म्हण्ताति तश्शि. तुम्मि कस्लेंयिं एक define वेज्लोंवें it becomes the unspiritual, the limited. Spiritual म्हळ्यारि all encompassing. So there are various stages, physical आस्ता emotional आस्ता, mental आस्ता बुद्धि स्तरारि आस्ता. व्हय की ना? तश्शि आस्तना एक सूक्ष्म दैव स्तर आस्स थंयीं ती जागृति जात्त आस्स म्होणु तुम्कां हांग्गा ताज्जो लाभ मेळ्त आस्स तुम्मि हांग्गा कर्त आसित म्होणु. भवानीशंकर देवाले पीठ थंयीं आशिलमितिं रथोत्सवाक आन्नि आय्लीं म्होणु जाल्यारि वस्तुत: बरेपण जात्ता हो. ताक्कायि ख़ुशी जात्ता तुमार्लेयिं बरेपण जाता. आम्कां गोत्तस आत्तं परिस्थिति बदल्या leave आन्नि मेळना. जाल्यारि एक अश्शि जागृत समाज. हें तान्नि decide कोर्येद आमाल प्रतिनिधि रूपेण इत्ले लोकांनि पुणि वोचेद पाल्की धोरूक आस्सो भजन कोरूक आस्सो. I take it seriously

कल्या म्हळ्यारि आन्नि आन्नि ती जागृति आम्मि पळय्त आसति.

जाग्रद्बोध सुधामयूखनिचयैराप्लाव्य सर्वादिशो यस्याः कापिकला कलङ्करहिता षट् चक्रमाक्रामति। दैन्यध्वान्तविदारणैकचतुरा वाचं परां तन्वती। सा नित्या भुवनेश्वरी विहरतां हंसीव मन्मानसे।।

जागृतिचो एक बोध जात्त आस्स. कल्लें अशीचि जागी जाल्लों आन्नि हावं खंयीं आस्स खर्पुन घेत्तऽचि. ना, तश्शि न्हयी, सचेत जाव्तु awakened. आन्नि मगलें कर्तव्य कल्लें आस्स ताज्ज खातिर सज्ज जात्तलो बोधु. जागृत बोध आन्नि तें एक त्रास कर्ना. उट्टांच्य भित्तरि अयोबा Sunday म्होणु लेक्किलें, हो Monday आत्तं ऑफिसाक वोच्का खंयिं. म्हळ्यारि उट्टावनु सुद्वांयिं दु:ख. तश्शि न्हयी. सुधमयूखनिचयै:...आनंद येत्त आस्स. ही जागृति कल्लि? You are discovering the Divine. तो स्पर्श जाल्ला आन्नि you are awakening to the Shiva Sparsh within हें कर्म क्षेत्रांतुं सुद्धांयिं एक जागृति येत्त आस्स. आंतरिक जागृति येत्त आस्स, शिव स्पर्श जात्त आस्स आन्नि ती जागृति संतर्कता येंकाचि सेवा कर्तना. बोध जात्त आस्स, गुरू वचनाचो अर्थु जात्त आस्स आन्नि कश्शि आस्स? आमृत संदुश जात्त आस्स. थंयिं कर्कशता येना. हा हा जायना, त्रास जायना. आनंदाचो अनुभव जात्त आस्स हें तिन्नि अंश येत्ताति. तश्शि साधकाक शिष्याक बोध प्राप्त जात्त आस्स. थंयीं आन्नि विलक्षण एक तेज. आन्नि तो बोधु गुरू आन्नि शिष्य संबंधाचो बोधु आशिलमितिं तें अमृतस्राव जात्त आस्ता थंयीं. Something is being told and something is being received, understood, it's a dialogue both the ways. तें किरण प्रकाश किरण now that light, that तेज cannot be contained, you'll only light up this much म्हळ्ळेल वारि जात्ता वे तें? once you light up incandescent bars,

it'll radiate, प्रचंड सुधामयूखनिचयै: जाल्यारि तें अमृत सदृश clusters of rays म्होण्येद, सर्वत्र प्रसारित जात्त आसति, तांतुं कल्लो एक द्वेष ना let there be darkness, here only I want lightning. अश्शि ना. सर्वत्र because there is this abundance. कृपण ना म्हळ्यारि miser ना म्हळ्यारि कल्लें? Who is a miser, how do you define a miser? पैशे नात्तिलो miser वे? ना. पैशे नात्तिलो you will say he is poor. Miser म्हळ्यारि कल्ले? He who thinks he is poor, is a miser. व्हय की ना? He has got lot of money, but he thinks he is terribly poor. He is a miser. तिश्श miserliness येना ह्या संबंधांतुं. एक नमुन्यारि उत्साह येत्ता. Liberally, lavishly आनंदु प्रकट जांव्य्या सूरु जात्ता. साधक स्वतः प्रेरित जात्ताति. आप्लाव्य सर्वादिशो, it engulfs, it inundates सग्ळें directions म्हण्ताति. तश्शि एक बोध दित्तऽचि ती जगत् जननी ह्या शरीरांतुं प्रकट जात्त आस्स. यस्या काऽपि कला कलंकरहिता षट्चक्रमाक्रामति भुवनेश्वरी जाब्तु देवी आस्स, सृष्टी स्थिति लय कर्तलि, आत्तं गुरुंगले अनुग्रहाने समिचि अनुष्ठान केल्लेलिमतिं तिगल माक्का अनुग्रह जात्तर आस्स ह्या शरीरांतुं. गुरूंगलें मार्गदर्शन प्राप्त जात्त आस्स आन्नि एक खुशी तांतुं प्राप्त जात्त आस्स माक्काचि अनुभव जात्त आस्स त्या संयोगाचो, एक अमृताचो स्त्राव मगल शरीरांतुं, माक्का ताज्जो अनुभव जात्त आस्स. प्रकाशमय तो. त्या शक्तिची एक कला one kalâ is enough. सग्ळीं सृष्टी स्थिति लय परत कोर्चि आस्स वे? ना. तिगल समचि अनुभव जांब्का that kalâ we want, an aspect, a part, a glimpse of Her is enough. कलंकरहिता शुद्ध कला. षट्चक्रमाक्रामति मगलें स्थूल शरीर, तांतुं सूक्ष्म अंश आस्ता आन्नि सूक्ष्मतम अंश म्होण्येव ही सुषुम्ना नाडी आन्नि तांतुं संचार जात्त आरस ह्या शक्तिलो, चिति शक्तिलो. So, ती कला अत्यंत सूक्ष्म शक्तिलो एक अंशु ह्या

The Chitrapur Sunbeam — 17— March 2023

शरीरांतुं जागृत जाल्या. गुरुंगलो उपदेशु प्राप्त जाल्ला, खुशीने तद्नुसार हांवें अनुष्ठान केल्लें आन्नि प्रसन्न जाव्नु ह्या शरीरांतुं जागृत ती जाल्ल्या अज्ञानांतुं घालुक न्हयी, सृष्टीं मात्र कोरूक न्हयी, निग्रह कोरूक न्हयी. शिव ऐक्य प्राप्त कर्त आस्स. षट्चक्रमाक्रामति..कर्तना कस्लें जात्ता? मगल जीवनांतुं कल्लें परिवर्तन येता? दैन्यध्वांत विदारणैक चतुरा... दैन्य again a miser, दीनता भय आस्स express कोरूक धैर्य ना, कोरूक सामर्थ्य आस्तना सुद्वांयिं प्रेरित जाय्ना. कल्लेंयिं कारण आस्सो तमोगुण आस्सो. एक block बस्ल्यां हें एक दैन्य भाव दैन्य रूपी ध्वांत जाव्नु आस्स अंधकार जाव्नु आस्स. कित्ल प्रयत्न केल्ल्यारि आमच्मितिं वचना. मोहित जाल्ला एक चल्लो एक चल्ली म्हळ्यारि कित्लेंयिं सांग्ल्यारि उपयोग ना. तिन्ने जागृत जान्तु मात्र तें काडूऽ जात्ता तें अज्ञान. व्हय की ना? दैन्यध्वांत विदारणैक चतुरा...तें विदारण कोर्चातुं, तो परदो आस्स तो अंधकार आस्स, तो सर्वथा जोळोनु घाल्च्यांतुं ही कला विदारणैक चतरा...आत्तं तिगलें एक कार्य to dispel my ignorance, dispel my unhappiness. Once She is invoked ती अज्ञान दूर कोर्चातुं एक मात्र संकल्प घेव्नु आशिलि, चतुर सुद्धांयिं आशिलि. वाचं परां तन्वती सा नित्या भुवनेश्वरी विहरतां हंसीवमन्मानसे. परा वाणी ती विस्तृत कर्ता. आमालि एक वैखरी वाणी आस्स, ताज्ज स्तरारि आम्मि जप कर्तना अनुभव कर्ताति. परा वाणी तिगलें क्षेत्र विस्तार कर्ता. परावाणी आस्स, सूक्ष्म आस्स, अश्रिश आम्मि सांग्ताति. वस्तुत: सर्वत्र परावाणी जांन्नु आस्स म्होणु हगूर साधकाक त्या परावाणीचो अनुभव जांक्या सूरू जात्ता. सर्वेत्र व्याप्त जाव्नु आस्स ती वाणी. माग्गेरि ताज्जो अनुभव जात्तना हावं एक मगल वैखरी वाणीने स्तुति कर्ता, जाल्यारि ती शाश्वत आस्स, सर्वत्र व्याप्त जाव्नु आस्स म्होणु तश्शि बोध ती दिवय्ता. बरें कार्य कर्नाफ़ुडे, अपण कर्नाफ़ुडे, एक मनांतुं संतोषाचो अनुभव जात्ता a deep sense of satisfaction. तावळी कस्लेंयि एक माक्का

जांव्का, मगली प्रशंसा जांव्का म्होणु भावना आस्सना. It is so beautiful, ते अहम् म्हळ्ळेलें थंयीं ना. दित्तल्यालें ना त्या घेत्तल्यालें ना. तश्शि एक आम्मि क्षणिक अनुभव कर्ताति आन्नि माग्गेरि अय्यों तें आस्स व्हयी जाल्यारि जग सत्य न्हवे म्होणु तिश्श बस्ताति. आन्नि ही केन्ना ती परावाणी तन्वती विस्तृत कर्ता तावळी तें शाश्वत आस्स आन्नि हें म्हळ्ळलें अशाश्वत जात्ता. तें एक तत्कालिक, I can deal with it म्होणु जांक्या सूरु जात्ता. कळ्त आस्स की तुम्कां? हें आम्च खातिर एक लक्ष्य प्रस्तुत केल्यां आचार्यानि आन्नि हो अनुभव आस्स आचार्यंगलो. तित्लें एक धैर्य दवोर्नु आम्मि ह्या मार्गार मुखारि वत्त आसति. कळ्त आस्स तुम्कां?....आम्गलें दु:ख निवारण आणि आम्कां कस्लें जायी सुख तें निश्चित रूपेण प्रार्थना कर्ताति आम्मि. एक वेळ येंका, विवश जाब्तु न्हयी दुखी जाब्तु न्हयी एक आनंदांतुं आन्नि माक्का कल्लें निम्पूंकापऽणा देवा लाग्गी. विश्वास दवराति, साध्य आस्स. तुम्च पैकी सुमार लोकांक हाज्जो अनुभव जात्त आस्स. शाश्वत जाय्नी जाल्यारि तेंवंयिं साध्य आस्स म्होणु तश्शि एक गुरू चरणीं श्रद्धा दवोर्नु आम्मि सग्ळीं कार्य कर्ताति हो. अपार सामर्थ्य आशिल ही परंपरा, स्वाम्यांगल तरी आत्तं संकल्पु कार्य कोरोनु घेत्त आस्स. तांतुं उत्साहपूर्वक धैर्यपूर्वक आम्मि केन्ना भाग घेताति तांक्कां मस्त प्रसन्नता जात्ता.तुम्मि साधना आनि सेवा कर्त आसित तुम्च्यान्तु ती देवी कला आंतरिक स्तरारि जाग्रत जांक्या सुरू जांवो म्होणु आम्मि गुरू चरणीं प्रार्थना कर्ताति

एक भजन कोर्यां...

"लागो तुझे पायीं ध्यान दयाळा......"

।।ॐ नमः पार्वती पतये हर हर महादेव।।

(Transcribed by Shrikala Kodikal)

JAGADGURU SPEAKS

H.H. Sri Bharati Tirtha Mahaswamiji

PRUDENCE MUST PRECEDE ANY ACTIVITY

The purpose of life for every man is the attainment of joy and peace. To achieve this, he makes use of every chance, in every possible way by performing various types of karmas (actions). In the process, his mind starts craving for impossibilities, and compliance to the demands of his craving mind and senses can cause his fall.

Hence, like a benign father, our shastras advise man to exercise a bit of caution and think about the pros and cons while performing karma. Prudence and mind control are necessary for any activity, be it spiritual or otherwise.

One who has not conquered his senses will be driven to engage often in bad karmas, even if he does not like it. He eventually gets covered, like a silkworm, with the twists and turns of bad karma with no means of extricating himself.

देह्यज्ञोऽजितषड्वर्गो नेच्छन् कर्माणि कार्यते। कोशकार इवात्मानं कर्मणाऽऽछाद्य मुह्यति।।

It is also a known fact in accordance with the extent of dharma and adharma that a person has engaged in, he or she will proportionately enjoy and suffer in the life hereafter.

> येन यावान् यथाऽधर्मो धर्मो वेह समिहित:। स एव तत्फलं भुङक्ते तथा तावदमुत्र वै।।

Hence before engaging in any karma, it is advisable

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The Chitrapur Sunbeam	<u>-(20)</u> -	March 2023
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to ponder over the effects it will produce. Tuning the mind into a satvic mode and doing their karmas in a spirit of surrender to the Almighty will yield a wise man a clear perception. Thence, his quest for joy and peace will well up to fulfillment by itself.

We bless everyone to understand this while performing allotted duties and make life meaningful

(Courtesy: Tattvâloka)

March 2023

	FESTIVALS IN APRIL 2023		
01	Saturday	Dhwajārohana at SCM, Shirali	
06	Thursday	Rathotsava at SCM, Shirali	
06	Thursday	Hanuman Jayanti, Vadhanti of Shri Veera Māruti Sannidhi at Shri Bhandikeri Math, Gokarn	
07	Friday	Mrigabete Utsava at SCM, Shirali	
80	Saturday	Avabhrita (Okkuli) at SCM, Shirali	
12	Wednesday	y Vardhanti at SCM, Shirali - Swami Pandurangashram Sannidhi	
13	Thursday	Vardhanti at Karla - Nãgãlaya	
14	Friday	Vardhanti of Nãgabana at Aadisthala, Vittal	
15	Saturday	Vardhanti of Nāgālaya at SCM, Shirali	
18	Tuesday	Samārādhanā at Shri Bhandikeri Math, Gokarn - Swami Parijnanashram-I Sannidhi	
22	Saturday	Akshaya Triteeyã	
22	Saturday	Rathotsava at Shri Gopalakrishna Temple, Honnavar	
25	Tuesday	Shankara Jayanti	
25	Tuesday	Vardhanti at Kembre Farm - Nãga and Parivãra Devatãs	
26	Wednesday	Vardhantis of Sannidhis at Shrimat Ananteshwar Temple, Vittal	

The Chitrapur Sunbeam

TEACHINGS OF SWAMI ISWARANANDA GIRIJI MAHARAJ

THE WHEEL AND THE WEB

(Continued from last issue:)

Action and Repose

The *Shruti* gives us an intoxication of the Divine. We find that in the third and the fourth *mantras* the regular battle field is laid. But before that we have to gaze, and this gazing does not end. It continues through all the strengthening and waning of the relationship between the Divine and the soul. Rather, this gazing deepens further and sustains even in the aftermath of realisation. Perhaps this is the only thing a *Jivan Mukta* does -- just sit and gaze.

What he gazes at are the elements, the face of the beautiful that never gets scarred. The elements also change, but every change is an improvisation of beauty, whereas what is mortal, what is finite will shudder at every touch of time. The fact remains: Birth, death, old age, disease, misery -- are all that we can see in a finite thing.

Turn your gaze form the apparent to the underlying, unchanging reality. Then you will see the Birthless (*Ajanma*), Deathless (*Amrutyu*), Ageless (*Ajara*) reality. This reality will sustain you through the tribulations of life. The more troublesome life is, the more glorious the relationship will be.

That is why we practise gazing at the picture of

the divine, this beautiful *Jagat Chitram*, which the Divine Painter has painted with the substanceless colour of his own *râga*, with the unseen brush on the canvas of his own existence. He is going to sell it for nothing. He only wants understanding, appreciation and pure devotion. In the third *mantra*, we go to the field of action.

तत्कर्म कृत्वा विनिवर्त्य भूय: तत्त्वस्य तत्त्वेन समेत्य योगम् । एकेन द्वाभ्यां त्रिभिरषृभिर्वा कालेन चैवात्मगुणैश्च सूक्ष्मै: ।।

Tat Karma

In a very smart way through a quick succession of steps, spiritual life begins. The stpes come, one by one, because an intense eagerness or aspiration awakens. We cannot stop now. We have to begin now, with *Karma*, action. But it should be *Tat Karma*. *Om Tat Sat* are all names of *Brahman*. The first meaning of *Tat Karma* is they are the deeds which have been commanded by the *Shâstrâs* and recommended or prescribed for the good of the soul.

In the spiritual field, *Dharma* is a well-designed technical means which the Master Engineer has designed. It looks so elaborate, sometimes burdensome. But every element of *dharma*, every duty (*kartavya*), is designed in such a way as to distribute the stresses of life. To disregard this engineering will be a calamity. A perfect design can never fail.

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The Chitrapur Sunbeam -	-(23)-	March 2023
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Shâstriya Karma

Following the spiritual laws, consciously or unconsciously, you gain a clarity and strength to face the realities of life. This is the relevance of *Shastriya karma*.

Shastriya karma gives you two important results: it gives you strength of a spiritual character; it opens up chances to create new fields for new powers to be awakened. Your emotions, ideas and aspirations need channels. *Karma* channels them.

Then *karma* creats new fields for greater emotions. If such a process is not followed, everything becomes a burden, this very body becomes a burden. You need the faith that this is the work of the Lord. Faith enables you to meet sorrows with dignity, strengthening you and lifting you up.

Therefore, *Tat karma* is that action which brings maturity to you, which takes you towards God. In *karma*, you are tested for the strength you have gained, not for your achievements. In *Karma Yoga*, one is ready to lay down the work any moment and go ahead in peace.

Attentive Silence

Act in such a way that you can discard the act and still be quite intact any moment. That is the test of acting in and for God. This is the quality of a dedicated act, attentive silence. Silence is nothing but an elimination of all other attentions; and attention is nothing but a concentration of that silence, of bringing it to such a focus that it bursts

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The Chitrapur Sunbeam	-(24)	— March 2023

out in the revelation of a Divine message. If this silence and this attention can come into your work, then it is *Karma Yoga*. All other actions are bondages.

Activity, to be meaningful, should have a purpose. Every achievement is a cessation of activity, and hence a form of repose. In an ocean, the waves will ever be rising and falling in its vastness! These *Tat karmas* are divine actions. Here the tendency to act is an impulse of the ocean's greatness and hence is a song of Divine glory. This alone is working for God. Here the working is itself the fulfilment.

Expression of Ego

All physical noise means only an expression of ego. There is no silent action because of the ego. Such an activity is definitely not *Tat karma*. To maintain activity in silence, every act must tend to reduce the ego and strengthen the spirit. Then we can enter into the reality of the Truth and be established there.

This is the ultimate in the strengthening of the spirit. How this is done is told in the latter half of the verse: (*ekena*) singly, (*dvabhyam*) by the double effort, (*tribhih*) by the triple method and (*ashtabhih*) by the eight-fold path. All these methods are open to us. We will see in the next chapter how all these can be integrated into the one path, that is *Samvit Sâdhânâ*.

(Continued)

(Courtesy: Samvit Sadhanayana, Mt. Abu)

FORM IV

STATEMENT ABOUT OWNERSHIP AND OTHER PARTICULARS ABOUT 'THE CHITRAPUR SUNBEAM'

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2. Periodicity of Publication Monthly

3. Printer's Name V. Rajagopal Bhat

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6. Name and Address of Individuals:

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Shri Chitrapur Math. Shirali 581354 (Dist. Uttara Kannada, Karnataka)

Registered Public Trust.

H. H. Shrimat Sadyojat Shankarashram

Swamiji of Shri Chitrapur Math is the

Sole Trustee

I, Vittal Rajagopal Bhat, hereby declare that the the particulars given above are true to the best of my knowledge and belief.

Sd/-

V. Rajagopal Bhat Signature of Publisher

Dated: 20th March 2023

GIRVANAPRATISHTHA ACTIVITIES

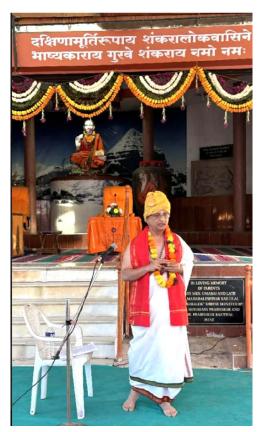
Some Girvanapratishtha teachers joined Pujya Swamiji's North India Yatra. During the yatra, whenever possible, Sanskrit Sambhashana Varga is conducted. Pujya Swamiji wants people to learn the Devabhasha. In HIS Ashirvachana's, Pujya Swamiji ofter urges people to learn Sanskrit. Smt. Shilpa Mudur conducted Sanskrit Sambhashana Varga at Shankaralok, Ahmedabad for all the sadhaka-s. At Shri Dungargarh, Rajasthan, Shilpa pachi conducted a Sanskrit Sambhashan Varga for the local children. More than 200 children were present for the Sanskrit Sambhashan Varga. The children also presented few items after Shilpa pachi's varga. Shri. Chaitanya Gulwady, Adhyaksha of Girvanapratishtha, conducted Kirtana in Shankaralok, Ahmedabad.



Smt. Shilpa Mudur, Shankaralok, Ahmedabad



Shankaralok, Ahmedabad



Shri. Chaitanya Gulwady, Shankaralok, Ahmedabad



Smt. Shilpa Mudur, Shri Dungargarh, Rajasthan



Local Children presenting stotras, Shri Dungargarh, Rajasthan



Shri Dungargarh, Rajasthan

Shri Dungargarh, Rajasthan





Sahabhojana after Pujya Swamiji's Ashirvachana, Shri Dungargarh, Rajasthan

भीलवाडा

सभी समाज एक-दूसरे का सहयोग करें, अपने ईष्ट को याद कर आगे बढें: संत सधोजात





भीलवाडा। सारस्वत सेवा मंडल को ओर से टाउन हाल में संत संघोजात शंकराचार्य स्वामी का कार्यक्रम।

टाउन हॉल में हुआ आयोजन

भारकर न्युज भीतवाडा

चित्रापुर के महापति एवं सारस्वत समाज के संत संधोजात शंकराश्रम स्वामी रविवार को यहां पधारे। सारस्वत सेवा मंडल ने महाराज के स्वागत सम्मान में टाउन हॉल में कार्यक्रम किया। संत संधोजात शंकराश्रम स्वामी ने दीप प्रज्विलत कर कार्यक्रम की शुरूवात

की। उन्होंने कर्मों पर आधारित अपना जीवन जीने का मार्गदर्शन दिया। सभी समाजों को समर्पण भाव से एक-दूसरे के सहयोग की भावना का संदेश दिया। स्वामी ने इष्ट देव गुरु को याद कर जीवन जीने एव अपने कर्मों पर विश्वास कर आगे बढ़ने की प्रेरणा दी। सारस्वत सेवा मंडल के सदस्य रामानज सारस्वत ने बताया कि सभापति राकेश पाठक ने महाराज का शॉल ओढ़ा कर स्वागत किया। कार्यक्रम में सारस्वत समाज के दिनेश

ओझा. ओम जोशी. अक्षय सारस्वत. सरेश ओझा, गोविंद पाठक, देवेंद्र सारस्वत, मनोज भींडया, राजकुमार ओझा, उमेश ओझा, सशील भांडिया, हेमंत बोहरा, दिलीप ढांचा, शेखर सारस्वत, रघु शर्मा, राघव ओडाा. जुगल बोहरा, यशवंत बोहरा एवं नरेंद्र पाठक ने भी महाराज का आशीर्वाद लिया। सेवा मंडल के सदस्य राकेश ओझा ने धन्यवाद ज्ञापित किया। कार्यक्रम का संचालन पंडित अशोक व्यास ने किया।



बीकानेर ज़िला 23-02-2023 राजू हीरावत

शंकराश्रम ने गोशाला का किया अवलोकन और गाय को बताया सकारात्मक शक्ति

भारकर न्यज शिडंगरगढ

कस्बे में आयोजित शिव आराधना महोत्सव के अंतिम दिन मठाधिपति श्रीमत सद्योजात शंकरा श्रम स्वामी ने प्रतिदिन कस्बेवासियों को अध्यात्म का रसास्वादन करवाया। बुधवार को स्वामीजी के पावन सात्रिध्य में श्रद्धालुओं ने पादका पुजन किया गया। तत्पश्चात स्वामीजी ने भक्तों को प्रसाद वितरण किया गया। कार्यक्रम में श्रीमत सद्योजात स्वामी ने समपस्थित भक्तों को प्रेरणा पाथेय प्रदान करते हुए कहा कि व्यक्ति को सदमार्ग पर प्रस्थित होना चाहिए। सदमार्ग पर चलने पर आने वाली पर अग्रसर रहना चाहिए।

श्रीमत सद्योजात स्वामी के कार्यकर्ता कंधे से कंधा मिलाकर जुटे रहे। स्वामी के दर्शनार्थ देश के विभिन्न हिस्सों से सहित विदेशों से



समागत अनुयायियों और स्थानीय छाछ मूत्र और गोबर सभी ऐसी श्रद्धालुओं के लिए आवास, भोजन, पांडाल, यातायात, सत्संग सहित अनेक व्यवस्थाओं को समचित रूप से निष्पादित करने और आयोजित अनेक कार्यक्रम में व्यवस्था करने के लिए कार्यकर्ताओं ने कर्मठता बाधाओं से बिना घबराएं प्रभ का दिखाई। श्रीमत सद्योजात स्वामी स्मरण करते हुए अपने कर्तव्य पथ ने श्रीडूंगरगढ़ कस्बे की गोपाल गोशाला का अवलोकन किया।

इस दौरान स्वामी ने अपने हाथों पावन प्रवास को सफल बनाने में से गोवंश को गुड़ खिलाया और कहा कि गो के दूध से निर्मित हर एक वस्तु अमृत तुल्य है। देसी गायों का दूध, घी, दही, मक्खन,

औषधि है जो हर एक बीमारी को ठीक करने में कारगर है। कार्यक्रम में सांवर मल सारस्वत, जयचंद कायल, मनोज शास्त्री, राजेश शर्मा, किशन कायल, रमेश शर्मा, मुरली ओझा, डॉ. कन्हैया लाल सारस्वत, रमेश तावणिया, कैलाश शर्मा, कैलाश सारस्वत, रामनिवास तावणिया, पूजा सारस्वत, जयश्री तावणिया, दिव्या सारस्वत, भनेश्वरी तावणिया, मोनिका, लीला, आरती, गुंजन, सुमन, लीला तावणिया को प्रतीक चिह्न देकर श्रीमत स्वामी ने आशीर्वाद दिया।

अतिरुद्र हवन में अरणी मंथन से अग्नि का आह्वान

परिक्रमा रिपोर्टर

जोधपर। परमहंस परिवाजकाचार्य स्वामी इंध्रगर्नेट गिरि महाराज हारा रहेजर लाख बासनी में स्थापित संवित भाग आग्रम में 41 कड़िय अतिरुद्ध हमन के लिए अरणी संधन से अनि

का आवाह हुआ। मरोवर अर्बदानल मताभिपति स्वामी नारायण गिरि महरूत तथा शिएली कर्नाटक चित्राप्र 赤 म ठाँषिप वि मद्योजात शंकराध्रम स्थामी व अन्य सत महात्माओं की

समिषि में आसार्व ऑग्नहोत्री पाँडत नवस्तन त्यास व केरपाठी बाह्मानों के मामहिक वेट मंत्रों के बीच दो काष्ट को अरणी को आपस में घर्षण कर प्रयट हुई अग्नि से प्रधान कोड में समिशा प्रजल्पित की गई। प्रधान कलमान राजेंद्र हमें ने इसमें पहले यह आजा लेकर हवन पजन का कम पार्थ किया। सांवित साधनायन संस्थान की अध्यक्षा

रानी तथा देखी व सचिव भरत जोशी ने बतावा कि प्राचीन अधियों के यमय होने वाले यह की ही भारत पूर्णतः वैद्या व शास्त्रीय विश्व से अतिसद हवन का शुधरंभ हुआ जिसमें पांची दिन 31 में ज्यादा चिहान पंडित पैटिक मंत्रों का

संस्थान के तपाध्यब डा सी प्रस कहा व डी सी सिपाल ने बताया कि अतिबंद हवन के लिए 7 मार्च को सत सरोवर अर्बदानल के मठाभिपति स्वामी नारायण चिरि महाराज, शिराली कर्नाटक चित्रापुर के मठाभिपति संशोजात शंकराश्रम



सामितक रूप से उच्चाएं करेंगे। हयन प्रात: 7 बजे से मार्थ 5 बजे नक चलेगा। प्रथम दिन प्रातः यत्र मण्डप प्रवेतः, गणपति आदि पोठ पूजन, नकप्रह पूजन,होडल माजका पूजन, सत्तवन मात्रका पूजन, आधार पूजन व प्रधान कुंड पूजन किया गया। अतिरूट हवन की पूर्णाहृति 12 मार्च को सार्थ व कर्न होगी।

स्वामी व अन्य संत महात्मा जोधपुर पहुँचे जहाँ उनका स्थागत किया गया। मंगलवार को स्थामी नारायण गिरि महाराज मेहरानगढ दर्ग स्थित जोधपुर की अधिगाजी मां चामण्डा मौंदर पहुंचे तथा अतिरुद्ध यदा को अनुज्ञा ली। शाम को संवित धाम आक्षम में संत महात्याओं ने संवित ध्वज पहराकर कार्यक्रम का शुभारंभ किया।



जोधपुर जोधपुर, रविवार 12 मार्च, 2023 51 संस्थाओं ने किया सद्योजात शंकराश्रम स्वामी का नागरिक अभिनंदन

जोधपुर। परमहंस परिव्राजकाचार्य स्वामी ईश्वरानंद गिरि महाराज के सन्यासी शिष्य चित्रापर सारस्वत शिराली कर्नाटक के मठाधिपति सद्योजात शंकराश्रम महाराज के पीठारोहण के रजत जयंती के उपलक्ष्य में जना खेडापति हनमान मंदिर में नागरिक अभिनंदन समारोह आयोजित किया गया। संवित साधनायन संस्थान, संवित धाम आश्रम, सारस्वत समाज जोधपुर और जुना खेडापित हनुमान मंदिर के संयुक्त तत्वावधान में आयोजित नागरिक अभिनंदन समारोह में शहर की 51 से ज्यादा धार्मिक, सामाजिक संस्थाओं ने स्वागत किया। संत सरोवर, सोमाश्रम, अर्बदाचल के मठाधिपति स्वामी संवित नारायण गिरि महाराज ने अध्यक्षता की जबकि मुख्य अतिथि महारानी हेमलता राजे



थी। ऋतंभरा वसिष्ठ, त्रिपुरा वसिष्ठ, हेमांगी वसिष्ठ, प्रमोद किशन, सुनील दाधीच, विमल सोन् ने मंगलाचरण गान व संकीर्तन प्रस्तुत किया। समारोह का संचालन संवित साधनायन संस्थान के सचिव भरत जोशी ने किया। संस्थान के उपाध्यक्ष डॉ. सीएस कल्ला ने धन्यवाद जापित किया। इससे पहले स्वामी सद्योजात

शंकराश्रम स्वामी के जूना खेड़ापति मंदिर पहुंचने पर वेदपाठी ब्राह्मणों ने वैदिक मंत्रोच्चार करते हए तथा शंख ध्विन के साथ स्वागत किया। उसके बाद समंगली महिलाओ व बालिकाओ ने पुष्प वर्षा कर संतों का अभिनंदन किया। सर्वप्रथम महारानी हेमलता राजे, स्वामी नारायण गिरि महाराज, संवित साधनायन संस्थान की अध्यक्षा रानी उषा देवी. सारस्वत समाज के अध्यक्ष आर के ओझा, जुना खेडापति हनुमान मंदिर के अध्यक्ष कमलेश पुरोहित ने शाल ओढाकर स्वागत किया। प्रसिद्ध शिक्षाविद प्रोफेसर डा गणेशीलाल सुथार ने संस्कृत भाषा में तथा भरत जोशी ने हिंदी भाषा में अभिनंदन पत्र का वाचन किया। उसके पश्चात शहर की 51 संस्थाओं की तरफ से शाल ओढाकर और श्रीफल भेंट कर अभिनंदन किया।

SHRI ANANDASHRAM

Regd. No. E-3590 (Bom) under Bombay Public Trusts Act 1950)
Plot No.497, 16th Road, Khar (West), Mumbai - 400 052.
Contact No. +91-9892348721 / 9820496603

APPEAL FOR DONATION ---FOR RENOVATION OF KHAR MATH, MUMBAI

Shri Anandashram Trust Building at Khar, Mumbai is popularly known as 'Khar Math' by devotees. The Temple in Khar Math has Idols of two of our Revered Gurus – H.H. Shrimath Anandashram Swamiji and H.H. Shrimath Parijnanashram Swamiji III and a Photo of our beloved Guru H.H. Shrimath Sadyojat Shankarashram Swamiji. In the year 1991, the Temple was inaugurated and the presiding deity of Lord Shiva with Mata Parvati, and Lord Ganesha were consecrated in the main sanctum whereas idols of Lord Shri Ram, Sita Mata, Lakshman and Lord Hanuman adorn the adjoining enclosure.

Khar Math is well known for its spiritual divinity as it has been the abode of our Param Guru Shrimath Parijnanashram Swamiji III. Even our present Mathadipathi H.H. Shrimath Sadyojat Shankarashram Swamiji holds camps at Khar Math for a few days, during His Mumbai visits, to bask in the hallowed memory of His beloved Guruvarya.

The Khar Math building, constructed in the year 1968, is now in urgent need of major internal and external structural repairs as per the Structural Audit Report submitted by a reputed Structural Consultancy firm - M/s. Dimensions in Oct'22. Trustees also intend to install an Elevator / Lift in the building, which will be operated only during H.H. Shrimath Swamiji's Camp at Khar Math. According to the Structural Consultants, the estimated cost of Repairs (including overhauling of Plumbing, Electrification and Painting) plus installation of Lift and allied works is to the extent of Rs. 1.25 Crores. M/s. Dimensions has been appointed by the Trust as the Project Management Consultants (PMC) for the said Repairs and Rehabilitation project.

	~
The Chitrapur Sunbeam —(3	March 2023
	/

We sincerely appeal to all Sadhakas to generously donate towards the aforesaid Project which is scheduled to commence from the first week of March'23. The Trust administration is currently in the tendering process and will be finalizing the Civil Contractor to undertake the repairs on a turnkey basis. Since the estimated repairs cost is over Rs. One crore, we make an earnest appeal to all Sadhakas to contribute generously to successfully complete this critical rehabilitation project of the building without any interruption. Donors intending to make contribution towards this noble cause can directly remit their donations through NEFT / RTGS mode to Trust's Bank Account as per details given below:

Name of the Account: Shri Anandashram

Name of the Bank : SVC Co-operative Bank Ltd.

Branch : Bandra, Mumbai

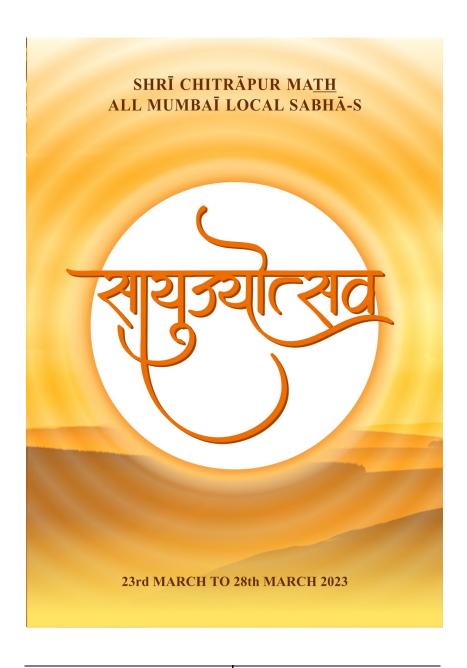
Account No. : 100303130013441

IFSC Code : SVCB0000003

Note: Kindly send an email at shivanand.mudbidri@chitrapurmath.in to acknowledge your remittance.

Since Shri Anandashram is a Religious Trust, donors will not be able to avail of Income Tax rebate u/s 80G for the donation amount. But considering the overall rationale, purpose, urgency and the objective of this appeal, we sincerely request your generous donation towards this noble cause.

Trustees Shri Anandashram Trust.



SHRĪ CHITRĀPUR MATH -ALL MUMBAĪ LOCAL SABHĀ-S

Sāraswat Colony, Sāntācruz (West), Mumbaī - 400 054 Public Trust Reg. No. A/347 Kārwār



Dear Sādhakā. Jai Shankar!

Sub: SĀYUJYOTSAVA

H.H. SWĀMĪJĪ'S VISIT TO MUMBAĪ FROM 23rd MARCH 2023 TO 28th MARCH 2023

At the request of All Mumbaī Local Sabhā-s, H.H. Shrīmat Sadyojāt Shankarāshram Swāmījī has graciously consented to visit Mumbaī from Thursday, 23rd March 2023 to Tuesday, 28th March 2023 and the SAYUJYOTSAVA shall be held on the foregrounds of Sāraswat Colony, Sāntācruz (West). We cordially invite you with your family and friends to participate in all the Satsanga-s during this period with wholehearted enthusiasm, perform Gurusevā and receive the blessings of Lord Bhavānīshankar and our Revered Guruparamparā.

We shall be conducting various Satsanga-s during the Camp and shall be required to incur considerable expenditure on Pandal, Stage, Kitchen, etc. for which we solicit your generous contributions towards various Special Sevā-s, donations and Banner Sponsorship. Hence, we appeal to one and all to come forward with your contributions, monetary and otherwise, in making this event a very blissful and memorable experience. You may contact your Local Sabhā President/Secretary in this regard.

Yours in the service of the Math, the Guru and the Revered Guruparamparā,

SHRĪ PRAVEEN KADLE President – Standing Committee

SHRĪ DURGESH CHANDĀVARKAR DR. CHAITANYA GULVĀDY Vice President – Standing Committee

Convenor, Sāyujyotsava

DAILY PROGRAMME

6.00 am : Suprabhātam

6:30 - 7:30 am : Exercises- Prānāyāma-Nināda

7:30 am : Breakfast

9:30 am : Gāyatrī Anushthāna/ Sādhanā Pañchakam

11:00 am : Mahāpūjā 11:00 am-1:00 pm : Bhaiana-s

4.30 - 7.30 pm : Cultural Programmes

8.00 pm : Dīpanamaskāra, Rātri Pūjana, Ashţāvadhāna Sevā,

Prasāda Bhojana

SPECIAL PROGRAMME

PROGRAMME ON ARRIVAL DAY THURSDAY, 23RD MARCH 2023

- 6.00 pm: ◆ Arrival of H.H. Swamījī at Linking Road Junction
 - Escorting H.H. Swamījī in a ceremonial procession to the Pandāl
 - Pūrna -Kumbha- Swāgata and Ved-Ghosha
 - ◆ Pāda-Prakshālana by Dr. Chaitanya Gulvādy (Convenor)
 - ◆ Dharma Sabhā- Sabhā Prārambha Prārthanā, Swāgat Gīta

CHS Ltd and Representatives of Local Sister Institutions.

- Shrī Pādukā-Pūjana by President Standing Committee, Vice President -Standing Committee, Core Committee Members, Convenor - Sāyujyotsava, Presidents of All Mumbaī Local Sabhā-s, Chairman - Sāraswat Suburban
- Welcome Speech by Dr. Chaitanya Gulvādy Convenor, Sāyujyotsava
- Vimochana of : Shrī Chitrāpur Samvit Bhajanāvali by H. H. Swāmījī.
- Upadesha by H. H. Swāmījī
- Sāmudāvika Dhula Bheta

FRIDAY, 24TH MARCH 2023

11:00 am : Bhajana Sevā by Dādar and Grant Road Sabhā-s

11:00 am : Mahāpūjā, Shrī Pādukā-Pūjana, Tīrtha-Vitaraṇa, Shrī Bhikshā-Sevā,

Prasāda-Bhojana

 $5{:}00\text{-}6{:}00\text{pm}$: Presentation on "Uttar Bhārat Yātrā" by Dharmaprachārak

Dr Chaitanya Gulvady. : Tablā Recital by 2 Prārthanā kids/Classical Music Recital/ Lezim by Yuvās

6.30 pm : Tablā Recital by 2 Prārthanā kids/Classical Music Recital/ Lez 8.00pm : DĪPANAMASKĀRA, SHRĪ DEVĪ PŪJANA BY H.H. SWĀMĪJĪ

SATURDAY, 25TH MARCH 2023

8:30-9:30 am : Swādhvāva by H. H. Swāmīiī

11:00 am : Bhajana Sevā by Andherī and Goregāon Sabhā-s

11:00 am : Mahāpūjā, Shrī Pādukā-Pūjana, Tīrtha-Vitaraṇa, Shrī Bhikshā-Sevā,

Prasāda-Bhojana

5:00-6:00pm : Presentation on 'Kailāsh Yātrā' by Dharmaprachārak

Dr. Chaitanya Gulvādy

6.00pm : Ānand Melā

SUNDAY, 26TH MARCH 2023

8:30-9:30 am : Swādhyāya by H. H. Swāmījī

11:00 am : Bhajana Sevā by Borivalī and Virār Sabhā-s

11:00 am : Mahāpūjā, Shrī Pādukā-Pūjana, Tīrtha-Vitaraṇa, Shrī Bhikshā-Sevā,

Prasāda-Bhojana

5:00-6:15 pm : Prārthanā Varga Skit

6.30 pm : Āshīrvachana by H.H. Swāmījī

MONDAY, 27TH MARCH 2023

9:30am : Sāmūhika Varada Shankara Vrata

11:00 am : Bhajana Sevā by Thāṇe, Bāndrā-Khār, Vile Pārle-Vākolā & Sāntācruz

Sabhā-s

11:00 am : Mahāpūjā, Shrī Pādukā-Pūjana, Tīrtha-Vitaraṇa, Shrī Bhikshā-Sevā,

Prasāda-Bhojana

6:00pm : Dharma Sabhā

onwards - Speech by Shrī Praveen Kadle, President-Standing Committee

- Kshamāyāchanā by Dr. Chaitanya Gulvāḍy- Convenor- Sāyujyotsava
 - Vote of Thanks by Shrī Dattānand Gulvāḍy- President, Sāntācruz Sabhā

- Āshīrvachana by H.H. Swāmījī

TUESDAY, 28TH MARCH 2023

8.00am: Niropa Samārambha

Niropa-Gīta

Upadesha by H.H. Swāmījī

*Programmes are subject to change

Special Sevā-s	Regular Sevā-s
1. Mahāpo <u>sh</u> aka Sevā - 50,000/-	1. Kuṅkumārchana – 100/-
2. Po <u>sh</u> aka Sevā - 30,000/-	2. Pañchāmṛta Rudrābhi <u>sh</u> eka - 100/-
3. Yajamāna Sevā - 10,000/-	3. Shrī Pādukā Pūjana (With Palēru) – 200/-
4. Annadāna Sevā - 7,500/-	4. Shrī Bhikshā Sevā - 350/-
5. Pu <u>sh</u> pa Sevā - 5,000/-	5. Paleru - 150/-
	6. Sāmūhika Varada-Shaṅkara Vrata – 1,000/-

Cheques should favour "SHRI CHITRAPUR MATH - SWAMIJI'S RECEPTION FUND."

Bank Account Details (FOR INDIAN CITIZENS ONLY)

Name of Account: SHRI CHITRAPUR MATH – SWAMIJI'S RECEPTION FUND

Name of Bank: SVC COOPERATIVE BANK LTD. Branch: SANTACRUZ (WEST)

S.B. A/C NO.: 100803130020721 IFSC CODE NO.: SVCB0000008 (Sādhaka-s paying for Special Sevā-s will be entitled to perform Shrī Pādukā Pūjana, Shrī Bhikshā Sevā, Kuṅkumārchana & Pañchāmṛta Rudrābhisheka).



SHRĪ CHITRĀPUR MA<u>TH</u>® - Shirālī SHIRĀLĪ-Kănara -581354, Uttara Kannaḍa Dist, Karnāṭaka State

SHRĪ BHAVĀNĪSHANKARĀYA NAMAH

SHOBHANA SAMVATSARA SHAKA 1945

162nd SHRĪ CHITRĀPUR-RATHOTSAVA - 2023

Dear Devotee,

With the Divine Blessings and Guidance of H.H. Shrīmat Sadyojāt Shankarāshram Swāmījī, the auspicious rituals and festivities of SHRĪ CHITRĀPUR-RATHOTSAVA commence on Friday, 1st April 2023, Chaitra Shukla Ekādashī. We take this opportunity to invite you, your family and friends to join us on this joyous and spiritually uplifting occasion and participate in various religious and devotional programmes to receive the blessings of Lord Shrī Bhavānīshankar and H.H. Shrīmat Sadyojāt Shankarāshram Swāmījī.

RATHOTSAVA PROGRAMMES

SHIRĀLĪ	General Manager
Date: 01-03-2023	Shrī Chitrānur Math

1-April-2023 Sat Ch. Sh. 11	08.00 am	Sāmūhika-Prārthanā
	10.30 am	DHWAJĀROHAŅA
	06.30 pm	Pālakhī Utsava up to Shāntādurgā, Temple Bappankoḍlu
2-April-2023 Sun Ch. Sh. 12	06.30 pm	Pālakhī-Utsava upto Shukla Nāmadeva Bhaṭ Compound and Shrī Chenna Keshava Nārāyaṇā Temple
3-April-2023 Mon Ch.Sh.13	06.00 pm	Pālakhī-Utsava upto Kadlē Ma <u>th</u> and Haridās-Kaţţe
4-April-2023 Tue Ch.Sh.13	08.00 am	RATHA KALASHĀROHAŅA
	05.00 pm	Lālakhī-Utsava upto Māvinkaţţe
5-April-2023 Wed Ch.Sh.14	05.30 pm	Pālakhī-Utsava upto Baddukulī Temple and Ānandāshraya

6-April-2023 Thu Ch.Sh.15	12.00 noon 0 5.00 pm 0 6.00 pm	RATHĀROHAŅA RATHOTSAVA DHARMA-SABHĀ
7-April-2023 Fri Ch.Kr.01	1.30 pm	ANNASANTARPAŅE
	7.00 pm	Dīpanamaskāra, Maṅgalārati,
	10.30 pm	MRGABEŢE-UTSAVA at Pañchavaţī Followed by Bhaiana-Sevā-s
8-April-2023 Sat Ch. Kr. 02	6.00 am 11.00 am	Avabhrta Snāna (Okkulī) DHWAJĀVAROHAŅA
		6

DAILY PROGRAMMES

From: 01-04-2023 to 08-04-2023

06.00 am Suprabhātam, Prārthanā, Parichānga-Vāchana

08.00 am Sāmūhika-Sādhanā

11.30 am Mahāpūjā, Mangalārati, Bali, Sevā-Prasāda-Vitaraņa,

Tirtha-Vitaraņa, Santarpaņe

05.00 pm Devotional and Cultural Programmes

After return of Pālakhī

Dīpanamaskāra, Ashtāvadhāna-Sevā, Rātri-Bali, Parikramā-Utsava, Mangalārati, Prasāda-Vitaraņa

Please Note: Announcement about Shrī Pādapūjā, Shrī Bhik<u>sh</u>ā will be made on respective days.

For enquiries, please contact

- on Phone: 08385-258368 / 258756
- by E-mail: seva@chitrapurmath.in or admin@chitrapurmath.in
- For accommodation: E-mail: accommodation@chitrapurmath.net.in
- by post addressed to General Manager

Other Cultural and Devotional Programmes will be announced Later

Little Ravikiran - Phalguna 2023

Swamiji Says...

"Do not have any regrets for whatever might have happened in the past. What we should do is to see that only good things are done by us. So don't look back; think only of the present and shape your life accordingly."

- Parama Pujya Shrimat Parijnanashram Swamiji III

Story Time: Vajra takes on the world!

It was a crisp February morning at Chetak Riding Academy. At the crack of dawn, Vajra, the youngest colt at the academy, stepped out of his stall, led by his caretaker. It was his first day of riding with the academy students. As he walked proudly across the stable, his friends cheered him on. Vajra could hear his trainer's voice at a distance, and his heart pounded with excitement. He had watched Amma and the other horses train for hours with the students. He had heard so many stories about their numerous friends that he could not wait to make friends of his own!

As he approached the training pen, he could hear the chatter of children nearby. They seemed to be just as excited as he was! While Vajra waited in sweet anticipation of the journey ahead, his glistening black coat caught the attention of a sprightly young boy, and he dashed towards Vajra. As he proceeded to pat Vajra's head, he squealed in excitement. Unaccustomed to children and caught completely unawares, Vajra leapt forward out of sheer fright. The ensuing commotion forced the trainer to abort Vajra's training session.

Vajra returned to his stall in utter disbelief. What an anticlimactic end to what should have been the most glorious event of his life! Vajra was startled by the unexpected turn of events. The enquiries of his friends agitated him further, and he stomped the ground indignantly. Amma tried to calm him down, but Vajra was not in a receptive mood. Unfortunately for Vajra, his caretaker decided that he needed some disciplining. Not one to give up without a fight, Vajra stood his ground.

Word soon spread around and everyone at the academy branded him unruly. What is worse, poor Vajra started believing them. For days, he watched as his friends were led to the training pen for their riding lessons while he remained confined to his stall. When they returned, they eagerly exchanged stories of their experiences. The more he heard them, the more he longed to be out there, training with the children. Unfortunately, it seemed like an impossible dream now. Vajra's trainer tried to work on him, but to no avail. It seemed like Vajra had given up on himself.

One evening, when Amma returned to the stable, she found Vajra sulking in the corner. He had not eaten all day.

"What is the matter, Vajra?" she asked softly.

"I wanted to be every child's favourite horse, Amma. As it turns out, I am just the unruly one," said Vajra ruefully.

"It was an honest mistake,



my child. The boy approached you from your blind spot and

startled you," Amma consoled Vajra.

"But I behaved so awfully after that," he countered.

"Yes, you sure did. You made a bad choice in a fit of anger. We all make mistakes, dear, but our mistakes do not define us. What defines us is how we deal with our mistakes. Instead of brooding over them, we must learn from them and grow!" said Amma.

As Amma continued to explain, Vajra listened attentively and absorbed every word of what she said. He silently resolved to start afresh and not stop until he had achieved his goal. The next day, he woke up bright-eyed and bushy-tailed, ready to take on the world.

Riddle Time: Horsing around!

- Why was Vajra sent to the stable in disgrace?
 Because he was 'horsing' around!
- Why didn't Vajra sing at the concert?
 Because his throat was a bit 'hoarse'!
- Why is Vajra twice as bad as you when he has a sore throat?
 Because he is a hoarse horse!!!!!
- What is Vajra's favourite game?Stable Tennis!
- Who lived next door to Vajra?
 His 'NEIGH'bour!



- What is the difference between Vajra and Varsha (rain)?
 - Vajra is reigned up Varsha rains down!!!
- What kind of horses roam at nights? Nightmares!

Fun Facts - Horsey Facts

- 1. A horse sleeps while it is standing!
- 2. Horses love company! The ones which live in the wild, live in small herds, and domestic horses feel more comfortable if they have companions too.
- 3. A foal is a baby horse. After it is weaned, it is called a weanling. They are called fillies (female) or colts (male) until they are four years of age. A male horse is called a stallion and a female horse is a mare.



- 4. Baby horses can walk and run after just a few hours of being born.
- 5. The eyes of a horse are bigger than those of any other land mammal, and the fact they are located on the side of their heads means they can see almost 360 degrees.
- 6. Studies showed that horses have excellent memories – possibly even better than that of an elephant!

Our Heritage: Chetak

Chetak was Maharana Pratap's favourite horse. He became an epitome of loyalty, bravery and courage.

Chetak was from the indigenous Marwari breed of horses, characterised by their inward turned ears, short stature, elegance, grace, beauty, speed, sturdiness and spirit. He was called Mayur greeva, neck like a peacock, stood at 14.2 – 15.2 hands height, (short compared to Arabian horses), a very dark black colour which appeared tinted with blue, Eloquent shining eyes and aggressive nature. Legend says that Chetak chose Maharana Pratap as his master by allowing him to ride, forging a bond for life.

Swift as the wind and as brave as his master, Chetak had fought many battles with the Maharana, even carrying him to safety when required. Those were the times when the Rajputs had to fend off the Mughals and incursions from Central Asian tribes while fighting devious battles amongst

themselves. It should be remembered that it was Maharana Pratap 's father, Maharana Udai Singh who had been rescued by Panna dhai at the cost of sacrificing her own son.

Chetak died at Haldighati on 18 June 1576, in a battle against emperor Akbar. The emperor 's army under the leadership of Maharaja Man Singh, intended to attack



and capture Mewar from the western front. When Maharana Pratap came to know, he marshaled his armies at Haldighati, a narrow pass in the Aravalli range at Rajasthan. A fierce battle ensued. Chetak reared up and planted his hooves on Maharaja Man Singh 's elephant while Maharana Pratap threw his spear at the adversary. In the twists and turns of battle maneuvers, the Mahout of the elephant died as the spear struck a deadly blow. The elephant gorged Chetak's leg with its massive trunk.

Even in that condition, Chetak escaped with the Maharana and took him to safety. It jumped over a 25 feet deep river with a broken leg to protect his friend, the king. Chetak succumbed to his injuries and died on the spot, while the tearful Maharana bid a fond farewell.

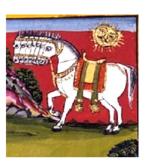
The king lived to fight another day, where he continued to battle for the safety and protection of his people. Eventually, he was able to recover and defend most of his lost Empire. Legend says that Akbar shed a tear for the bravery of Maharana Pratap at his death, so valiant was he.

A legend in his lifetime, the heritage of Chetak continues in folklore and poetry. His bravery and loyalty have been immortalized in a poem by Shyam Narayan Pandey, called "Chetak ki Veerta"

रण बीच चौकडी भर-भर कर चेतक बन गया निराला था राणाप्रताप के घोड़े से पड गया हवा का पाला था

LONG AGO: Horses in ancient India

- There are repeated references to the horse the Vedas (c. 1500 - 500 BC), especially the Rigveda.
- The Ashvins are divine twins named for their horsemanship.
- Surya Dev rides a chariot pulled by seven magnificent horses, marshaled by Aruna, the charioteer





- Hayagriva, an avatar of Lord Vishnu, is depicted with a horse's head and is worshipped for wisdom and knowledge.
- Uchchaihshravas was the first horse to emerge from the depths of the ocean during Samudra Manthan. The beautiful, winged, white horse was claimed by Lord Indra as his celestial steed.
- Historical evidence suggests that in the Bronze Age, horses were used as draught animals, with references to war horses only in the Iron Age.

Activity Time: Bandhanwar

The Sun God or Surya Dev is revered as a source of light, life and knowledge. Our very existence depends upon sunlight. The spring equinox marks the beginning of the new year. Special prayers are offered to Surya Dev on this day. The house is decorated with Torans, Bandhanwar, Rangoli and other auspicious items.



Materials: Old bangles (plastic or metal, not glass), glue, coloured yarns or threads, beads, feathers/ tassels or other decorative materials, rough paper, pencil, chalk (optional), scissors



paper in the same size as the bangles. Fold it into 6 or 8 parts. Make a loop of yarn for hanging the Bandhanwar. The materials shown here are for ideas. You can use any material you have.



Take a thick bangle or stick a few together to make a strong frame. Cut out a cardboard ring if you don't have bangles. Tie the loop of yarn and stick the ends in place neatly.



Wrap the yarn around the bangles to cover it completely. Tie the ends and stick in place. Mark the points using chalk, with the help of the folded paper.



Take the same or a different colour yarn and make knots at the points marked. Once the round is complete, continue tying the yarn to the centre of the previous thread. Tie it off and secure it with glue.



Thread the tassel on to a piece of yarn. Place some beads and tie the string opposite to the loop. Stick some decorative flowers or shubhlabh at the centre (optional). Hang it up by the door.







Caution: If you are using needles or scissors, make sure of adult supervision. Always spread a newspaper to catch the scraps and clean-up after your project is done.



We welcome your feedback at littleravikiran@gmail.com Your feedback is important to us!

Credits:

Editors: Dilīp Basrūr and Dr. Gaurīsh Paḍukone Little Ravikiraṇ created with love by Chandrima Kalbag, Namrata Heranjal and Jyothi Bharat Divgi

https://vibeindian.in/chetak-horse-maharana-pratap/

By unknown author - https://www.britishmuseum.org/collection/object/A_1940-0713-0-36, Public Domain,



Vishwa Saraswat Sammelan, Haridwar on 25-26 Feb, 2023
- DeepaPrajvalan.
(Courtesy: Anushravas)



At Shri Brahma Temple, Pushkar - Camp at Pushkar - 3 to 6 March, 2023. (Courtesy: Anushravas)



At Shri Atamateshwar Temple, Pushkar. (Courtesy: Anushravas)



Poorna Kumbha Swagat at Samvit Dham, Jodhpur on 7-3-2023. (Courtesy: Anushravas)



At Girirajeshwari Temple, Samvit Dham, Jodhpur. (Courtesy: Anushravas)



Devi Pujan at Samvit Dham, Jodhpur. (Courtesy: Anushravas)



Offering flowers to Pradhana Kalasha during Atirudra Yajna at Samvit Dham, Jodhpur on 12-3-2023.

(Courtesy: Anushravas)



Nagarika Abhinandan Programme at Jodhpur on 11-3-2023. (Courtesy: Anushravas)

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Shri Vyasashram, Haridwar. (Courtesy: Anushravas)

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