



ଚିରନ୍ତନ



ଚତୁର୍ବିଂଶ ସଂଖ୍ୟା, ଫେବୃଆରୀ, ୨୦୧୦



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**Jagannath Organization for Global Awareness (JOGA)
Newsletter
Issue No: 24
February 8, 2010
<http://www.jogaworld.org>**

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Bhagabat Gita: The Sacred Hindu Scripture



କର୍ମଣୋହ୍ୟପି ବୋଧବ୍ୟଂ ବୋଧବ୍ୟଂ ଚ ବିକର୍ମଣଃ ।
ଅକର୍ମଣଃ ବୋଧବ୍ୟଂ ଗହନା କର୍ମଣୋ ଗତିଃ ॥

**karmanohyapi boddhavyam
boddhavyam ca vikarmanah |
akarmanas'ca boddhavyam
gahana- karmano gatih ||**

ଏହି ଶ୍ଳୋକଟି ଭଗବତ୍ ଗୀତାର ଚତୁର୍ଥ ଅଧ୍ୟାୟରେ ବର୍ଣ୍ଣନା କରାଯାଇଛି । ଶ୍ରୀ ଭଗବାନ କହିଲେ - କର୍ମକରିବା ପଛା ଅତି ଜଟିଳ, ତାକୁ ବୁଝିବା ବଡ଼ କଠିନ । ତେଣୁ ବ୍ୟକ୍ତିକୁ ଭଲରକମ ବୁଝିବାକୁ ପଡ଼ିବ କର୍ମ କ'ଣ, ବିକର୍ମ କ'ଣ ଓ ଅକର୍ମ କ'ଣ ।

The intricacies of action are very hard to understand. Therefore one should know properly what action is, what forbidden action is, and what inaction is.

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Bhajan Schedule: Third Saturday of every month

Place: Hindu Temple, 10001 Riggs Road, Adelphi, MD 20783 (Tel: 301-445-2165)

6:00 –9:00 PM Bhajan, Philosophical Discussion, Arati, and Prasad

Holi on March 6, 2010:

Holi will be celebrated on March 6, 2010 at Hindu Temple, Adelphi, Maryland. Please check Holi information page at the end.

Chirantana Info:

Chirantana is the bi-annual newsletter of Jagannath Organization for Global Awareness (JOGA). Chirantana is published in February and August months of every year.

Editor: Dr Bigyani Das

Editor (Yoga Section): Anjana Chowdhury

Email: obhajan@yahoo.com

Deadlines: Religious, philosophical and educational articles are invited from the authors by January 15 and July 15 of every year for February and August issues respectively. All submissions are subject to review.

Mahamantra Program at Hindu temple on December 27, 2009

Naresh Das, Dayton, MD

Maha means great and mantra means the sound which removes ignorance.

More than 200 devotees thronged to Hindu temple on Dec 27th 2009 to participate in mahamantra chanting program organized by **Jagannath Organization for Global Awareness (JOGA)**. After four hours of non-stop chanting of *mahamantra* some of the devotees said; i) can we arrange this program more often, ii) what a wonderful experience to chant and dance at the same time, iii) I like this chanting program than just sitting and singing bhajans, and iv) this mahamantra programs give everyone, children or adults, professional or amateur singers an opportunity to sing together. Finally all the devotees got Lord Jagannath's favorite *chhapana bhoga* (fifty six items) *mahaprasada* prepared by volunteer devotees.



(Picture of devotees chanting mahamantra and chapan bhoga offerings)

The transcendental vibration established by the chanting of mahamantra Hare KRISHNA, Hare KRISHNA, KRISHNA KRISHNA, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare is the sublime method of reviving our KRISHNA consciousness. As living spiritual souls we are all originally KRISHNA conscious entities, but due to our association with matter from time immemorial, our consciousness is now polluted by the material atmosphere. The material atmosphere, in which we are now living, is called Maya, or illusion. Maya means "that which is not." And what is this illusion? The illusion is that we are all trying to be lords of material nature, while actually we are under the grip of her stringent laws. When a servant artificially tries to imitate the all-powerful master, this is called illusion. In this polluted concept of life, we are all trying to exploit the resources of material nature, but actually we are becoming more and more entangled in her complexities. Therefore, although we are engaged in a hard struggle to conquer nature, we are ever more dependent on her. This illusory struggle against material nature can be stopped at once by revival of our KRISHNA consciousness.

KRISHNA consciousness is not an artificial imposition on the mind; this consciousness is the original energy of the living entity. When we hear the transcendental vibration, this consciousness is revived. And this process is recommended for this age by authorities. By practical experience also, one can perceive that by chanting this maha-mantra, or the Great Chanting for Deliverance, one can at once feel a transcendental ecstasy coming through from the spiritual stratum. And when one is factually on the plane of spiritual understanding--surpassing the stages of senses, mind, and intelligence--one is situated on the transcendental plane. This chanting of Hare KRISHNA, Hare KRISHNA, KRISHNA KRISHNA, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare is directly enacted from the spiritual platform, and thus this sound vibration surpasses all lower strata of consciousness-- namely sensual, mental, and intellectual. There is no need, therefore, to understand the language of the mantra, nor is there any need for mental speculation or any intellectual adjustment for chanting this maha-mantra. It springs automatically from the spiritual platform, and as such, anyone can take part in the chanting without any previous qualification, and dance in ecstasy.

We have seen this practically. Even a child can take part in the chanting. Of course, for one who is too entangled in material life, it takes a little more time to come to the standard point, but even such a materially engrossed man is raised to the spiritual platform very quickly.

The word Hara is the form of addressing the energy of the Lord, and the words KRISHNA and Rama are forms of addressing the Lord Himself. Both KRISHNA and Rama mean "the supreme pleasure," and Hara is the supreme pleasure energy of the Lord, changed to Hare in the vocative. The supreme pleasure energy of the Lord helps us to reach the Lord.

These three words, namely Hare, KRISHNA, and Rama, are the transcendental seeds of the mahamantra. The chanting is a spiritual call for the Lord and His internal energy, Hara, to give protection to the conditioned soul. Hari, or KRISHNA, and the Lord reveals Himself to the devotee who chants this mantra sincerely.

No other means of spiritual realization, therefore, is as effective in this age as chanting the mahamantra. Hare KRISHNA, Hare KRISHNA, KRISHNA KRISHNA, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare.

Chant mahamantra every day for a few minutes with complete devotion to God for a blissful life.

ମନସିଞ୍ଜ ମନମୋହନ

ଗୋପାଳକୃଷ୍ଣ ପଟ୍ଟନାୟକ

ମନସିଞ୍ଜ ମନମୋହନ ଘନଶ୍ୟାମ ସୁନ୍ଦର ରେ, ସଜନୀ ।
ହେମ ବରନୀ ପ୍ରେମରେ ତୋର ନିତି ଜର ଜର ରେ ।ପଦା

ସ୍ଫୁଟ ଚମ୍ପକ ବଲ୍ଲୀ କି ସେ ସେ ଦୂରରୁ ବିଲୋକି
ଉଠି ଆସୁ ଆସୁ ତନୁଯାକ ହେଉଥିଲା ଧର ଧର ରେ ।୧।

ନାଗ କେଶର କୁଞ୍ଜରେ ତୁ ପାହୁଡ଼ିକା ଶେଯରେ
ବସି ରାଧେ ରାଧେ ବୋଲି ଗୀତ ଗାଉଥିଲେ ଧୀର ଧୀର ରେ ।୨।

ଶୁଣି ହଂସଜା ବନରେ ରାଜହଂସ ନିସ୍ଵନରେ
ତୋର ହଂସକ ପରି କଂସ ବଇରୀ ମଣି ତର ତରରେ ।୩।

ଦେଖ କେତକୀ ଦଳରେ ଲେଖା ଲେଖି ମୋ କରରେ
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ଗୁଣି ଗୁଣି ଗୁଣ ଗଣକୁ ତୋର ସୁନ୍ଦର ପଶକୁ
ଗୋପାଳକୃଷ୍ଣର ପୁରତରେ କହୁଥିଲେ ବାରେ ବାରେ ରେ ।୫।

Manasija Manamohana Gopalakrushna Pattnaik

manasija manamohana ghanashyama sundara re
sajani
hema barani premare tora niti jarajara re sajani
|pada|

sphuta champaka balli ki se je duraru biloki
uThi Asu Asu tanujAka heuthilA thara thara re |1|

nAga keshara kunjare tu pAhuDikA shejare
basi rAdhe rAdhe boli gita gAuthile dhira dhira re
|2|

shuNi hansajA banare rAjahansa niswanare
tora hansaka pari kansa bairi maNi tara tara re |3|

dekha ketaki daLare lekha lekhi mo karare
deu deu nayana kale thana thana nire dhara dhare
re |4|

guNi guNi guNa gaNaku tora sundara paNaku
Gopalakrushnara puratare kahuthile bAre bAre re
|5|

POEMS/STORIES/ESSAYS

Surya Namaskar

Mina Subudhi

Surya Namaskar or Salutation to Sun is a very important part of Yogasana. It comprises exercises along with Asanas which bring general flexibility of the body, preparing it for further Asanas. There are 12 steps in each round. One can perform up to 12 rounds. The following prayer is chanted before starting Surya Namaskar:

**Aum Hiranmayena Patrena
Satyasyapihitam Mukham
Tat Twam Pusan Apavru
Satya Dharmaya Drustaye.**

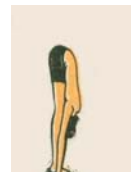
The prayer means – “Like a lid to a vessel O Sun God, your golden sphere covers the entrance to Truth. Kindly open the entrance to lead me to Truth”.

Each round of Surya Namaskar is done after the utterance of Omkar with appropriate Bija Mantra, along with the corresponding name of Sun God in the following sequence:

**Aum Hram Mitraya Namah
Aum Hrim Ravaye Namah
Aum Hrum Suryaya Namah
Aum Hraim Bhanave Namah
Aum Hroum Khagaya Namah
Aum Hrah Pusne Namah**

Each step of Surya Namaskar is undertaken with the regulation of breath. These are as follows:

1. Stand erect with the legs together and palms together. Take the hands above the head and bend the trunk backwards. Here inhale fully.
2. Bend the body to the front and try to touch the knee by the forehead. Keep the palms on the floor on either side of the legs. Exhale completely.
3. Then bring the right leg back, take the left knee forward, look up and inhale. Touch the back of thigh with the heel.
4. Take the left leg also back, resting only on palms and toes, keep the body straight from head to toes inclined to the ground at about 30 degree. Exhale completely.



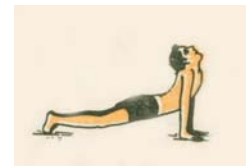
5. Now bend at the knee and rest the knees on the floor without altering the positions of the palms and toes. Rest the forehead on the ground. In this position inhale while moving backwards and then exhale completely.



6. Without moving the hands and toes, come forward on the chest and rest the forehead. This is called "Astanga Pranam". Stay in breath out condition. Forehead, chest, hands, knees and legs all will touch the ground. The buttocks will be raised up.



7. Inhale; raise the head and chest upwards, making the spine concave with support of palms. Legs and Palms should be straight.



8. Exhale, raise the buttocks, push the head down and have a complete arch with the heels touching the ground and palms on the floor. Chin will touch the chest.



9. Same as in 5th step, take normal breathing.



10. Inhale and bring the right leg in between the hands. This position is same as in the step 3.

11. Exhale and bring the left foot forward side of the right foot and touch the knees with forehead as in step 2.



12. Inhale, come up, stand erect with hands along the body and relax.

After completion of 12 rounds one gets tired & hence can perform Savasana.

Savasana :

Lie down on the ground with face upward and hands and legs apart. Then allow the whole body to relax completely. With the concentration of mind on different parts of the body starting from the toes to the head, a feeling of relaxation is propagated.

General Guidelines for Practice of Surya Namaskar :

Surya Namaskar should be done in empty stomach; morning time is the best time to perform, (at the time of sunrise).

These practices can be performed before or after bath, but allow about 15 minutes between practices & bath.

Daily practice essential for fast progress.

Practice it in correct sequence. Do not mix it up.

Women should not practice this during menstrual period.

Remove all tensions while performing this.

Surya Namaskar is a complete exercise. Along with the pronunciation of 'Omkar', the Bija Akhsara- 'Ha' and the sound 'R' which exist in every Mantra influence and stimulate the nerve centers in the brain leading to the respiratory, circulatory and digestive systems, make them more active, efficient and healthy. They keep spinal cord healthy and flexible, muscles active and improve brainpower, digestion, remove constipation and fatness. That also helps to increase stamina by removing mental anxiety & fickleness. This is useful for controlling diabetes & skin problems. It provides energy with luster to our body.

Mrs Mina Subudhi

Programme Co-ordinator & Yoga Trainer

Manav Adhyayan Kendra – MAK

(For Complete Development of Human Resources)

Web- www.makorissa.org

e.mail- mina.subudhi@rediffmail.com

ମୋହନ ମୁରଲୀ ବାଜିଲା ରେ ସଖୀ
ବିଜ୍ଞାନୀ ଦାସ, ଡେବନ, ମେରୀଲାଣ୍ଡ ।

ମୋହନ ମୁରଲୀ ବାଜିଲା ରେ ସଖୀ
ନାନା ରଙ୍ଗେ ରଙ୍ଗାଇ, ମନ୍ଦ ସମୀର ବହି
ମଧୁର ମଧୁରତୁ ସାଜିଲା ରେ ସଖୀ ।ପଦା

ସରସିଜ ନୟନ ଶ୍ୟାମଳ ଅପଘନ
ବଜାଇ ବଇଁଶୀ ମନ୍ଦ ମନ୍ଦ ହସି
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ରଙ୍ଗ ବୋଳା ଶୀଅଙ୍ଗ ବାଙ୍କ ନେତ୍ର ଡ୍ରୀଭଙ୍ଗ
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ପ୍ରେମ ରଙ୍ଗେ ରଙ୍ଗାଇ ପରାଶ ନେଲା ମୋହି
ଶ୍ୟାମ ଚିନ୍ତନେ ମନ ହଜିଲା ରେ ସଖୀ ।୩।



Talent Search Scholarship for 2010

JOGA in association with Maheswar memorial trust (MMT) conducted talent search examination for high school students in Bhadrak district, Orissa, India. More than 400 tenth grade students from around 200 high schools participated in the talent search examination on December 20, 2009 in four centers throughout the district. The centers were at Bhadrak High school, AB High school, Basudevpur, Chandbali High school and Simulia High school. In total 20 students were selected to receive Rs. 1000.00 scholarship award given at a glittering function on Jan 19, 2010. Every year applications are invited from high school students in the month of October, written examination is held in the month of December and awards are given in the month of January/February of following year. Here are the pictures of students receiving award certificate and money from Bhadrak Jilla parisad chairman Mr. Jagannath Swain and Mr. Prafulla Samal minister of rural affairs. Dr. Purna Chandra Das president of MMT is handing over the award money.



This is the list of awardees of JOGA Sponsored Maheswar Memorial Talent Search Examination 2009.

URBAN Area:

1	Bhabatosh Nayak (First)	M.M.Saraswati sisu Mandir - Bhadrak (91%)
2	Sadhana Suman	B.M.Bagurai High School , Bhadrak
3	Pratik Ray	Zilla High School , Bhadrak
4	Dibyajyoti Das	A.B.High School , Basudebpur
5	Monalisa Jena	Govt.Girls High School, Bhadrak

RURAL Area :

1	Prativa priyadarshini Sethy	Sabarang High School, Sabarang, (77 %) FIRST
2	Swati Mohapatra	Sabarang High School, Sabarang, FIRST
3	Suchismita Satpathy	Balikhanda High School, Balikhanda
4	Kanhein Khilar	B.S.U.V. Maitapur
5	Bharat Kumar Das	K.C.Vidyamandir Agarpada
6	Swarupananda Pati	Arsa High School, Arsa
7	Sandhya Rani Nanda	Berhampur High School , Ichhapur
8	Saugat Panda	Padmavati Girls High School , Bana
9	Arnapurna Panigrahi	Panchayat High School Betada
10	Geetanjali Dhupal	Malati Devi Girls High School , Padmapur
11	Pragyan Paramita Nayak	Baro High School , Baro
12	Kishore Kumar Patri	Mahammedpur High School , Mahammedpur
13	Krushna Mohan Das	N.P.High School , Bedeipur
14	Khirabdi Tanaya Behera	R.N.High School , Markona
15	Lipsa Das	U.N.Academy, Khirikona
16	Bhabani Shankar Lenka	Bapujee High School , Gelpur

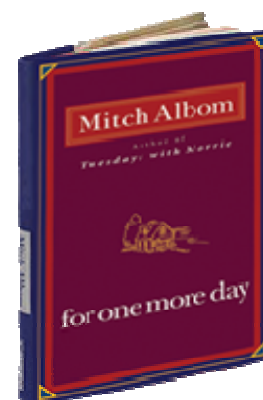
Bhajan Program sponsors: We thank all the families for regularly participating in bhajan program activities. Bhajan program consists of group bhajan singing, Arati, discussion and Prasad. On eventful occasions, special traditions are followed. **(Note: All the bhajan participants are requested to bring their JOGASUTRA book to the bhajan program to sing along group bhajans. If you have not received a book, please let us know.)** Our heartfelt thanks are due to the following families for sponsoring feasts on different months:

Raj and Soni Rath, MD
Shashadhar and Meera Mohapatra, MD
Debaki and Anjana Chowdhury, MD
Joy Gopal and Sulochana Mohanty
Bijay and Sinu Dash
Sarat and Sujata Dalai

Book Reading: For One More Day- by Mitch Albom

For One More Day is the story of a mother and a son, and a relationship that covers a lifetime and beyond. It explores the question: What would you do if you could spend one more day with a lost loved one?

In our life time we sometimes forget the intimate, nurturing sacred world of our mental spectrum and invest more time on things instead of human beings, our loved ones and the people around us. “For One More Day” is a reminder to everybody to explore that loving peaceful spectrum of the mind.



Wise Thoughts:

- ❖ The only wisdom we can hope to acquire is the wisdom of humility: Humility is endless. -- *Ralph Waldo Emerson*
- ❖ Common sense in an uncommon degree is what the world calls wisdom. -- *Samuel Taylor Coleridge*
- ❖ After the event even a fool is wise. -- *Homer*
- ❖ From the errors of others a wise man corrects his own. -- *Publilius Syrus*
- ❖ Wisdom is meaningless until our own experience has given it meaning. -- *Bergen Evans*

TWELFTH HOLI FESTIVAL

Organized by

Jagannatha Organization for Global Awareness (JOGA)

www.jogaworld.org

obhajan@yahoo.com

Day : March 6, 2010

Time: Saturday, 3:00 PM - 9:00 PM

Place: Hindu Temple Auditorium

10001 Riggs Road

Program:

- ❖ Holi procession of Deities
- ❖ Arati and Bhajan
- ❖ Cultural: Songs, Dances, Talent shows
- ❖ Prasad/Dinner

Special Presentations:

Drama: All in One Baba (Sarbasiddhi Baba)

Drama: Odia Kie by 2nd Generation Oriyas

Children's Drama: Mahishamardini

Contacts:

Joy Gopal Mohanty	(410) 796-0608
Brahmapriya Sen	(410) 531 1943
Bigyani Das	(410) 531-7445
Meera Mohapatra	(301) 879 8188
Hemant Biswal	(703) 793 2632
Bandita Mishra	(301) 540-4641
Arun Ojha	(240) 715 1704
Debaki Nandan Chowdhury	(301) 528-1919

Donations: Family-\$30, Single-\$15

Sponsorship:

Balabhadra Sponsor - \$200.00

Subhadra Sponsor - \$150.00

Jagannath Sponsor - \$100.00

Nilachakra Sponsor - \$50.00

(All donations are tax deductible)

Coordinators:

Melana:

Joy Gopal Mohanty –jgmohanty@yahoo.com

Sashadhara Mohapatra -smohapatra318@yahoo.com

Prasad:

Hemant Biswal – hbiswal@hotmail.com

Lalit Behera – beheralk@hotmail.com

Decoration:

Maushumi Patnaik - Maushumi_p@hotmail.com

Purnima Panda - purnimapanda@yahoo.com

Cultural Coordinators:

Children's Part:

Sangeta Dey - sangeetadey@yahoo.com

Manaswini Sahu -manaswini_sahu@yahoo.com

Adults Part:

Dharitri Banerjee –dharitribanerjee@gmail.com

Leena Mishra - leena_mishra@hotmail.com

Professionals Part:

Bigyani Das – obhajan@yahoo.com

Nrusingha Mishra – mishranc@verizon.net

Direction to the temple: From I-95/I-495 CAPITAL BELTWAY, take New Hampshire Ave. exit, exit number 29A, towards Wheaton. Right turn to Powder Mill Rd at 3rd traffic light, Right turn to Riggs Rd, temple on your left before the bridge.