

**Chinmaya Mission** is a world-wide organization whose primary focus is to provide spiritual knowledge to people from all walks of life. The mission provides this knowledge through the study of Vedanta, founded upon life enriching ethical and moral values. The Chinmaya Mission was founded by H.H. Swami Chinmayananda and has been under the leadership of H.H. Swami Tejomayananda since 1993.

**Chinmaya Mission** is unique because of its integrated spiritual and secular vision. The mission also supports many social, educational and health programs in India and abroad. The Chinmaya Mission is an organization that blends spiritual knowledge, service and devotion as a means of Self Unfoldment, thus embracing people from all backgrounds.

**Chinmaya Mission Vancouver:** We are a non-profit organization with charitable status. We have been in Vancouver for over 25 years. We have study programs for adults, youth and children.

*Those who are interested in knowing more about activities of the Chinmaya Mission may contact:*

Raj Kapahi .....604.433.3441  
 Jaya Muzumdar .....604.325.9390  
 Krishnan Iyer .....604.267.3762  
 Brni Robyn.....250.652.0057



Evening Lectures:  
**Thrill Beyond Stillness**

at  
 The Ukrainian Orthodox Church  
 154 East 10<sup>th</sup> Avenue  
 (Main and 10<sup>th</sup> Avenue)  
 Vancouver, B.C., V5T 1Z4

June 12<sup>th</sup> through June 16<sup>th</sup>, 2008  
 7.30 pm to 9.00 pm

**Mission Statement:**  
 To provide to individuals, from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.

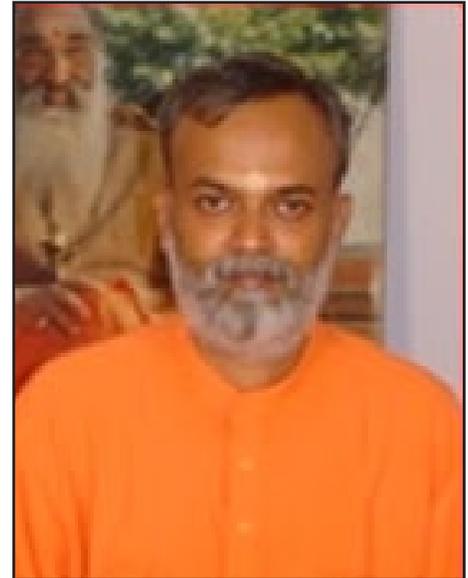
Morning Lectures:  
**Guided Meditation**

at  
 155 East 54<sup>th</sup> Avenue,  
 (Main and 54<sup>th</sup> Avenue)  
 Vancouver, B.C., V5X 1K7

June 13<sup>th</sup> through June 16<sup>th</sup>, 2008  
 6.45 am to 7.30 am



**CHINMAYA MISSION  
 VANCOUVER  
 PRESENTS**



H.H. Swami Chidatmananda

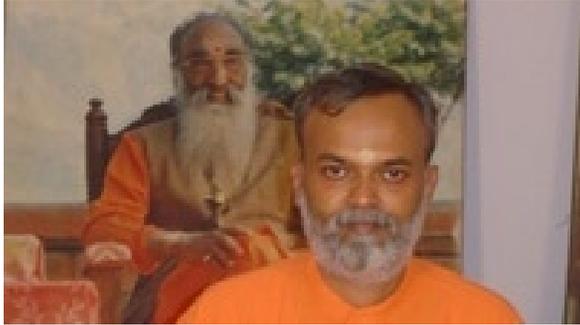
Lecture Series on  
**Thrill Beyond Stillness**  
 June 12<sup>th</sup> through June 16<sup>th</sup>, 2008

**Guided Meditation**  
 June 13<sup>th</sup> through June 16<sup>th</sup>, 2008

Lectures in English / Admission Free

# Swami Chidatmananda

Swami Chidatmananda is presently Acharya (Teacher in Charge) of Chinmaya Mission Hyderabad and Regional Head of Andhra Pradesh, India. Inspired by Pujya Gurudev, H.H.Swami Chinmayanandaji, he joined Sandeepany Sadhanalaya in Mumbai in 1989 under the tutelage of H.H Swami Purushottamananda. He was initiated into Sannyasa Diksha in 1999 by H.H Swami Tejomayanandaji (the present Spiritual Head of Chinmaya Mission worldwide). Swami Chidatmananda is a Law graduate from Osmania University.



Swami Chidatmananda is popular for his talks on India's widely viewed cable TV channels (Gemini, and Doordarshan), where he covers topics such as the Bhagavad Gita & Vemana Padyamulu (poems by the Yogi Vemana). He also speaks on Vedanta (Upanishads), Ramayana and Mahabharata.

Apart from these activities, Swamiji has conducted many sessions for government organizations, management schools and politicians in India with discussions on stress and mind management, self-management, ethics, and morals. Swamiji is acclaimed for his ability to unfold very complex concepts from the Upanishads with ease. He is fluent in English and several Indian languages.

From 2001 onwards, Swamiji has toured USA, UK, and Canada, endearing himself to a variety of audiences with his philosophy lectures and meditation sessions.

## Evening Lectures: The Thrill Beyond Stillness

In this series of evening lectures, Swami Chidatmananda guides us into a "state of Thrilling Stillness of mind". This entry into inner mental quietude prepares us for a direct intuitive experience of our Higher Being - the Changeless Self.

Swamiji will discuss the essential three-fold spiritual practice as expounded by the Masters of Vedanta (The Science of Self Knowledge). These three practices (sadhanas) form the foundation for the student's leap in consciousness - from the vision of the pluralistic world, to the non-dual essence behind all name and form.

### The three practices of Vedantic Sadhana are:

- 1) **Sravana - listening.** Listening with full alertness to the words of knowledge contained in the Upanisadic texts (expounding the essential oneness between the individual and the totality) as explained by a qualified guru. By this practice one gains knowledge of Truth.
- 2) **Mananam - reflection.** Following sravana, the student is next to practice reflection on the truths heard from the scriptures and guru. Reflection properly done removes doubts regarding one's true nature.
- 3) **Nididhyasana - meditation.** Intense meditation upon one's Higher Being, as revealed by the scriptures, is the third step of spiritual sadhana. This practice of meditation is described as "attempts at direct experience of the truth of the Self".

In discussing the practice of meditation, Swamiji will explain the difference between savikalpa and nirvikalpa samadhi (absorption of mind in the Reality).

*Purification* - In connection with the topic of the essential three-fold vedantic sadhanas, Swamiji will help us to appreciate the importance of preparatory purification of both the mind and intellect. Living ethically according to the laws of dharma (righteousness) prepares the student for successful spiritual practice. Performance of one's obligatory and optional duties cleanses the heart, purifies the mind and generates the desire to gain Knowledge of Brahman (the Reality). Such right living generates merit (punya) which aids the seeker to move forward along the path of self unfoldment.

*The Nature of the Self* - Existence, Knowledge, Bliss (sat cit ananda) - The nature of love and the bliss of the Self are also topics of Swamiji's discourse. Love is both the means to self unfoldment, and the very goal - as Love is the essential nature of the Self. Swamiji concludes that "In the love of the Highest there is the Highest Joy-Bliss". Even in the empirical world, if two minds become one (because of love) there is no strife. For the destruction of misery in this world, and in our own life, "ADVAITA" is the correct medicine.

## Morning Lectures: Guided Meditation

In the morning sessions, Swamiji will guide us in the practice of meditation - helping us to gain the vision of the Self ever present in the heart of all beings.

