



**CHINMAYA MISSION®**  
**WASHINGTON REGIONAL CENTER**  
(A non-profit religious organization registered in Maryland)  
Kailas Niwas, 46 Norwood Road, Silver Spring, MD 20905



**Presents a**  
**JNANA YAJNA**  
**FREE Evening Discourses**  
**7:00 – 8:30 P.M.**  
**March 29- April 1, 2010**  
on  
**Bhagavad Gita Chapter 7**  
By  
**SWAMI ISHWARANANDA**  
Acharya, Chinmaya Mission, Southern California  
at  
**CHINMAYAM**, 46 Norwood Road, Silver Spring, MD 20905

Bhagavan Sri Krishna expounds the Yoga of Jnana and Vijnana in **Bhagavad Gita Chapter 7**. Some of the most poetic and poignant verses of Bhagavad Gita can be found in this chapter. Here begins the transition to explaining the significance of the term 'Tat' (That) and offers the glimpse of the goal of spiritual science. Bhagavan teaches both the indirect knowledge of sastras (Jnana) as well as the direct knowledge of experience (Vijnana) leading to freedom (Mukti). The seeker who has purified oneself through Karma Yoga (Selfless Action) and prepared the mind through Dhyana Yoga (Meditation) is now ready to go beyond the limitations of the ignorance and perceive the divinity manifest in everything. Such a prepared mind-intellect is a fit instrument to break free from the delusion of the pair-of-opposites. Take this flight with Swamiji towards meditating upon the Self through these verses and realize the identity with the Conscious Principle that pervades everything.



Swami Ishwarananda started his association with Chinmaya Mission, Bangalore. Under the guidance of Swami Brahmananda and inspiration from Param Pujya Swami Chinmayananda, he joined the Brahmachari Course in Sandeepany Sadhanalaya, Mumbai in 1991. Since then, he has served various Chinmaya Mission Centers. He was the resident Acharya of Chinmaya Mission, LA till 2001 when he became the Acharya of Sandeepany Sadhanalaya, Mumbai to oversee and teach Brahmachari course during 2002 - 2004. He currently serves as the Acharya of Chinmaya Mission centers at Tustin and Bakersfield, Southern California. Swamiji is a dynamic speaker and has given talks on Vedanta, stress management, management techniques and other such related fields. He has authored highly acclaimed books: 'Conscious Living', 'Silent Search' and 'Dewdrops'. Swamiji's free webcasts on [www.chinmayachannel.com](http://www.chinmayachannel.com) are well known across the world.

Driving Directions: I-495 to exit 28 North for New Hampshire Avenue (towards White Oak), drive approximately 6 miles and make a left on Norwood Road. CHINMAYAM is the 4th building on the left.

For details, send email to [yajna@chinmayadulles.org](mailto:yajna@chinmayadulles.org) or contact  
Raja Kirkire 301-774-1022, Sri Gopalakrishna 703-327-8307, Pratima Jadhav, 301-309-2931

If you would like to host Bhiksha for Swamiji, please contact Devyani Kavathekar, [devayu@yahoo.com](mailto:devayu@yahoo.com)