



Chinmaya Mission Pittsburgh

Happy New Year

★ ★ ★ 2023 ★ ★ ★

"What we have is God's gift to us. What we do with our life is our gift back to the Lord."

Swami Chinmayananda

'Purusharthas' are the 4 human goals prescribed in the Shaastras.

They are **Artha** (Basic needs), **Kama** (Pleasures & Comforts), **Dharma** (Values & Ethics) & **Moksha** (Enlightenment).

In our life, we are expected to move further in our goals, from **Artha-Kama** to **Dharma-Moksha**.

This is truly called a **Successful Life**.

CMP presents an idea a month for 2023, for us to start on this journey.

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| 1. Talk Less, Think More: | Learn to observe & listen more. Use your intellect more & learn. |
| 2. Sleep Efficiently: | Wake up before sunrise. Don't stay awake too late. |
| 3. Eat Healthy & Get Fit: | Avoid junk food. Eat more Fruits & Vegetables. Drink more water. Exercise. |
| 4. Read/Write More, Browse/Watch Less: | Get back into the habit of reading & writing. Avoid leaking time on devices. |
| 5. Reach-out Often: | Talk to loved ones often on phone. |
| 6. Smile More, Judge Less: | Wear God's best given ornament - A Smile. Be less judgmental. |
| 7. Pray Often & Meet Him More: | Through pujas, chants & Japa, meet Bhagwaan at least once a day. |
| 8. Get more 'Me Time': | Reflect & Retrospective in a journal. Meditate & take a walk. Talk to yourself. |
| 9. Complain Less & Help More: | Be strict with yourself, Be compassionate to others. Help out people. |
| 10. Feel for Mother Earth: | Avoid plastic products (straws, bottles, cutlery), Don't waste food. |
| 11. Make your Bed & Plan your Day: | Plan your day meticulously starting with making your own bed. |
| 12. Give More: | Giving is an expression of Loving. Be generous. |
| Thank God: | In Success, Acknowledge the presence of others, God's grace and our effort. |

For more information about our programs, please visit
www.CMPittsburgh.org

