



Chinmaya-Tej

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Chinmaya Mission San Jose Publication

Vol.21, No.5

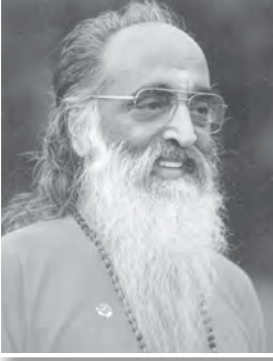
September/October 2010



SHUBH LAABH

MISSION STATEMENT

To provide to individuals, from any background, the wisdom of Vedanta and practical means for spiritual growth and happiness, enabling them to become a positive contributor to the society.



The Goddess of jnana is Devi, Mother Saraswati. Her veena is tuned within when the heart strings are polished off their clogs — the asuric sampat, the non-divine traits. The strings are 'tuned' when the inner heart-strings are adjusted with the cultivated daivi sampath. In the resulting peace, the bhakta sees his Lord

in the peaceful, purified within. The soft floating tunes waft from within as the Lady of the Veena passes Her tender fingers blessingly over the heart-string. The music is the magic touch that turns the premi into prem, the lover into love! The Shiva bhakta melts in that music of the within and becomes one with Shiva! As Sri Saraswati sings Her divine song of joy, the kalyana muhurta, the auspicious moment of wedding is on. The devotee is in wedlock bound to the Lord of her* heart for ever!! Thus wedding is the success supreme, the achievement incomparable, the victory absolute! After this marriage there is no more kartavya, duty or obligation.

'I am Shiva! I am Shiva!'*

A handwritten signature in black ink, appearing to read 'Sri Sri Prabhakar'.

*The devotee is generally considered the bride and the Lord, the bridegroom.

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FROM THE EDITORS DESK

Tej, is a bi-monthly publication of Chinmaya Mission San Jose. CMSJ is in the process of getting the necessary permits to build the New Facility.

The City of San Jose is studying the building drawings and when they are approved we shall begin the construction of our New Building.

We are happy to show you some elevation drawings of the projects. We invite you to visit the site when you can.

News and events update via e-newsletter on CMSJ web-site is serving our timely announcements. Please keep us updated with your e-mail addresses and send them to "Cmsj-news@chinmaya.org"

If you do not hear from us e-mail or Chinmaya Tej, please forward your address and e-mail to me indicated on this page.

Chinmaya Tej is also available for viewing on our website.

Chinmaya-Tej will be mailed to all Sponsors and Members of Chinmaya Mission San Jose. Send your subscription marked, *Chinmaya-Tej*, CMSJ, 1050 Park Ave., San Jose, CA 95126.

CHINMAYA TEJ EDITORIAL STAFF

Editor:

Uma Jeyarasasingam (umakj@sbcglobal.net)

Co-editor:

Rohini Joshi

Electronic Editorial Advisor:

Satish Joshi

Contributors:

Subbu Venkatkrishnan, Swami Swaroopananda, Uma Jeyarasasingam

Design & Layout:

four waters / four waters media

Printing:

Bill Browning/PigMint Press, Redway, California

Data Base:

Kapil Vaish

Mailing:

Autozip, Ukiah, California

Contact us:

<http://www.chinmaya.org> • Phone: (650) 969-4389 Fax: (650)428-1795

Hari Om!

Over the past couple of months, we have had several productive meetings with San Jose city planning officials. After several discussions and subsequent actions on our part to fulfill multiple requirements, we were able to host a neighborhood meeting on Aug 19, 2010.

Along with CMSJ board, we also had representation from the city planning department, city council, and our architectural team. The meeting proceeded as expected, with most questions pertaining to potential traffic increase and parking. All these were reasonably addressed and we undertook to conduct a traffic study by an independent firm, which is scheduled for the week of Sept 6.

Based on the outcome of the neighborhood meeting, the city officials have advanced our project significantly and given us dates for meeting with the Planning Commission (Sept 29), and with the Planning Council (Oct 26). These are two key milestones in the Planned Development Zone permit process. We expect that there will be no surprises at these two meetings and that we will proceed with the Construction Drawing phase immediately following the Oct 26 meeting. The Construction Drawings and associated permits would take us into early 2011.

We have communicated our desire to get to the GroundBreaking phase by Spring 2011. May God's grace and Pujya Gurudev and Guruji's blessings help us get there as planned.

This is also the right time for us to get ready with our finances to support our new building. In order to facilitate this, CMSJ is organizing a grand fund raiser called Jnana Ganga, a multimedia program involving music, dance, orchestra, narration, enchanting visuals, that trace the origin of mother Ganga and describe her influence on the cultural and spiritual heritage of India. This is particularly relevant for Chinmaya Mission since our Gurudev took inspiration from mother Ganga to share the lofty knowledge of the Vedanta with the masses of India, just as mother Ganga shares her bounty with all.

The program features several current and former Bala Vihar children, some of the bay area's highly acclaimed musicians and dancers. It will be held at the Foothill College auditorium on Nov 20, 2010. We request you all to support our fund raising efforts by getting your tickets and demonstrating your support by making contributions or pledges towards the new building project. For details, please visit CMSJ web page at Chinmaya-SanJose.org.

Thank you and God bless.
CMSJ New building Team



CHINMAYA ~ TEJ

Thank you for asking about Chinmaya Tej. Pujya Gurudev initiated and launched the CMSJ Newsletter in 1988. Later, finding the CMSJ Newsletter to be, in his words, "like a catalog", i.e., woefully inadequate for the purposes he had in mind, he gave detailed guidelines to transform it into a formal, informative, useful, and high-quality publication. Thus Chinmaya-Tej was born.

The manifold purposes of Tej, as laid out by Gurudev, are as follows:

1. It is the voice of CMSJ.
2. Gurudev wanted CMSJ's publication to be of high quality and comparable to CMW's Mananam and other Chinmaya Mission Publications.
3. It is the official publication of CMSJ. When CMSJ was first registered as Non-Profit Organization, there were queries from various government agencies as to whether CMSJ had an official publication, from which they could learn about CMSJ, our history, mission, and values. Tej served that purpose.
4. Tej is CMSJ's mode of outreach and communication to spiritual seekers beyond those who are able to attend CMSJ's discourses in person. Extra copies of each issue of Tej are printed so as to be available for new seekers.
5. Gurudev also instructed us to cover Vedanta topics in the Tej. Accordingly, Tej has articles on Vedanta topics for beginners as well as advanced readers.

Other Details about Tej:

1. The annual cost to produce 6 issues of Chinmaya Tej is \$21,000. It is paid for by CMSJ's Annual Membership contributions, Bala Vihar revenues, and general donations.
2. Chinmaya Tej is also available online. Hard copies of Chinmaya Tej are distributed only to members of CMSJ who reside in California.



The Goddesses

Swami Swaroopananda

In Sanskrit, the life-giving force is addressed as He — the Purusha — but the Supreme Reality, the Pure Spirit is free from any gender whatsoever. However, creation is not possible without the Mother Principle. The Infinite Reality known as Existence, Consciousness and Bliss has limitless potential inherent within Itself. Just as a small child possesses all the intrinsic abilities of adulthood, which start manifesting on maturity, the immeasurable potential of the Infinite bursts forth in the form of creation.

Normally, one is satisfied with the statement that God created the world. From what did God create the world? If God alone was, He had to create it out of Himself. To create something new into diverse forms, there has to be some modification, some change. The Changeless by nature cannot undergo any change, then how did this creation come into being? The impossible becomes possible by this inscrutable power that lies inherent in the Infinite, whereby, without changing, It appears to have changed.

MAYA INEXPLICABLE POWER OF THREE GUNAS

This inscrutable, inexplicable, mighty power, which is the cause of the entire universe, which makes the impossible possible, and creates differences and distinctions, is called maya. Maya is defined as, “That which is not.” One cannot say that she exists; nor can one say that she does not exist; she is not separate from the Lord, nor is she one with the Reality. Hence, maya has been described as Shakti, the incomprehensible and mysterious power by which the Infinite projects the universe.

Maya is made up of the three gunas, or the three moods — sattwa — the mood of purity, rajas — of activity, and tamas — the mood of laziness. In fact, everything in the universe is made up of these three qualities and it is a combination of them that makes the One appear as the many. In the inert stone there is a predominance of tamas; plant life shows a little rajas, animals are mainly rajasic and in human beings, sattwa is supposed to prevail. Some plants like the poison ivy are rajasic, whereas the tulsi is sattwic; among birds, the swan is sattwic, the crow is rajasic; among animals buffaloes are tamasic, lions are rajasic, and cows are sattwic. This differentiation exists in human beings too where one sees ‘stone-men’, ‘plant-men’, ‘animal-men’ and a few, rare sattwic individuals. Even during the day these three moods prevail alternately. In the morning, most people are tamasic until the first cup of tea or coffee (though morning is the most sattwic time); rajasic during the day and, sattwic when listening to spiritual discourses. The entire play of creation is made up of these three gunas. These three mighty powers create this entire universe of names and forms.



MAYA THE DIVINE MOTHER IN THREE FORMS

The sages, having discovered in their meditations this potent force, pictured maya in the form of the divine Mother. Just as the Lord appears as the Creator, Sustainer and Destroyer, maya manifests as three mighty powers; jnana shakti or the power to know and understand — Saraswati; iccha shakti or the power to desire — Lakshmi; and kriya shakti — the power to act — Durga.

Now, the Creator cannot create without knowledge; therefore, Brahma is wedded to Saraswati. The Sustainer requires desire or wealth to sustain everything; therefore Lakshmi is wedded to Vishnu, and Shiva, the Destroyer, cannot destroy without the power of action of Durga.

Each of the three Devis represents certain powers, qualities, and virtues that should develop within us. Even to create and achieve anything in life one needs to invoke these three powers, these faculties, which are inherent in each and everyone.

TWO ASPECTS OF MAYA

Very often, the word maya has negative connotations and people wonder how maya is worshipped in the temple in the form of these three Goddesses. In Sri Rama Geeta, Rama explains maya to his brother, Lakshmana, in a unique manner. The Lord first gives the simple definition of maya as that which creates distinctions of 'you and I', and 'yours and mine.' Then He points out that there are two types of maya — vidya maya and avidya maya.

Vidya maya, based on Knowledge, is the sattvic maya by which the Lord projects the universe; she always follows the Lord and is under His command. Look at nature; it displays nothing but the magnificence of this projection leading the mind to marvel at the beauty of the Conceiver of this maya — the Lord.

The other, avidya maya — ignorance — is Ishwara vimukha maya, that which takes one away from the Lord. In the picture portrayed by Tulsidas, Rama, the Supreme Reality, is followed by Sita (maya),

and Lakshmana, the individual (jeeva), walks behind her. As long as this sequence is adhered to, there is no suffering.

Later, in the Ramayana the order changes with Sita in front, Lakshmana behind her and Rama at the end. Maya becomes Hari vimukha — deluded — thereby misleading Rama to chase the deer, and also frightens and accuses Lakshmana so that he turns away from his duty to protect Sita.

On the other hand, sattwic maya wedded to the Lord bestows Knowledge and virtues, and is worshipped in the forms of Saraswati, Lakshmi and Durga. In fact, we never worship Narayana without Lakshmi, Shiva without Parvati or Brahma without Saraswati. It is only with this maya shakti that the Supreme Being becomes Ishwara and one is able to worship the Lord in a form.

SARASWATI THE GODDESS OF KNOWLEDGE, COMMUNICATION AND SPEECH



Let us start with the beautiful image of Mother Saraswati who is dressed in white, carries the most melodious musical instrument, the veena, and has two vehicles — a swan and a peacock. Saraswati is the Goddess of Knowledge and spiritual Wisdom that is transferred from Guru to disciple through the pure medium of Vani Devi Saraswati.

The Vedas have commanded — satyam vada, hitam vada, priyam vada — speak the truth that is beneficial and tell it sweetly. One has been advised to speak only the truth, never the untruth; also it should be for the welfare of all, not to harm others. It is important to know the difference between the good and the pleasing. Often teenagers who are loath to complain about friends to their parents must understand whether it will be detrimental or eventually helpful to the friend. Also, the truth should be

said in a thoughtful and amiable manner so that it hurts the least.

Saraswati embodies these three directives on communication and speech. Her white clothes indicate the significance of purity in speech; Her vehicle the swan — hamsa — is a mythological bird that can separate milk from water. It represents the intellect's capacity to discriminate between the Truth and untruth. The second vehicle, the peacock, is considered to be a lust—free bird. Mythologically, it is believed that the peacock bursts into tears pining for the rain on seeing thick, water-laden clouds in the sky. The pea-hen, unable to see his suffering, drinks these tears and conceives. In addition, the peacock on observing the anguish of humanity parched by the intense summer heat, dances to induce the clouds to give rain. It is a dance of selflessness. The veena symbolises purity and sweetness. Hence, speech should be truthful, pure, sweet, and selfless for it to benefit others.

Even to achieve success in the material world, one has to develop these qualities of healthy and effective interaction. Today, marketing is nothing but mastering the art of communication. One must be honest, trustworthy, and possess the ability to converse and convince genially to ensure an extensive market.

Saraswati Pooja is performed a day before Vijaya Dasami when books, pencils etc. are worshipped. Youngsters are taught to respect books as they symbolise Mother Saraswati Herself. The carpenter keeps his tools, the warrior his weapons, and all sources of knowledge are worshipped. Thus, Saraswati is both the Goddess of Knowledge and of communication and speech.



LAKSHMI THE GODDESS OF WEALTH AND DEVOTION

Mother Lakshmi is worshipped as the Goddess of Wealth. In Hinduism wealth has never been condemned but the emphasis is on how it is earned and spent. Wealth itself is sacred and that is why She is wedded to the Lord Himself; Lakshmi is

the power by which He sustains the world. However, wealth is not just limited to money or gold; the earth is wealth; all our resources are wealth; the whole prakriti or nature, and food are also wealth.

The Upanishads ask us to enquire into the nature of wealth and to whom it belongs. We come empty-handed and go empty-handed; nothing belongs to us. Did we create the world that it should belong to us? Unfortunately, man imagines himself to be the master of wealth. Both Ravana and Hanuman sought Sita who is none other than Lakshmi. She burnt down his Lanka but blessed Hanuman with numerous powers and abilities.

Lakshmi is the queen of the universe; She is depicted as a beautiful and enchanting woman; when She came out of the ocean, even the devatas fell at Her feet. But because She is in great demand, She is pictured as chanchalam and chapalam; She is never steady and walks out whenever She wishes! Like the elephants around Her who are unable to see clearly, She, too does not distinguish between one and another. Whether it is a king or an emperor, She leaves entirely at Her will.

Gurudev Swami Chinmayananda used to paint a dramatic portrait of Lakshmi's vibrant entrance, adorned in a golden sari studded with jewels, showering devotees with gold and precious gems. But She is chapalam, She gets bored very easily, and when She leaves, her long and regal sari sweeps everything away, including what you previously had! That is the nature of Lakshmi; therefore, do not be proud of wealth because when She decides to depart, She can take everything with Her.

However, there is an exceptional, secret way to eternally keep Her with you; Her permanent residential address is the feet of Lord Narayana! If you keep Narayana in your heart, Lakshmi will never leave you. And Narayana stays in the hearths of those who serve Him in every nara, those who serve every human being as a worship of the Lord, the best example being our saints and sages. Often people commence gigantic projects and then agonise over the initial lack of funds. Gurudev would say, "It's Narayana's work, Lakshmi has to come. Why do you worry?"

Ravana sought to master Lakshmi; if you hoard wealth to control Her, She will destroy you; but if you seek Her as a mother, She

will bless you with abundance. Think of Her as a mother and you will never feel insecure, for a mother's love never diminishes. If you worship Her as mother would you drown Her in alcohol, make Her dance in nightclubs, or gamble Her away? She is sacred. She is not to be taken to these places.

It is the rule of the world that when wealth is hoarded for selfish reasons, your own wife or own son may fight with you and wish your death. Conversely, if you invest it wisely for the welfare of others, it will come back to you. Worship Lakshmi as a mother; share Her with everyone and She becomes more and more joyful and showers you with infinite blessings.

Lakshmi is the Goddess of Virtues and the Goddess of Devotion. Devotion is not possible without Her blessings. When Bhagawam Narayana took avatar as Rama, she appeared as the compassionate Sita; when He appeared as Krishna, Lakshmi took the forms of Rukmani, the Goddess of Wealth, and Radha, the Goddess of Devotion.



DURGA

Durga is the form of the divine Mother who comes to protect. She is also Mahishasura Mardini, the destroyer of the demon buffalo, that represents all *tamas* — inertia and baser tendencies. Durga is the motivating force that pushes one to activity.

Do not underestimate the power of a woman. She is the formidable force that can create as well as destroy; neither man nor gods can withstand the expression of Her terrible wrath. However, a woman's real power lies in her gentleness, forgiveness, speech, love, kindness, and her capacity to create as well as destroy the mighty ego of man. Whenever a young couple approached Gurudev for blessings, he would counsel the woman to recognise her role as *Shakti*. "Don't try to be equal, but stoop to conquer!" he would say. An Indian bride enters her new home as a mild, meek

and gentle woman nodding her head to everything and then, over a period of time, she grows to rule the house enslaving everyone with her love and service including her complaining mother-in-law! Nobody can dare challenge her authority because they are lost without her!

This is the strength and power of a woman. Today, women are suffering because they do not recognise the forte of their femininity. Once, during a discourse at the height of the feminist movement, Gurudev roared, “No woman can ever be equal to a man!” Infuriated women were just about to stage a walk—out when he added, “Because a woman is greater than a man.” In a country where one always says, ‘Sita-Rama’, and ‘Radha-Krishna’, placing the name of Goddess first, it is deplorable that women have inflicted so many atrocities on other women. Unfortunately, we practice double standards; attitudes and behaviour that women criticise in their husbands are condoned in their sons.

Women are treated poorly when people fail to recognise and respect their mighty strengths and assets of love, compassion, sacrifice, and forbearance. When a man collapses during a crisis, it is the woman who rises to the occasion and takes charge. Moreover, a mother is irreplaceable; she can succeed in the role of being a father — be an ideal, provide for the family, and even enjoy playing games with her children as a father would. But it is nearly impossible for a man to give the gentleness, the compassion, the love, and security that a woman can.



KALI

The three mighty Devis put together is Kali. Some books written in the West show terrible pictures of Kali and state that Hindus worship demons! The Form of Mother Kali is both terrifying and compassionate. She is dark in complexion, blood all over her, naked, wearing just a loin cloth; her teeth are devouring people and her hands hold a variety of powerful weapons. This

mighty, awesome, and frightful power is necessary to destroy all the tamasic and rajasic negativities in us. Sri Ramakrishna Paramhansa and other saints have worshipped such a form as the most compassionate Mother of the Universe.

My own personal experience illustrates these two aspects of the fury and compassion of Kali. Once, as a young boy, I just greeted a friend by touching him on the back. For some baffling reason, he misunderstood my greeting, and wailed to his mother that I had hit him. The mother immediately stormed at me and while I was trying to explain, her huge and aggressive husband arrived and accused me of using foul language against his wife. A number of people gathered around in the complex, and the news reached my mother who immediately asked me to come up. Smarting under these false accusations, I attempted to clarify everything, but just burst into tears.

Sizing up the situation, my mother who had just washed her hair, wearing her long flowing gown, rushed to my defense. As she descended with her hair open, to confront this towering, six-footer giant, my normally quiet and gentle mother suddenly took the form of the ferocious Kali. All that was missing were the destructive weapons, which she replaced with her fiery and livid speech.

“How dare you talk to my son like that,” she flared. “I know my son, he can never use foul language. Don’t ever try to bully or threaten my son!”

NAVARATRI

The festival of Navaratri, which occurs twice a year — before Ramanavmi and before Vijayadasami — is the celebration of the nine days and nights dedicated to the divine Mother as Saraswati, Lakshmi and Durga. During the Navaratri festival we invoke all the qualities and virtues of the Mother and also celebrate Her infinite compassion.

Thus the three Devis are the mighty forces that we need within ourselves, both to achieve anything good and great in the world and also for contemplation and Realisation.

Hari Om!

Greetings from Chinmaya Vibhooti on Ganesha Chaturthi!
May Lord Ganesha's blessings and protection be with us all.

As you may know, the Pranav Ganesh Mandir at Chinmaya Vibhooti is currently under construction. The pranaprathishtha and kalasha puja is scheduled to take place on 26th January 2012, on the auspicious occasion of Ganesha Jayanti.

We are very pleased to report to you the progress and current status, and to let you know how you can be involved.

The basic structure of the temple is complete and it is looking fabulous! It is a three-storied temple with high ceilings and magnificent views from each side. Part way through the construction today, even with the granite stone-cladding, marble finishes and ornamental plaster works yet to be completed, the bare temple structure impresses all that it is a very special abode of Lord Ganesha in the making.

The combination of a spacious garbhagriha, expansive octagonal sabha mandap and meditation cave structure has all the makings of a temple that will have a glorious holy presence on the hilltop at Chinmaya Vibhooti.

Please find attached a letter from Puja Guruji Swami Tejomayananda about Likhita Japa sadhana. We still have time to receive the Likhita Japa books and therefore you may still start this sadhana. We would request that your notebooks be sent to us by September 2011 latest. Please do spread the word to your family members, friends, local schools, community centres, etc.

With love & gratitude,
In the Service of the Lord,
Chinmaya Vibhooti Team

Chinmaya Vibhooti
Post Kolwan
Taluka Mulshi
District Pune
412108

Tel: 020-22960012

Email: chinmaya.vibhooti@chinmayamission.com

Web: www.chinmayamission.com





SWAMI TEJOMAYANANDA



12 August 2008

Note to CM Centres: Please acknowledge receipt of letter below and forward it to all local members.

To: All Members of Chinmaya Mission Worldwide

Blessed Self,

Hari OM!

I am pleased to inform you that the second phase of *Chinmaya Vibhooti* is nearing completion in January 2009. The third phase will commence soon after that. The main feature of this third phase will be the temple of Lord Ganesha—named *Shri Pranava Ganesha*—on the hilltop. To make this temple project a successful and memorable event, we have designed a new initiative in which all our Chinmaya Family can easily participate.

21 WEEKS WITH LORD GANESHA!

- Each participating devotee should write the mantra.

ॐ गं गणपतये नमः

OM GAṂ GAṆAPATAYE NAMAḤ

in any language—everyday, 21 times, continuously for 21 weeks (147 days) only.

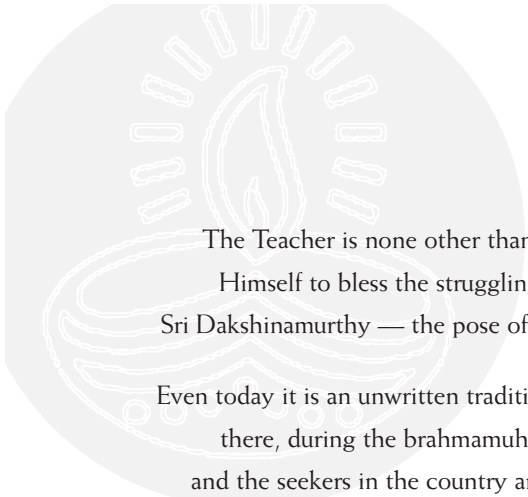
- Each week, each devotee should make some offering as well, of Rs. 11 or \$11 (it can be more or less).
- Each devotee can start writing on any day, but once started, it must be done everyday for 21 weeks continuously.
- Upon completion, devotees should send their notebooks and offerings to their local centre or to Central Chinmaya Mission Trust (Saki Vihar Road, Powai, Mumbai 400 072 India).
- The notebooks received will be deposited directly under the shrine on the day of the temple's consecration. The funds received will be utilized for the temple.
- Please encourage your children also to write this mantra. They can make an offering of Re. 1 or \$1 each week.

It is said that prayers go up and blessings come down! Lord Ganesha's blessings will be with you forever. While writing this mantra, pray to Lord Ganesha for the peace, prosperity, and happiness of all.

May the Lord's grace and Pujya Gurudev's blessings be with you!

In the Service of the Lord,

CENTRAL CHINMAYA MISSION TRUST, SANDEEPANY SADHANALAYA, SAKI VIHAR ROAD, MUMBAI - 400 072, INDIA.
Tel. 91-22-2857 2367, 2857 5806, 2857 2828 • Fax: 91-22-2857 3065 • E-mail: ccml@vsnl.com • Website: www.chinmayamission.com

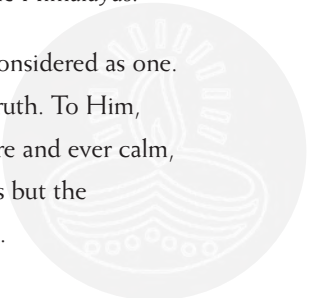


The Teacher is none other than the Supreme who has manifested Himself to bless the struggling aspirant, in the Divine Form of Sri Dakshinamurthy — the pose of the Supreme and compassionate Siva.

Even today it is an unwritten tradition in the Himalayas that all mahatmas there, during the brahmamuhurta-time, meditate facing south, and the seekers in the country are expected to meditate at the same auspicious hour, sitting down facing north towards the Himalayas.

Thus, by this suggestion, the Teacher and the Lord are considered as one.

The Guru is the manifest-symbol of the Primordial Truth. To Him, our prostration. Salutations to that Guru, who is ever pure and ever calm, the embodiment of Pure Knowledge, and who is but the indicative meaning of OM, the Supreme.



Swami Chinmayananda



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Vedanta 2010



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AUGUST 2010-
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AT CMW'S
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IN NORTHERN
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SERENE REDWOODS

CONDUCTED
IN ENGLISH

ENHANCES ONE'S
UNDERSTANDING AND
CLARITY OF BASIC
AND ADVANCED
VEDANTIC CONCEPTS



With the blessings of His Holiness Swami Tejomayananda, Head of Chinmaya Mission worldwide, Chinmaya Mission West (CMW) is pleased to announce its one-year, residential Vedanta Course at CMW's headquarters, the ashram of *Krishnalaya* in Northern California, amidst the serene Redwoods.

This residential, full-time course, without any holidays, will be conducted in English.

ELIGIBILITY

This Course is open to sincere seekers between the ages of 20 and 70 years.

REGISTRATION

\$12,000 (covers registration, lodging, boarding, and books; payable in installments)

DATES / ACHARYAS

The course will commence on August 7, 2010 and conclude on July 28, 2011.

Full-time Resident Acharya
Acharya Smt. Sharada Kumar

August 2010

Pujya Guruji Swami Tejomayananda

August-October 2010

Brahmachari Prabodh Chaitanya

November-December 2010

Swami Ishwarananda

January 2011

Swami Shantananda

February-March 2011

Swami Ishwarananda

April-May 2011

Brahmachari Prabodh Chaitanya

June 2011

Acharya Smt. Sharada Kumar

July 2011

Pujya Guruji Swami Tejomayananda



TO REGISTER

Complete the online form at
www.chinmayamission.org/plericy

All applications received will be reviewed. Eligible candidates will be asked to schedule a personal interview, the details of which will be provided at a later date.

For more information:

prabodh@chinmayamission.org
(707) 207-5011

TEXTS

His Holiness Swami Tejomayananda: Mandukya Upanishad, Tattva Bodha, Essence of Shrimad Bhagavatam and Ramayana

Swami Shantananda: Dakshinamurti Stotram, Sat Darshanam

Swami Ishwarananda: Shrimad Bhagavad Gita

Brahmachari Prabodh Chaitanya: Upadesha Sara, Atma Bodha, Drg Drshya Viveka, Panchadashi Ch. 1, and Upanishads (Ishavasya, Kena, Katha, Mundaka)

Acharya Sharada Kumar: Taittiriya Upanishad, Vivekachudamani, Vedic Chanting, Sanskrit, Sahasranamavalis, Bhajans



Chinmaya Mission Bala Vihar

Based on an Interview with Uma Jeyarasasingam
by Rupa, writer for India Currents magazine



We began the Bala Vihar Program in 1981 in the Bay Area.

Q *Why did you start teaching Bala Vihar?*

I began this program because our daughter, then 11 years old, was interested in attending Sunday School at a nearby Church with my neighbor's child. It eventually became a habit for her. She enjoyed it too. I am a student of Hindu Scriptures. My spiritual teacher was Swami Chinmayananda, who was the Founding Father of Chinmaya Mission centers all over the world. In founding the Mission, he had one objective in mind – "To bring Hindus to Hinduism." Swamiji initiated a Sunday School program for children in Northern California in September of 1981, which came to be known as Bala Vihar. He trained me for this program. I have just been continuing the good work he started many years ago, with the help of a large group of talented and deeply committed parents.

Q *Why do parents enroll their children in Bala Vihar?*

Parents who enroll their children in our program are of Hindu background who want their children growing up tens of thousands of miles away from India to appreciate the beauty of their culture and imbibe its essential aspects.

Q *I know that the number of enrollments has increased over the years. What is that a sign of?*

There are many reasons for the phenomenal growth we have seen in recent years. Since the late 90s, there has been a big increase in the number of Indian families moving into the Bay Area, which has been a significant factor. Indian parents with young children hear from their friends and neighbors about Bala Vihar, its structured curriculum, quality of instruction, the sense of community that it engenders, and above all, the impact that it has had on young Indian children over the years. Children who have been through Bala Vihar are comfortable “in their own skin”, so to speak, i.e., well grounded in their values, and following their culture and traditions in the western society. They are proud of who they are and have no inhibitions in sharing their cultural values and traditions with their American counterparts. And, children graduating from Bala Vihar go to some of the best schools in the United States year after year and then go on to do exceedingly well in their careers.

Q *What do you hope students get out of classes?*

Sense of identity. Appreciation for Hindu culture and values, and a firm grasp of its essential aspects. Pride in who they are coupled with respect for others. Eagerness to disseminate what they have learnt, to their younger counterparts.



Q *What keeps students engaged in the classrooms?*

Each grade has a syllabus specially designed for it. Hindu literature, as you know, is vast, diverse, and intriguing. Bala Vihar teachers delve at great length into the topics they teach. As a result, students also get involved and stay engaged. Children in the lower grades are kept engaged with stories, games, songs, and other such fun activity. Children in the higher grades are kept engaged with active discussion and debate of the topics being taught. We have no problem with student engagement at any grade level right from KG to 12th grade.

Q *What are some misconceptions (if any) about the classes?*

I am not aware of any misconceptions.

Q *Have you found Indian-Americans to be more or less connected with Hinduism over the years of teaching classes?*

I am very proud of students who have graduated from Bala Vihar over the years. Though born and / or raised in the US, they are very well connected with Hinduism. Their relatives living in India will attest to that.

Q *How have you seen practice of Hinduism evolve among Indians who live in the U.S. ?*

I am very proud and happy to see many Indians rediscovering their cultural roots and heritage by studying Hindu philosophy and practicing its values. Their numbers are increasing day by day, year by year. What makes me even prouder is the fact that many of these Indians are making a conscious attempt to not just live by what they have learnt but also to disseminate it to the next generation.





CHINMAYA INTERNATIONAL RESIDENTIAL SCHOOL – COIMBATORE, INDIA

Ref. CIRS/ADMNS/2010-11/544D
Dated: September 16, 2010

Sub: CIRS Admissions 2011-12

Blessed Self,

Hari Om and Namaskart

You will be happy to know that with all the help, support and guidance received from the Chinmaya family across the world –

- we have an overwhelming response from candidates for admission to all classes in CIRS which now accommodates 550 students from 23 States of India and 20 other countries
- our students continue to achieve higher levels of attainments in all facets of education – academic and otherwise
- CIRS is known and recognized across the globe as an educational institution of quality incomparable to any other

The work continues and we have now embarked upon the CIRS Entrance Examination for the year 2011-12 to be held on **November 7, 2010 Country wide in India and other countries between November 7-14, 2010**. We seek your support and active participation to further spread the message of the Quality Education offered in CIRS as envisaged by our Pujya Gurudev.

- We have attached an artwork of our admission notice which we would appreciate if you print it in a flex board size 4' x 3' and display at an appropriate place in the Yagna Mandap or in the Mission Centre / Exam Centre.
- You could also place it in your website so that the information is available to all our mission members / prospective parents.
- We will be grateful if you could circulate the admission notice over e-mail to the mission members, your friends and family etc.
- You may contact us for the better resolution of the artwork for printing purpose.

As per tradition, CIRS continues to –

- give preference to referrals made by Chinmaya family
- give definite weightage to siblings of our students
- provide a 10% concession in Annual Fee for the younger sibling(s) of our students as long as more than one sibling continues to study with us.

Thanking you for everything and looking forward to your support.

With warm regards and best wishes,

Shanti Krishnamurthy
Principal



CHINMAYA INTERNATIONAL RESIDENTIAL SCHOOL

(a co-educational institute set up in 1996 by the Central Chinmaya Mission Trust)

550 high-achieving students from 23 Indian states
and 20 other countries

CBSE Classes V-XII and IB DIPLOMA on a 100-acre campus



Entrance Examination

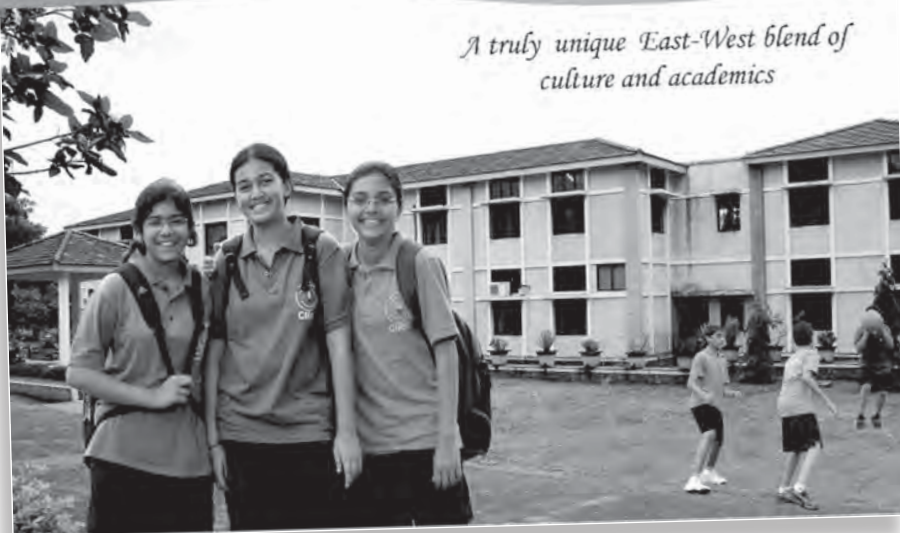
India-wide: 7 November 2010 (Sunday)

Overseas : 7 - 14 November 2010

*Merit-cum-means scholarships available. Registration form
can be downloaded from our website - www.cirsschool.org*

*Nallurvayal Post, Siruvani Main Road, Coimbatore-641 114,
Tamil Nadu, India. Ph +91 422 261 3300 Fx +91 422 261 5725*

*A truly unique East-West blend of
culture and academics*



BALA VIHAR LOCATIONS 2010-2011

FREMONT	Washington High School 38442, Fremont Blvd. Saturdays 1:30 pm Contact: Lakshmi Prakash – (510) 490-1266
SAN RAMON/ EAST BAY	California High School 9870 Broadmoor Drive/San Ramon, CA 94583 Saturdays 4:30 pm Contact: Meena Kapadia – (925) 680-7037
SAN JOSE	Lincoln High School 555 Dana Avenue Sunday - Session I-9:00am, Session II-10:30am Contact: Uma – (650) 969-4389

SHIVA ABHISHEKA & PUJA AT SANDEEPANY SAN JOSE

CONDUCTED BY MISSION MEMBERS

Time: 7:30-8:30 pm / Every 2nd Monday of the month

SWARANJALI YOUTH CHOIR

SAN JOSE

Choir sessions are held every alternate Sundays between 2:00 - 4:00 p.m.

Venue: Sandeepany / San Jose

Teachers: Prema Sriram, Jaya Krishnan, and Jayashree Ramkumar

Contact: Poornima Dilip: ranjani3201@yahoo.com

Those who are interested in joining the choir as vocalist or musicians may please contact Ranjani at the address above.

SAN RAMON/EAST BAY

Choir sessions are held once every two weeks, Saturdays at 2:30pm - 3:30pm

Venue: California High School

San Ramon, CA 94583

Teacher: Shailaja Dixit / Contact: Shailaja at 925-309-4837

Those who are interested in joining the choir as vocalist or musicians may please contact Shailaja at the above number.

FREMONT

Choir is held weekly on Saturdays, 12 noon - 1:00 pm

Venue: Washington High School / Fremont

Teachers: Natana Valiveti and Rajashri Iyengar

Contact: Natana at natana@yahoo.com

Those who are interested in joining the choir as vocalist or musicians may please contact Natana at natana@yahoo.com

Bhakti Rasamrutam

(The sweet essence of Devotion)



Swaranjali, Chinmaya Youth Choir, has produced 10 CDs containing 100 Bhajans, glorifying the Lord in many Indian Languages. The Bhajans are rendered by 15 students of Swaranjali, with devotion, an offering to the Lord as their contribution to the New Building Project.

Choir participants who sang on the Bhaktirasamrutam album were trained by Prema Sriram, Jaya Krishnan and Jayshree Ramkumar. The CD is entitled, Bhakti Rasamrutam, the sweet essence of Devotion.

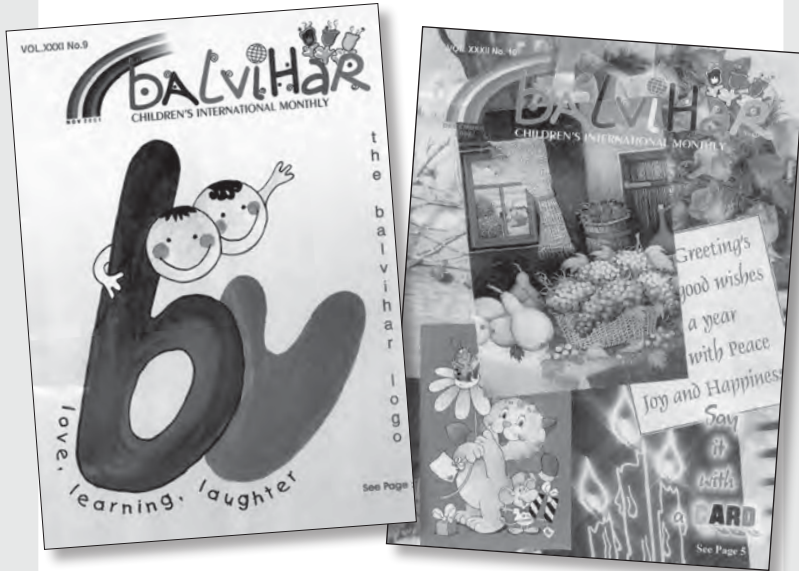
All details on this CD are posted on our web-site, chinmaya-sanjose.org.

This is a rare gift which is very inspirational and uplifting.

The proceeds from the CDs will add to our Fund-raising efforts. Thanks to all who contributed their time and talents to the production of the CD.

KIDS' OWN MAGAZINE...

BalViHar



Parents...

This is a monthly magazine published by Central Chinmaya Mission, Mumbai for Children. It is packed with stories, puzzles, arts and craft ideas, children's contributions of essays, riddles, games, and much more. You can subscribe to it directly. The annual subscription is \$30 and you will receive it monthly by air. We suggest that you subscribe in your child's name so your child will have the pleasure of receiving his or her own magazine from India.

Make your checks payable to *Central Chinmaya Mission Trust* and mail it to: Central Chinmaya Mission Trust
Sandeepany Sadhanalaya, Saki Vihar Road, Mumbai 400 072, India

GITA CHANTING CLASSES FOR CHILDREN

by Mallika Subramanian

San Jose: Lincoln High School / Every Sunday
Contact: (408) 245-4915

Fremont: Washington High School / Every Saturday
Contact: (510) 490-1266

San Ramon/East Bay: California High School
Every Saturday (3:15pm - 4:15pm)
Contact: (510) 490-1266

Our thanks to all our Sponsor families who have continued to support us for many years and to all Member families who have found our programs to benefit their children thereby supporting us. We have room for more Sponsors and Members. Please invite your friends to join the larger Chinmaya Family of the Bay Area.

CMSJ SPONSORSHIP Annual Contribution \$500
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 Chinmaya - Tej..... Annual CT Sponsors \$300
 Chinmaya - Tej..... Annual Subscription \$50
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Tapovan Prasad



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 WORLDWIDE

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Scheme of Study for Chinmaya Study Groups, US

1. Self Unfoldment
2. Tattva bodh
3. Bhaja Govindam
4. Atma bodh
5. Manah Shodhanam
6. Upadesa Saram
7. Narada Bhakti Sutra
8. Meditation and Life
9. Bhagavad Gita Introduction – Ch.1 & 2
10. Jnanasarah
11. Kenopanishad
12. Gita, Ch. 3 – 6
13. Dyanaswaroopam
14. Kaivalya Upanishad
15. Gita, Ch. 7 – 9
16. Isavasya Upanishad
17. Gita, Ch. 10 – 12
18. Bhakti Sudha
19. Gita, Ch. 13 – 15
20. Mundaka Upanishad
21. Gita, Ch. 16 – 18
22. Sat Darshan
23. Vivekachoodamani

Vedanta Study Groups held in the Bay Area are listed in this issue of Chinmaya Tej and you may contact them if you wish to join a Study Group.

BALA VIHAR/YUVA KENDRA AND LANGUAGE CLASSES

LINCOLN HIGH SCHOOL

555 Dana Avenue, San Jose

Bala Vihar is in three sessions.

Grades KG – 4: 10:30 - 11:45 a.m.

Grades 5 – 12: 9:00 - 10:15 a.m.

Language classes: 11:45 - 12:45 p.m.

Gita Chanting classes: 9:30 - 10:00 a.m.
10:30 - 11:00 a.m.
12:45 - 1:15 p.m.

Adult lectures by Br. Prabodhji, are held in the Media Room.

All details are posted on Website: www.chinmaya-sanjose.org.

All parents will receive E-mail announcements with regard to changes.

The Parking Lot is on Dana Avenue and you can walk from the parking lot to the class-rooms.

We are renting this facility from San Jose Unified School District. We are currently using 26 classrooms in three sessions.

I appreciate all the parents, some of you who are driving your children from as far North as Redwood City to San Jose. You will find it very rewarding as you see your children grow up with Hindu Heritage, moulding them into young adults. We want the best for our children.

FREMONT: Classes will begin on Sept. 11, 2010 at 1:00 p.m.

Classes include BalaVihar/Yuva Kendra, Gita Chanting, Languages and Dance classes. Vedanta Classes for Adults are also offered.

SAN RAMON/EAST BAY: Classes will begin on Sept. 11, 2010 at 4:30 p.m.

Classes include Bala Vihar/Yuva Kendra, Languages, Swaranjali (Youth Choir). Vedanta Classes for Adults are also offered.

We have 1540 children enrolled in our program from our three centers since enrollment started 07-08 school year. I wish to thank all the volunteers who are Teachers, Co-Teachers and Youth Helpers teaching and assisting in the different classes. It takes more than teachers to organize these programs at San Jose Lincoln High, Fremont Washington High, and California High School. Parent Volunteers and CMSJ Volunteers organize setting up, Book-Store, Snacks, Lecture Halls etc. Our sincere thanks to all the many dedicated volunteers.

Community Outreach Program

CHINMAYA MISSION SAN JOSE

Seva Opportunities

SAN JOSE

Are You Willing to Volunteer or Just Sponsor the Program?

If yes, please call Krishna Bhamre: (408) 733-4612
or e-mail sbhamre@yahoo.com

We need VOLUNTEERS for preparing and serving Hot Meals for the Homeless. Lunch bags are prepared at Los Altos Community Center. All Youth volunteers are required to sign up with Krishna Bhamre.

Meals For The Homeless Program: Served at San Jose's Emergency Housing Consortium at Orchard Drive off Curtner Avenue (Adult & Youth Volunteers & Sponsors).

FREMONT

Fremont BV sponsors Sandwiches For The Needy. On the 2nd Saturday/Washington High School in Fremont. Parents of Bala Vihar and the kids prepare 70 Sandwiches, bag them and provide chips, fruit and juice.

The Sandwiches are delivered to the Tricity Homeless Coalition, where they are served to adults and children.

The Shelter is located on 588 Brown Road, Fremont, CA In addition, last Christmas, Fremont Bala Vihar donated new blankets, sweaters, sweat shirts, and infant warm clothes etc. to the homeless at the shelter.

VEDANTA STUDY GROUPS ADULT SESSIONS

Concord:	<i>Bhagavad Gita, Ch. 8</i>	Sevak: Vipin Kapadia
Contact: Meena Kapadia (925) 680-7037		Time: 7:30 p.m. (Wed.)
Cupertino:	<i>Bhagavad Gita Q&A</i>	Sevak: Sreeharsha
Contact : Ram Mohan (408) 255-4431		Time: 7:30 pm (Thur.)
Fremont:	<i>Viveka Chudamani</i>	Sevika: Priya Batheja
Contact: Priya Batheja (510) 490-1926		Time: 7:30 pm (Mon.)
Los Altos:	Self-Unfoldment	Sevak: Uma Jeyarasasingam
Contact: Ruchita Parat (650) 858-1209		Time: 7:30 p.m. (Wed.)
Los Gatos	<i>Jnana Sara</i>	Sevak: Satish Joshi
Contact: Tiwari (408) 234-7815		Time: 8:00 p.m. (Fri.)
Milpitas	<i>Bhagavad Gita, Ch. 18</i>	Sevika: Uma Jeyarasasingam
Contact: Suma Venkatesh (408) 263-2961		Time: 7:30 pm (Tue.)
Mountain House:	<i>Self-Unfoldment</i>	Sevika: Padmaja Joshi
Contact: Padmaja Joshi (209) 830-1295		Time: 8:00p.m. (Wed.)
San Jose:	<i>Self Unfoldment</i>	Sevak: Ravi Kaw
Contact: Nancy Kaw (408) 251-4725		Time: 8:00 pm (Thur.)

Satsang with Br. Prabodh Chaitanya

Will start in November / All events are from: 8:00-9:00pm

1st Friday of each month:

Baljit & Prakash Bettadapur, San Jose, CA 95124
Text: *Will Start in November* • Ph: (408) 369-8315

2nd Friday of each month:

Geetha & Sanjay Rao
Text: *Will Start in November* • Ph: (408) 532-6461

3rd Friday of each month:

Sweta & Jnana Dash, Almaden
Text: *Will Start in November* • Ph: (408) 268-5056

All classes held weekly unless otherwise stated

San Jose (LHS) Contact: Sreeharsha (408) 446-9823	<i>Bhagavad Gita</i>	Sevak: Sreeharsha Time: 3:00 pm (Sun.)
Sandeepany SJ Contact: Mallika Subramanian (408) 245-4915	<i>Vedic Chanting</i>	Sevak: Subbu Venkatakrisnan Time: 6:55 pm (Thur.)
San Ramon: Contact: Sireesha Balabadra (925) 804-6102	<i>Bhagavad Gita, Ch 3</i>	Sevika: Sireesha Balabadra Time: 7:30 p.m. (Wed.)
San Ramon/East Bay: Contact: Sireesha Balabadra (925) 804-6102	<i>Bhagavad Gita, Ch 5</i>	Sevika: Vipin Kapadia Time: 7:30 p.m. (Sat.)
Saratoga: Contact: Kalpana Jaswa (408) 741-4920	<i>Kindle Life</i>	Sevika: Kalpana Jaswa Time: 7:30pm (Thur.)
Sunnyvale: Contact: Rohini Joshi (408) 730-2596	<i>Bhagavad Gita Ch. 2</i>	Sevak: Satish Joshi Time: 8:00 pm (Wed.)
Redwood City: Contact: Sunil Jeswani (650) 364-1074	<i>Bhagavad Gita, Ch. 4</i>	Sevak: Sreeharsha Time: 7:30 pm (Fri.)
Walnut Creek: Contact: Rakesh Bhutani (925) 933-2650	<i>Bhagavad Gita Ch. 4</i>	Sevak: Vipin Kapadia Time: 9:30 am (Sun.)

Prabodhji's Classes at Bala Vihar Locations

- Fremont: Saturdays 1:45 p.m. *Will start in November*
San Ramon/East Bay: Saturdays 4:45 p.m. *Will start in November*
San Jose: Session 1 *Will start in November*
Session 2 *Will start in November*

Prabodhji's Classes at Sandeepany

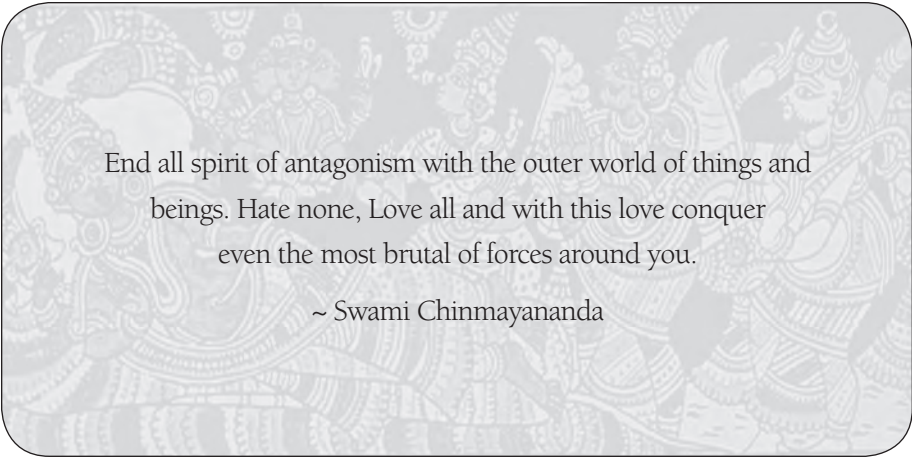
- Mondays & Wednesdays: 10-11:30 a.m. *Will Start in November*
Tuesdays & Thursdays: 6:30-7:30 a.m. *Will Start in November*
Tuesdays & Thursdays: 7:30-8:30 p.m. *Will Start in November*
Saturdays: 6:30-8:30 a.m. *Will Start in November*



Swami Tejomayananda's Itinerary

FALL 2010

DATE	LOCATION/EVENT	PHONE
Oct 19 - Oct 20	Patiala Er P K Jain Partap Nagar, Patiala 147 001	91 - 98726 94122
Oct 21 - Oct 24	Chinmaya Mission Delhi	91-11 2464 3296
Oct 26 - Oct 31	Chinmaya Surya Puducherry	91-94420 52288
Nov 2 - Nov 6	Chinmaya Mission Chinmaya Educational Complex Calicut, Kerala	91 97457 88100
Nov 9 - Nov 14	Chinmaya Mission Lucknow, Uttar Pradesh	91 533 401 0690
Nov 18 - Nov 22	Er R P Patnaik Berhampur, Orissa	91 94371 22878
Nov 24 - Nov 30	Chinmaya Ashram Ranchi, Jharkhand	91 94303 30160



End all spirit of antagonism with the outer world of things and
beings. Hate none, Love all and with this love conquer
even the most brutal of forces around you.

~ Swami Chinmayananda

Join the Chinmaya Family as *SPONSORS*...

We invite you to join our Sponsorship program so that you can help us to promote, sustain and continue to teach adults and children, alike, the Hindu Dharma which is our Heritage. Chinmaya Mission began its service to the Hindu Community some 20 years ago in the Bay Area. We are funded by public contributions. Your contribution, as a Sponsor, goes towards the operation of Sandeepany. Many families who are taking part in the various classes that we offer to adults and children, have enrolled themselves as Sponsors. They enjoy many benefits and become an integral part of the spiritual family at Sandeepany. Sponsorship is an annual contribution of \$500 per family. The donation is tax deductible and can also be paid bi-annually, quarterly or monthly.

What Do Our Sponsors Receive?

- They enjoy all the classes offered at Sandeepany Schools for adults and children.
- They will receive the journal, **MANANAM** and the bi-monthly Newsletters: **Chinmaya Tej** and **CMW Newsletter**.
- Sponsors are invited to attend Weekend Retreats held periodically at Sandeepany.

UNITED WAY CONTRIBUTIONS

Your contributions to United Way can now be designated to Chinmaya Mission San Jose (United Way I.D. No 212100).

The Mission is enrolled to receive such contributions with United Way Agency in Santa Clara.

Chinmaya Family would like to thank you for your support.

DIRECTIONS TO SANDEEPANY SAN JOSE

If travelling South on 101
Take Guadalupe Expressway Exit
Then go past the airport about two (2) miles and get off at
Park Ave. exit

At the bottom of the ramp, and at the light, make a right turn

If travelling South on 280
Take the Meridian North Exit
Go to Park Ave. and make a right turn

If travelling South on 880
Take the 280 exit to San Jose
Get off at the Meridian North Exit
Go to Park Ave. and make a right turn

If travelling South on 680
Get off at Race Street Exit
At the bottom of the ramp, at the light, make a right turn
Go to Park Ave. (3rd light) and make a right



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Sandeepany San Jose

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