



Chinmaya Goloka Family Membership Overview and Guideline



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

Motto: *To give maximum happiness to maximum number for maximum time.*

Chinmaya Goloka –Chinmaya Mission Phoenix (CMP).

The Balavihar sessions will follow typical school calendar in the valley. We start session for 2015 - 2016 on August 2nd, 2015 and close during May 15th, 2016. All classes will be held on Sundays at “Chinmaya Goloka” 325 South Eldorado, Mesa, AZ 85202.

This material includes the philosophy of the CMP program, and the etiquette we expect the children and adults to follow once enrolled. Please read the information carefully before you sign the registration form.

CMP is an all volunteer run organization. As a member of the *Chinmaya Mission Family*, we invite you to be actively involved in one or more of the many activities/duties of running and growing the organization. Please indicate your willingness to one of the committee members who will help you with specific assignments.

Philosophy of the *BalaVihar/Yuva Kendra* program

CMP conducts *Bala Vihar* classes for children as part of the comprehensive program of self-development of the individual, the family and the community. In reality, CMP is only a facilitator; the real growth of the family and the community happens due to the efforts of its members. The classes are structured on the teachings of ancient Indian Scriptures as interpreted by *Pujya Gurudev Swami Chinmayananda*, the founder of *Chinmaya Mission*.

As *Swami Chinmayananda* once said: "**Children are not vessels to be filled, but lamps to be lit.**"

In an atmosphere of love, children in *Bala Vihar* are imparted ethical and cultural values through the *Itihasa* and *Pauranic* stories, chanting of *slokas*, and other fun-filled activities such as arts & crafts, devotional music, and games.

The motto of the *Chinmaya Yuva Kendra* is “**Harnessing youth potential through dynamic spirituality**”.

Through the study of the scriptures, young people are made aware of their potential. As they gain this awareness, their potential is directed towards creative channels. They are encouraged to organize and implement cultural, social and spiritual programs. This helps unfold their individual capacities and brings out superior abilities latent in them – abilities that they previously had not even realized existed within themselves.

The comprehensive syllabus is set centrally by experienced *Acharyas* of Chinmaya Mission. This includes age appropriate lessons, discussions and chanting of verses from Hindu scriptures (in *Sanskrit* and other languages).

Adult *Vedanta/ Bhagawad Geeta* classes

Vedanta is the core of Hindu philosophy. In fact, it is a **Universal Science of Life** - a science that is relevant to all people everywhere, whatever their faith may be. The *Bhagawad Geeta* (the essence of *Vedanta*) is a manual for right living through active resistance to everyday temptations, and a heightened vision of ourselves and the world around us, thereby leading us to be positive contributors to society through **Conscious Right Living**.

Chinmaya Goloka – Chinmaya Mission Phoenix,
325 South Eldorado, Mesa AZ 85202

• www.chinmayaphoenix.org • chp@chinmayaphoenix.org

Parental Involvement

In order for the children to benefit fully from the program, it is necessary for the Sunday classes to be supported and enhanced by complementary activities at home. Parents are expected to spend a minimum of one to two hours per week working with the child. Twenty minutes each day would be ideal and would make a tremendous positive impact on the whole family.

- **AT LEAST ONE PARENT/GUARDIAN MUST ATTEND ADULT STUDY CLASSES AT THE LOCATION DURING THE SUNDAY SESSIONS. PLEASE DO NOT DROP-OFF/PICK-UP YOUR CHILD/CHILDREN OUTSIDE THE CENTER. IT IS NOT POSSIBLE FOR US TO KEEP TRACK OF YOUR CHILD/CHILDREN OUTSIDE THE CENTER.**
- All classes and CMP events are organized and conducted by a dedicated group of *Sevaks* and *Sevikas*. In order to share the efforts needed, and to further personal growth through active participation, every member of the *Chinmaya family* is encouraged to contribute their time and talent by signing up for suitable volunteering opportunities.

Sunday *BalaVihar* and Adult Sessions

- Assembly: 9:15 AM – 10:00 AM in Main Assembly Area. Please arrive and be seated by 9:20AM.
- *BalaVihar* sessions: 10:10 AM – 11:10 AM
- Adult discussion groups: 10:10 AM – 11:10 AM in Main Assembly Area
- Language Classes: 11:15 AM – 12:00 Noon
- Clean-up: 12:00 Noon – 12:15 PM

Guidelines

- Everyone is encouraged to wear appropriate Indian clothing for all sessions and functions of CMP
- Hair must be neatly groomed and tied away from the face
- All children are expected to be in their class for the specified time
- Teachers maintain an attendance record of the students
- Most material will be provided to students, but some books may have to be purchased separately
- Homework will be assigned from time to time to supplement the lessons taught

Supplemental Programs

- *Bhagavad Geeta* video talks by *Pujya Gurudev*
- Family Spiritual Camps and Youth Camps
- *Jyana Yajnas* conducted by visiting *Acharyas*

Please visit <http://www.chinmayaphoenix.org> for further details.