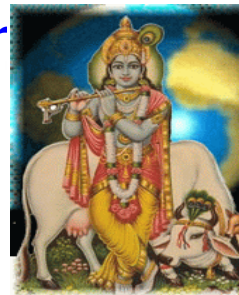


ଚିରନ୍ତନ ପତ୍ରିକା

Chirantana Newsletter



ଓଁ ଜୟ ଜଗନ୍ନାଥ ଜୟ ଜଗନ୍ନାଥ ଜୟ ଜଗନ୍ନାଥ ଓଁ



ଏକାଦଶ ସଂଖ୍ୟା, ଅଗଷ୍ଟ ୨୦୦୩, 11th Issue, August 2003 <http://www.jogaworld.org>

ଯଦା ସଂହରତେ ଚାୟଂ କୁର୍ମୋଜାନୀବ ସର୍ବଶଃ ।
ଇନ୍ଦ୍ରିୟଶି ଇନ୍ଦ୍ରିୟାର୍ଥେଭ୍ୟସ୍ତସ୍ୟ ପ୍ରଜ୍ଞା ପ୍ରତିଷ୍ଠିତା ॥୫୮॥

ଏହି ଶ୍ଳୋକଟି ଭଗବତ୍ ଗୀତାର ଦ୍ଵିତୀୟ ଅଧ୍ୟାୟରେ ବର୍ଣ୍ଣନା କରାଯାଇଛି । ଏହି ଶ୍ଳୋକଟିର ସାରମର୍ମ ହେଲା: ଯେଉଁଭଳି କଛପ ଚା'ର ଅଙ୍ଗପ୍ରତ୍ୟଙ୍ଗଗୁଡ଼ିକୁ ନିଜ ଭିତରକୁ ଟାଣି ନେଇପାରେ, ସେହିପରି ଯେଉଁବ୍ୟକ୍ତି ଇନ୍ଦ୍ରିୟଭୋଗ୍ୟ ବସ୍ତୁରୁ ଇନ୍ଦ୍ରିୟମାନଙ୍କୁ ଟାଣି ନେଇପାରେ, ସେ ପ୍ରକୃତ ଜ୍ଞାନରେ ଶ୍ଵିର ହୋଇଛି ବୋଲି ବୁଝାଯିବ ।

One who is able to withdraw his senses from sense objects, as the tortoise draws its limbs within the shell, is firmly fixed in perfect consciousness.

Celebrating Sixth Anniversary:

Congratulations to all the devotees, for your esteem sincerity and devotion for which we celebrate the **Sixth Anniversary** of the bhajan program in this auspicious month of August. It is our great pleasure to bring the eleventh issue of this religious newsletter **CHIRANTANA**. This issue contains various articles, and news since the last issue published in February 2003. **CHIRANTANA** is a biannual religious newsletter published in the month of February and August. You can view this newsletter at our above JOGA webpage. We invite your active participation by sending the religious and educational articles to obhajan@yahoo.com by the end of January and July to be published in the February and August issues respectively.

The bhajan mandali appreciates the help received from the Baltimore Temple priests for the continuity of this program.

What's New:

Our experiments to organize bhajan program at different temples produced mixed results. During summer, while our dear Oriya priests were enjoying their Orissa trip, we went to Murugan temple and Hindu temple in June and July respectively for our bhajan sandhya program. Our objective was to propagate Jagannath philosophy to other communities near DC area and to attract more people residing near DC area. Our observations can be summarized as:

1. Temple managements at both the above temples were very cooperative for bhajan program and they invited us to organize such programs regularly.
2. Some non-Oriya people also joined us in bhajan program. It was really encouraging to see such participation in Murugan temple.

3. Our regular participants remain unchanged. No significant increase in participation of Oriyas in DC area was observed.



Picture of June 2003 bhajan program at Hindu Temple

As we move forward, we invite you to volunteer for bhajan program if you think the program is useful for you and your family. We invite everyone residing in Washington DC and vicinity to attend this monthly bhajan program, organized by Jagannath Organization for Global Awareness (JOGA), to chant bhajans, and to listen and participate in religious discourses.

September is Children's Month:

We celebrate September as the Children's month. For this year's activity every child should recite a *shloka* (4 liner- 8 liner) and a prayer (one stanza) of his/her favorite God/Goddess. Do you have other ideas like organizing workshop etc., to make this program successful? Please share.

What's Inside:

- | | |
|--|----------------------|
| Balamukunda (Srikrisna) Astakam: | Anjana Chowdhury |
| Yoga a way of life: | Naresh Das |
| Power of Pooja (God Listens): | Surya Nayak |
| Seek Humility in Thy Faith: | Bigyani Das |
| Sri Jagannatha Charana Renu: | Shashadhar Mahapatra |
| Mausa: | Hemant Biswal |
| Teacher's Refresher Course in Bolangir | |
| Congratulations to Amaresh and Bikash | |
| Thanks to the sponsors | |

ବାଳମୁକୁନ୍ଦାଝକମ୍ (BalamukundAshtakam)

କରାରବିନ୍ଦେନ ପଦାରବିନ୍ଦମ୍, ମୁଖାରବିନ୍ଦେ ବିନିବେଶୟନ୍ତମ୍ ।
ବଚସ୍ୟ ପଦସ୍ୟ ପୁଟେ ଶୟାନମ୍; ବାଳଂ ମୁକୁନ୍ଦଂ ମନସା ସ୍ମରାମି ॥
ଇନ୍ଦ୍ରୀବରଶ୍ୟାମଳକୋମଳାଙ୍ଗମ୍, ଇନ୍ଦ୍ରାଦିଦେବାର୍ଚ୍ଚିତପାଦପଦ୍ମମ୍ ।
ସନ୍ତାନକଳ୍ପଦୁମମାଶ୍ରିତାନାଂ, ବାଳଂ ମୁକୁନ୍ଦଂ ମନସା ସ୍ମରାମି ॥



binibeshayantham
baTasya patrasya puTe shayAnam Balam
Mukundam manasAsmarAmi
indeebarashyAmala komalAngam, indrAdi
debArchita pAda padmam
santAna kalpa drumamAshritAnAm Balam
Mukundam manasAsmarAmi

karArabindena padArabindam mukhArabinde

Translation:

The one who keeps his lotus like feet on his lotus like face with his lotus like hand, I think of Balamukundan who sleeps on the baTa patra (leaf). The one who has a beautiful body that is dark like the cerulean blue lotus, the one whose lotus feet is worshipped by Indra and other devas, I think of Balamukundan who is like the kalpabruksha tree giving children (fulfilling the wishes) to those who bow to Him.

Yoga A Way Of Life

Anjana Chowdhury, Germantown, MD

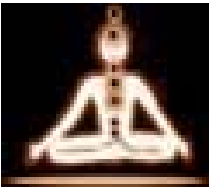
With the advancement of Science and technology there is tangible material development. Yet man is unhappy and imbalanced. Stress and Pollution are on the ascent. This demands a way of life that leads to peace.

Yoga is the answer. This leads to unearth the hidden dimension of man, strengthening him to face the challenge of stress and pollution of this modern era. It bestows inner strength, sharpens our intellect, helps us to control our emotion and achieve peace.

Yoga is an art as well as a science. It is a science, because it offers practical methods for controlling body and mind, thereby making deep meditation possible. And it is an art, for unless it is practiced intuitively and sensitively it will yield only superficial results. This forms the core of our culture. Mastery over mind is the essence of yoga.

What Is Yoga?

1) Simple Yoga Means Union (+)



Although many people think this term refers to union between body and mind or body, mind and spirit, the traditional acceptance is union between the **Jivatman** and **Paramatman** that is between one's individual consciousness and the Universal Consciousness. Therefore Yoga refers to a certain state of consciousness as

well as to methods that help one reach that goal or state of union with the divine. That is union of the little, ego-self with the divine Self, the infinite Spirit.

2) Yoga is a technique for **total personality development** at Physical, Mental, and emotional and spiritual levels.

3) Dexterity in action is Yoga : **Yogah karmasu Kausalam** (BhagaBat Geeta)

4) Yoga is Mastery over the distractable Mind : **Yogah cittaVrutti Niriodhah** (Patanjali Yoga Sutras)

5) Yoga is a technique to soften and slow down the mind :- **Manah Prasamana Upayah** (Yoga Vasista)

Most confuse yoga with Hatha Yoga, the system of bodily postures. But yoga is primarily a spiritual discipline. The various Yogic practices have been traditionally classified into the four Margas (paths). These four paths are:

1) **Raja-Yoga** ("The Royal or psychological which involves the mind")-also known as Patanjali-Yoga.

(2) **Karma-Yoga** ("Yoga of Action"),

(3) **Jnana-Yoga** ("Yoga of Wisdom"),

(4) **Bhakti-Yoga** ("Yoga of Devotion") .

The four main systems of yoga - Jnana, Raja, Bhakti and Karma Yogas "by one or more of all these" are used to raise human beings from the lowest animal level to the greatest heights of human perfection.

The word Yoga automatically calls to mind Sage "Patanjali" the founder and father of Yoga. He lived around three centuries before Christ, and was a great philosopher and grammarian. He was also a physician and a medical work is attributed to him. However this work is now lost in the pages of time. His best known work is **Patanjali Ashtaang Yoga Sutras.**

Ashtaang Yoga has an important role in the perfection of Yoga. These eight parts of Yoga are as follows -

Yama -attitudes toward other people and our world

- . **Ahimsha** (Non-Violence)
- . **Satya** (Truthfulness)
- . **Asteya** (Non-stealing)
- . **Brahmacharya** (chaste conduct)
- . **Aparigraha** (Non-attachment)

Niyam -attitudes about ourselves

- . **Shaucha** (purity)
- . **Santosha** (contentment)
- . **Tapas** (Discipline)
- . **Swadhyaya** (Self Study)
- . **Iswar Pranidhana** (Surrender to God)

Asana -practice of using/improving the body

Pranayama -practice of using/controlling the breath

Pratyahara -use and restraint of our senses

Dharana -ability to direct the mind

Dhyana -ability to interact with the object of our concentration

Samadhi -absorption within the object of our concentration

POEMS/STORIES/ESSAYS:

Power of Pooja (God Listens)

Naresh Das, Columbia, MD

SAHADA, my village, is located fifteen km east of Bhadrak town. It was one of the black days during Indira Gandhi's emergency rule in 1975. I was enjoying my summer vacation in my village. At about 11:00 AM in the morning, three vehicles (two jeeps and a trekker) reached our *dAnDa* (the front yard of our house). Many VIPs got down from the vehicle and among them were the district collector, SDO, Tahasildar, Revenue Inspector (RI), and some of their staff. I had encounters with such officers before, but not in one group. One of them came up to me

and asked, "Where is your father? Collector bAbu and other officers are here to collect the agriculture loan your father took before. We should get the money within one hour, otherwise we will auction your house today."

For a moment I could not think of what to do. I asked him, "Please come in to our house and have a seat. I will send some one to call my father from the market where he goes everyday."

They said, "No, we can not come in." So I brought a few chairs outside for them to sit. In the mean time I sent some one to inform my father about these babus and their purpose, and to come home as soon as possible.

One might wonder why the collector and the officers were there to collect loans. That is what I was also wondering. It was the order from top Congress govt. officials to punish all those who were opposing emergency rule. My father (Late Maheswar Das) by then had completed his third term as *Sarapanch* (head of the *panchayat* or a group of villages) and was a supporter of Biju Pattanaik's Utkal congress, which was against the emergency rule. Accordingly, he was on the hit list for arrest or a cruel action such as the above.

While the officers were waiting outside during the hot summer, I arranged for some one to get green coconut water (*paiDa pANi*). We have a lot of coconut trees and it is our custom to offer coconut water for special guests. When I offered the coconut water to collector, he said, "No, we can not accept anything from you (I heard another officer whispered him - these people always try to please officers with sweets etc)."

Then collector asked me, "What are you studying?"

"B.Sc. with physics honors." – I replied.

"What will you do after education?" – The officer asked again.

"I plan to be an IAS officer." - My answer was as such to make him feel that one day I will be also an officer like him.

In the mean time a lot of people had gathered in our *dAnDa* to see these VIPs as well as the possible auction of our property. When my father came back from the market, I asked him, "What will we do when they are asking for immediate money or they will auction our house? "

"I don't have money, so let them auction if they want." – My father replied.

The loan amount including interest was about Rs. 7000. So after a brief discussion with my father, the officers decided to come into our house and price various belongings we had. Only Tahasildar, RI and some staff came inside the house, while the other senior officers waited outside. While pricing various items, one officer asked how much one of our cots would cost. We have a tubewell inside our house. They priced that for Rs. 500. Likewise while they were pricing various items, I heard the drum outside our house that signaled people to come and bid for various items in the auction.



It was about 12:00 PM., our temple's *prasAd* and *Arati* time. We have a temple inside our house. We offer *prasAd* twice daily and we eat whatever we offer to the God Laxmi-Narayan. Krushna kaka, our temple priest called me to play *ghanTa* for *Arati*. While playing *ghanTa*, I was almost crying and I said to the Lord, "You are lucky that you finished *bhoga* and I don't know whether we will have any utensils to eat *prasAd* today. I hope you will listen our prayer. *Arati* was over. I could hear those people still pricing various items.

Just after five minutes, another black FIAT car came to our house. In it arrived one of the most respectable people from Bhadrak town, Mr. Prafulla Mohanty, and our high school head

ମଉସା

master, Mr. Purna C. Mohanty. Prafulla babu came with a marriage proposal for my brother, but when he saw what was going on at our house, he immediately engaged in conversation with the collector. He said to him, "Just for Rs. 7,000 you are giving so much trouble to Maheswar babu? Please give him seven days. If he does not pay, I will give that amount to you." With that every thing cooled down and they left empty handed. Prafulla babu also did not discuss the marriage proposal as it was not the proper time, and he left immediately. However, when I remember Prafulla babu, I think he was God's messenger for that day.

God helps those who help others.

Seek Humility In Thy Faith **Surya Nayak, Germantown, MD**

I try to seek, for myself,
The humility

Full with willingness,
In all times,
All places
To find
And
To do

"The Will- Of- GOD"

I meditate upon
Such a vision, Not to be
Dismayed

If I do not attain –
Perfect Humility
Because

I am I M P E R F E C T .

I dwell on the vision,
Letting my heart grow
Towards a sane idea---

Faith in God.
I trudge on the highway,
In a pathless path
Seeking God's help

For SANITY.& SERENITY...

ଶ୍ରୀ ଜଗନ୍ନାଥ, ଚରଣରେଶୁ

ବିଜ୍ଞାନୀ ଦାସ, କଲମ୍ବିଆ, ମେରୀଲାଣ୍ଡ

ଶ୍ରୀ ଜଗନ୍ନାଥ, ଚରଣରେଶୁ, କର ଆଶ୍ରୟ, କର ଆଶ୍ରୟ । ଘୋଷା।



ଜନକ ସେହି, ସେହି ସୋଦର
ଘୋର ବିପଦେ ବନ୍ଧୁ ସେ ତୋର
ସେ ବନ୍ଧୁଠାରେ ବିଶ୍ୱାସ ଥିଲେ, ତୁଟିବ ଭୟ, ତୁଟିବ ଭୟ । ୧।

ନିଛ ମାୟାର ଦୁନିଆ ଏହି
ଆଜି ଯେ ଅଛି, କାଲି ସେ ନାହିଁ
କେବଳ ସତ୍ୟ, ଶ୍ରୀ ଜଗନ୍ନାଥ, ସେ ଲୀଳାମୟ, ସେ ଲୀଳାମୟ । ୨।

ଶୀତ ବସନ୍ତ, ସଂସାର ଲୀଳା
ଆଜି ଲୁହ କାଲି ହସର ଖେଳା
ଦିବ୍ୟ ଆନନ୍ଦ, ପରମପାଦ, ରଖ ତୁ ଲୟ, ରଖ ତୁ ଲୟ । ୩।

ତୁମେହିଁ ଧର୍ମରାଜ
 ତୁମେହିଁ ନାରାୟଣ
 ତୁମେହିଁ ଧର୍ମନାରାୟଣ
 ତୁମେହିଁ ଧର୍ମର ରକ୍ଷକ
 ତୁମେହିଁ ସତ୍ୟର ସାଧକ
 ତୁମେହିଁ ଶିବ ଓ ସୁନ୍ଦର
 ତୁମେଥିଲ ବଳନ୍ତା ଇଶ୍ଵର ।

ନୟନର ନିଭୂତ କୋଶରୁ ।
 ହେ, ମହାବୀର ସଂଗାମୀ
 ହେ, ବିଚିତ୍ରବୀର୍ଯ୍ୟ କର୍ମୀ
 ତୁମକୁ ଚିହ୍ନିବାକୁ, ଜାଣିବାକୁ
 ସୁଯୋଗ ମିଳିଲାବେଳକୁ ତୁମେ ନାହିଁ
 ପାଖେଥାଇ ଏବେ ବହୁ ଦୂରେ
 ଦରିଆର ଆରପାରେ

ତୁମ ଯାତା ଶେଷକର
 ତୁମେ ଯୁଆଡେ ଗଲ
 ଯେଉଁଠି ବିଶାମ ନେଲ
 ତୁମ ଯାତା ସମ୍ପନ୍ନ ହେଉ
 ତୁମ ପର୍ଯ୍ୟାଟକେ ପୁଷ୍ଟ ବୃଷ୍ଟି ହେଉ
 ଅମୃତର ଧାରା ଝରୁ
 ଏ ଦୁନିଆ ତୁମର ଶୁଣଗାନ କରୁ ।

ତୁମେ ଚାଲିଗଲା ପରେ
 ଭଙ୍ଗି କାନ୍ଧ କହେ କଥା
 ଅପକାଶିତ ହୁଏ ବ୍ୟଥା
 ସର୍ମବେଦନା ଗୁଡିକ ଯାତିବାରେ
 ଇଶ୍ଵରଙ୍କ ପତି ରାଗ ଲାଗେ
 ସ୍ଵପ୍ନସ୍ଵରୁ ବିକ୍ଷିତ ହୋଇଯାଏ
 ଯନ୍ତ୍ରଣାସ୍ଵରୁ ଜମାଟ ବାନ୍ଧିଯାଏ
 ତୁମ ମୁହଁ ଝାମ୍ପା ଦିଶେ
 ବୁନ୍ଦା ବୁନ୍ଦା ଅଶ୍ରୁ ବରଷେ
 କେଉଁ ଏକ ଅଚିହ୍ନା, ଅମାନିଆ

ତୁମ ହୃଦୟର ଅବିରତ ଝରନ ଦେଖି ମନେହେଲା
 ତୁମେ ବୋଧହୁଏ ଜୀବନ ସଂଗାମରେ ଅଜିଯାଇଛ
 ବିଶାମ ନେଉଛ, କି ତେଜ ଶୌଇଛ,
 ଅର୍ଥବା ସ୍ଵପ୍ନରେ ମଜିଯାଇଛ
 କିନ୍ତୁ, କିଏ ଜାଣେ ? ବିଧିର କି ବିଧାନ ?
 କିଏ ଜାଣେ ? ତୁମେ ଚିରଦିନ ପାଇଁ
 ଲୁଚି ଯାଇଛ, ହଜିଯାଇଛ ।
 ହେ କର୍ମବୀର ଶମିକ
 ହେ ପଥଲ୍ଲାନ୍ତ ପିପିକ

‘ମଉସା’ ତାକରେ ସତରେ କେତେ ଆତ୍ମୀୟତା ଥାଏ ?
 ଯଦି ହସ୍ତପିଚାଲରେ ମଉସା ତାକଟା କାନରେ ବାଜିଥାଏ
 କି ତୁମର ଧ୍ୟାନ ଭାଙ୍ଗିଥାଏ
 ତେବେ ଭୁଲ୍ ଧରିବନି, ରାଗିବନି
 ସେ ପରିଚିତ ଶବ୍ଦଟା କଣ ଏତେ ଶୀଘ୍ର ଭୁଲିହୁଏ ?
 ଭୁଲିଯିବାକୁ କିଛି ସମୟ ଲାଗିବତ ?
 (ମଉସା ଧର୍ମନାରାୟଣ ଚୌଧୁରୀଙ୍କ ଅକସ୍ମାତ ମୃତ୍ୟୁ
 ଅବସରରେ - ଶଶଧର ମହାପାତ୍ର, ମେରୀଲାଣ୍ଡ)

Teachers' Refresher Course in Bolangir and Kalahandi

Hemant Biswal, Herndon, VA

JOGA is involved in many projects for quality education in Orissa. Among these “Teacher’s Refresher Course” for high school science teachers is one of the high priority projects. We have already organized the Refresher Courses in seven districts (Kendrapara, Bhadrak, Jajpur, Khurda, Sundargarh, Jagatsingpur, Dhenkanal) and plan to organize such courses in other 23 districts to cover the whole state. These courses were arranged with the cooperation of the circle inspectors and the college administration where the courses were held. It is planned to organize the course for Bolangir circle during Septemebr, 23-25, 2003. The convener for Bolangir course is Jagadananda Panda, CI Bolangir and Co-convener is Dr. Jagannath Nath, reader in Chemistry, Bolangir college. Also the refresher course for Kalahandi circle will be held in September and the dates are being finalized. We have received positive feedback from the teachers that the courses were very much useful for their teaching. Accordingly we are hopeful that the course will be useful for quality science teaching in Orissa. The approximate cost for the course for each district was \$1000.00, which included the travel expenses for three days for 100 teachers and also the reimbursement expenses for college faculties who teach the classes. We hope you will support this noble effort for quality education by your tax deductible donation payable to “JOGA” and send to: **JOGA, 9535 Ridgeview Dr., Columbia, MD 21046**

We request all the members to consider of supporting JOGA educational projects with at least \$100.00 annually.. JOGA is also involved in many other educational projects like scholarship for needy and talented students etc. Please visit our webpage www.jogaworld.org and let us know if you would like to support any of these projects. As always we appreciate constructive comments and suggestions.

JOGA is a non-profit tax-exempt organization and hence all the donations are tax deductible.

Here is the list of donors for JOGA educational fund for 2003

Dr. Devi Mishra, AL (Orissa Foundation) \$1000.00

Gati Krushna Tripathy , MD \$250.00

Niranjan Mishra, Canada \$51.00

Bikram Ray, Boston, MA \$101.00

May Lord Jagannath bless you and your family!

You may contact any of us for further information

Mr. Hemant Biswal, Herndon, VA (703) 481-3148

Dr. Naresh C. Das, Columbia, MD (301) 498-3729

Mr. Dharendra Kar, Boston, MA (781) 762-1878

Dr. Devi Mishra, Huntsville, AL (256) 883-5499

Congratulations

The Junior Olympics Table Tennis Tournament was held this year in the Ford Field in Detroit, MI on July 30th, July 31st, and August 1st. Boys and girls from all parts of USA participated in this national sports competition. The accomplishments of two Oriya kids in this tournament are listed below.

Amaresh Sahu (Age 11) in the under-12 age group:

1. singles: gold medal, 2. doubles: gold medal, 3. team: gold medal, 4. singles (junior national event): bronze medal

In the Junior Olympics singles final, Amaresh defeated Preston Chin of Atlanta, GA and avenged an earlier loss to Preston Chin in the US Open semi-final in Fort Lauderdale, FL, a month ago.

Vikash Sahu (Age 8) in the under-10 age group

1. Doubles: silver medal, 2. Team: gold medal

Food For thought:

“Well done is better than well said.”

- Benjamin Franklin (1706-1790)

Thank You:

Thanks to all the families for their participation and contribution for the success of the bhajan program. Our heartfelt thanks to the following families for sponsoring feasts on different months.

**Urmila and Devraj Sahu
 Nrusingha and Bandita Mishra
 Neel and Chinmayee Mahapatra
 Chitaranjan and Namita Das**

