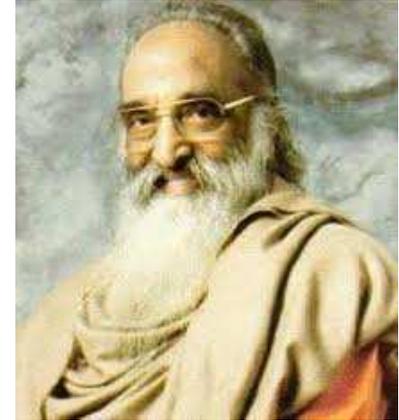




Chinmaya Mission Peoria



Adult Study Group

2012-2013

Purpose of Adult Study Group

- Gain Knowledge of Hindu scriptures and culture
- Develop art of listening (**Sravanam**)
- Self-discipline
- Clarity in thinking
- Self-development /Personality transformation.
- Inner strength to face challenges

Purpose of Adult Study Group

- To practise (**Mananam**), or "reflection", and gain clear insight and understanding of scriptural fundamentals
- To cultivate the art of communicating the scriptural knowledge to others.
- To assimilate (**Niddhidhyasanam**) the knowledge/wisdom and practice in daily life

Purpose of Adult Study Group

"Mere **listening** will not add to your beauty. These ideas are to be **reflected** upon deeply and digested slowly. This process is hastened only when you discuss what you have studied with others. Study Groups constitute the heart of our Mission. The ideas, when discussed with others, not only become deeply rooted in you, but as they become clearer in your own understanding, they also inspire those who listen to you. Thus, each student, while trying to strengthen his own understanding, can become an instrument for the spread of this knowledge."

- **Swami Chinmayananda**

Purpose of Adult Study Group

In an atmosphere of satsanga, Adult Study Group is to foster and develop love and understanding among members, strengthening the Chinmaya Pledge concept of "**We stand as one family . . .**". Member's families also greatly benefit through the aspiring member's value-based living and spiritual practices. By living an integrated life, members better society; in turn, healthy societies build wholesome nations and a peaceful world

Texts Covered

from 2010 - 2012

- **Logic of Spirituality** by Swami Chinmayananda
- **Bhagavad Gita** – Watch lessons by Swami Chinmayananda (Chapter 1 & 2)
- **Kindle Life** by Swami Chinmayananda (upto Chapter 23)

Logic of Spirituality

Logic of Spirituality

- We all have questions
 - Where is god? What is god?
 - What is the source of this universe?
 - where did it all come from?
 - what is happening all around?
 - What is life?
 - Why I am born?
 - What I am doing here on Earth?
 - What will happen after Death?
 - Why is there so much suffering?

Logic of Spirituality

- Three Laws of Causation
- Law 1 - An effect can never be without a cause
- Law 2 - Effects are plural and Effects are cause itself in different forms
- Law 3 - From the effect if the cause is removed, nothing remains

BMI Chart

The Symbol of Truth

Om

viewed through the veil of *Vasanas* (V)

Expresses through the instruments of:

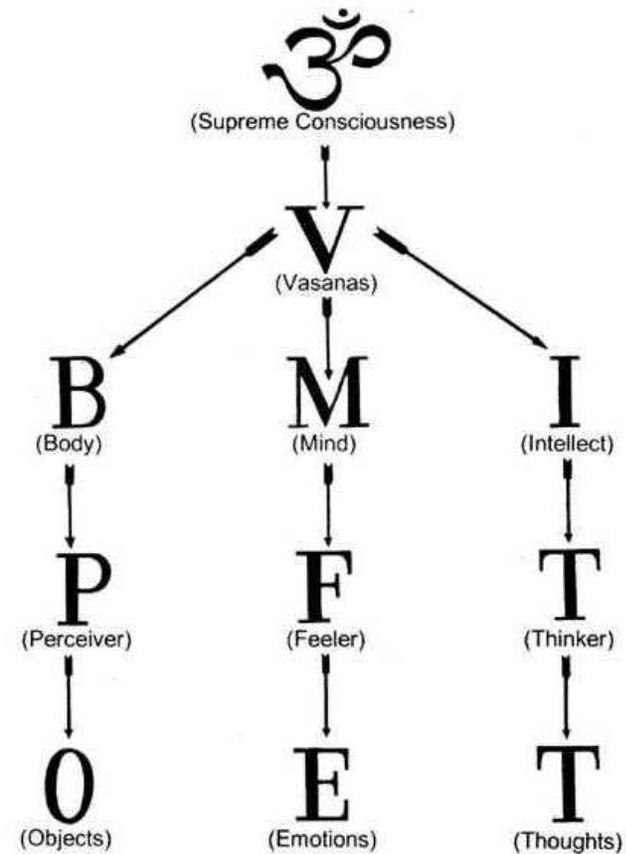
the Body (B), Mind (M), Intellect (I)

as the individual entity or ego:

the Perceiver (P), Feeler (F), Thinker (T)

In the world of:

Objects (O), Emotions (E), and Thoughts (T).



Kindle Life

Personality Rehabilitation

- Every experience in life man contacts the world through the media of 4 constituent entries
 - Body, Mind, Intellect and the consciousness
- Human **Body** consists of 5 organs of perceptions (*jñānendriya's*) and 5 organs of actions (*Karmedriya's*).
- The variable factor in the man is mind and intellect
- **Mind** is the seat of all emotions and feeling.
- **Intellect** is the discriminating faculty.
 - Intellect has the judging ability; distinguishes good for bad; right for wrong

Bhagavad Gita

Chapter 1 & 2

Bhagavad Gita - Chapter 2

- Arjuna's Grief
- Arjuna discovered the problem of **samsaara** consisting of
 - Raaga (Attachment)
 - Soka (Sorrow)
 - Moha (Delusion)
- This is the problem of every human being when they don't know who they are and true realities of life
- In that sense we are all like Arjuna's confused and caught up in **samsaara**

Bhagavad Gita - Chapter 2

- Arjuna's Surrender to Krishna
- Self – Knowledge
 - True Self (Consciousness) is *changeless*
 - Body, Mind and Intellect are constantly *changing*
- Karma Yoga
 - For preparation of Mind to gain Self – Knowledge
- Spontaneous traits of Wise Man