

# The Vedanta Society of St. Louis

Swami Chetanananda – Minister and Spiritual Teacher

Swami Shivarchanananda – Assistant Minister

RAMAKRISHNA ORDER OF INDIA

May, 2023

We welcome in person attendance, but encourage vaccinations and boosters as covid is still present. If you have any cold, flu, or covid-like symptoms we would ask that you watch from home on YouTube.

Lectures are live streamed Sundays on our YouTube channel at 10:35 a.m., and the Q&A sessions on zoom following the lecture will occur when Swami Chetanananda is available.

## **Sunday Services 10:35 a.m.**

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| May | 7  | The Life and Legacy of Shankaracharya<br><i>Swami Shivarchanananda</i> |
|     | 14 | Buddha and His Teachings – Part 28<br><i>Swami Chetanananda</i>        |
|     | 21 | The Inner Ruler<br><i>Swami Shivarchanananda</i>                       |
|     | 28 | Science of Japam – Part 2<br><i>Swami Chetanananda</i>                 |

## **Classes (by Swami Shivarchanananda) 8:00 p.m.**

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| Tuesdays  | Bhakti Sutras of Narada ( <i>except 23<sup>rd</sup></i> )            |
| May 23    | “Spiritual Life” by Swami Kripamayananda, Vedanta Society of Toronto |
| Thursdays | In the Company of Holy Mother  |

Appointments for phone interviews should be made with the Swami in advance at 314-721-5118.

Membership in the Society is open to all who accept Vedantic teachings.

We maintain a bookstore, and an online bookstore is available at [www.vedantastl.org](http://www.vedantastl.org).

Sunday lectures are on YouTube at VedantaSTL.

ALL ARE WELCOME

## **Metta: Loving-kindness**

Buddhism is as much a religion of love as any on earth. As is written of the would-be Buddhist in the Metta Sutta, “As a mother, even at the risk of her own life, protects her son, her only son, so let him cultivate love without measure towards all beings. Let him cultivate toward the whole world, above, below, around and everywhere, a heart unmixed with enmity. Let a person maintain this mindfulness for all his waking hours, whether he be standing, walking, sitting or lying down.” . . . Or again, as is written in the Itivuttaka, “All the means that can be used as bases for right action are not worth the sixteenth part of the emancipation of the heart through love. This takes all others up into itself, outshining them in glory. Just as whatsoever stars there be, their radiance avails not the sixteenth part of the radiance of the moon, just as the sun, mounting up into a clear and cloudless sky, overwhelms all darkness in the realms of space, . . . so all means towards right action avail not the sixteenth part of the emancipation of the heart through love.”

– Christmas Humphreys, **Buddhism**, pp. 124-5