

Arsha Vidya Gurukulam Programs 2006

Swamiji's Message

“Living is dealing with the realities of one's perception. If this perception is not totally right, then living itself is not totally true to the realities. To make living true is, in part, to examine these realities. If one examines realities with the paradigms drawn from one's own perceptions, the examination cannot lead one too far. But an exposure to the vision of the Rishis points out the limitations of our paradigms and lifts the scales of our vision to a reveal a new vision—a vision that is self-validating, that makes one's living true because it has content.”

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July 23-30 Sun-Sun	Children's Retreat-II Gurukulam Staff

Yoga

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2006 Programs

April 14-16 Fri-Sun

Easter Weekend Family Retreat

Dūrgā-Sūkta

Swami Pratyagbodhananda

In the second *anuvāka* of *Mahānārāyaṇa Upaniṣad*, we have the seven verses known as *Dūrgā-Sūktam*, prescribed for overcoming difficulties. Only one of these seven verses specifically invokes Goddess *Dūrgā*, the other six invoking *Jātavedas*, *Agni*. Yet this single verse, in the context of the other six, contains multiple meanings of *Dūrgā* that hold the entire vision of *Īśvara*, the Lord. In this retreat Swami Pratyagbodhananda will open up the meaning of this *sūkta* to reveal the truth of *Īśvara*, the source of all this.

May 26-29 Fri-Mon

Memorial Day Weekend Family Retreat

Swami Vidadatmananda

Emotional Maturity

While the growth of an animal is complete when it reaches physical maturity, it is not so for a human being. To be fully human, to be fully alive, one has to grow to emotional maturity. Unlike physical growth, this is not in the hands of nature, but is initiated by the exercise of our free will. One has to choose to grow emotionally, and then take steps to assure that this growth takes place. For this we need guidance and support, all of which has been amply provided by the sages and *śāstras*, as Swami Vidadatmananda will show in this retreat. Swamiji will also show that this growth is not much of an option, for only when it is accomplished can there be meaning in human life.

July 1-4 Sat-Tue

Independence Day Retreat

Swami Vidadatmananda

Stress Management

Stress is considered by many a hallmark of modern life. Yet, if we look at human history, when were human beings without stress? Accordingly, the Rishis addressed this ageless human problem. In this retreat, Swami Vidadatmananda will unfold the wisdom of the Rishis on the topic of stress, dealing with such questions as: What is stress? What are its causes? Can one ever be free from stress? If so, how?

July 15-22 Sat-Sat

Family Vedanta Retreat-I

Swami Vidadatmananda

Bhagavad Gītā Ch.IV

In this chapter of the *Bhagavad Gītā*, Kṛṣṇa reveals himself, at the outset, as the Lord who long ago taught this knowledge to Vivasvat. Here he again teaches Arjuna the truth of himself, knowing which he will be released from sorrow (*samsāra*). And, in further detail, he elaborates on the means to prepare oneself to understand that truth. This chapter has many celebrated verses which capture the essence of the teaching, including the one chanted before meals (4.24). Swami Viditatmananda will unfold this chapter titled “The Renunciation of Action Through Knowledge.”

July 15-22 Sat-Sat
Children’s Retreat-I

July 23-30 Sun-Sun
Children’s Retreat-II

July 23-30 Sun-Sun
Family Vedanta Retreat-II
Swami Viditatmananda
Bhagavad Gītā Ch. VI

The *Bhagavad Gītā* reveals the liberating wisdom that comes to humanity from the Upaniṣads. In addition, it discusses in great detail the means of achieving the preparedness to receive that wisdom. These means include meditation. In chapter six we have the most elaborate discussion of meditation found in any of the three seminal works on Vedanta. Swami Viditatmananda will teach this chapter, appropriately titled “Meditation,” explaining the nature of meditation (*dhyāna*) and its role in the pursuit of truth.

August 5-12 Sat-Sat
Family Vedanta Retreat-III
Pujya Swami Dayananda Saraswati
Adhyātma-Śānti

For the success of any pursuit, we need the blessings of forces centered on natural phenomena, on situations in our immediate environment, and, significantly, on ourselves, *adhyātma*. What does it mean to have *śānti* that is centered on oneself, *adhyātma*? What is the meaning of *śānti* here? Pujya Swamiji will show the inadequacy of its translation as ‘peace’, and unfold a comprehensive meaning that reaches into all the areas of understanding required for a person who wants to know the truth of oneself—and of everything.

Swami Viditatmananda
Māṇḍūkya Upaniṣad

This short *Upaniṣad* of twelve verses is the source for our understanding of the meaning of the sacred syllable *om*. It is also the source of an important method (*prakṛiyā*) for unfolding the nature of reality. In this *Upaniṣad* we have the analysis of the three states of experience, waking, dream and sleep. Handled properly, this analysis can lead to recognition of the truth of these states, and of the one who is experiencing them. Swami Viditatmananda’s teaching will bring to life this profound *Upaniṣad*.

August 14-21 Mon-Mon
Yoga and Sound
Ramanand Patel & Pt. Mukesh Desai
Pujya Swami Dayananda Saraswati *Patañjali Yoga Sūtras*

In this annual retreat, the internationally distinguished Yoga teacher Ramanand Patel and accomplished classical Indian musician Pt. Mukesh Desai offer a unique program of *āsana* instruction

facilitated by music. Yoga is widely recognized as an important spiritual means. But a means for what? This program is made complete by Pujya Swami Dayananda's teaching of the deepest meanings of Patañjali's *Yoga Sutras*. When properly taught and understood, this teaching releases one from a sense of want, revealing that one is, in fact, the whole.

September 1-4 Fri-Mon

Labor Day Patron's Retreat

Pujya Swami Dayananda Saraswati

Healthy Attitudes and Values

A fulfilling life is the outcome of healthy attitudes and values. What is meant by 'healthy'? What are the attitudes and values that are considered 'healthy'? Why is there a distinction made between an attitude and a value? And how do we cultivate those attitudes and values that make for a fulfilling life? In this retreat, Pujya Swamiji will lead us to discover the answers to all these questions. The wholesome life that ensues from this understanding forms the basis for a vision of oneself as the whole.

September 17 Sunday

Gurukulam's 20th Anniversary

Pujya Swami Dayananda Saraswati

Prayer

September 17-24 Sun-Sun

One-week Vedanta Course

Pujya Swami Dayananda Saraswati

Overview of Pāṇini's System of Sanskrit Grammar

"Pāṇini employs a meta-language to present the classical Sanskrit language. More than this, the structure and presentation is in the form of sūtras, famous for their utter brevity. A good introduction to this ingenious system of grammar gives an insight into the mode of working of the buddhi (intellect) of a genius. It is a sheer joy to walk with a genius, even for a short distance."

Swami Dayananda

Pujya Swami Dayananda Saraswati

Essence of all the Upaniṣads (sarvopaniṣad-sāra)_

All of the Upaniṣads teach one thing: "You are the whole," not just whole, but *the* whole. In this retreat, Pujya Swami Dayanandaji will unfold this singular teaching. Who is the 'you' who is addressed here? What is meant by 'whole'. The contradictions are obvious. In resolving them, Pujya Swamiji's mastery is unparalleled. Through a process of unfoldment, Pujya Swamiji will correct all notions that account for an erroneous sense of limitation leading to a life of 'becoming', *saṃsāra*. In the resulting non-dual vision of reality is the struggling person's release, *mokṣa*, from the sense of struggle.

Swami Tattvavidananda

Gajendra Mokṣa

It is said that the one who hears the story of the release (*mokṣa*) of the elephant, Gajendra, will be purified and will know the Lord at the time of death. This story from *Śrīmad Bhāgavatam* is rich in symbolism for the one who is seeking release from a sense of bondage, *saṃsāra*. Swami Tattvavidananda will relate the story and explain its symbolism and its relevance to us in this retreat.

Sept. 25- Oct. 7 Mon-Sat

Two-Week Vedanta Course

Pujya Swami Dayananda Saraswati

Aparokṣa-anubhūti

In this retreat, Pujya Swami Dayananda will unfold the content of this work in a manner that can give immediate knowledge (*aparokṣa-anubhūti*) of oneself as the non-dual reality. In this knowledge, the individual's endless pursuit to be free from a sense of want is resolved. Attributed to Ādi Śaṅkarācārya, this comprehensive work on Advaita Vedanta uses all the major methods (*prakriyās*) and includes almost every example found in Advaita literature, thus giving wide scope for Pujya Swamiji's masterful handling of all methods of revealing the non-dual vision.

Swami Tattvavidananda

Pañcadaśī Chapter-III

Swami Tattvavidananda will teach the third chapter, called *pañca-kośa-viveka*, discriminative inquiry into the five levels of experience, in this work by Śrī Vidyāraṇya. Here Śrī Vidyāraṇya analyzes, in verse form the second chapter (*ānanda-vallī*) of the *Taittirīya Upaniṣad*, where this important method of inquiry is elaborated. He also analyzes the Upaniṣad's definition of Brahman in this chapter as the reality that is limitless consciousness (*satyam jñānam anantam*), closely following Śaṅkara's *bhāṣya* (commentary).

Oct. 9- Dec. 22 Mon-Fri

Bhagavad Gītā Course

Swami Tattvaidananda

Īśāvāsya Upaniṣad with Śaṅkara's bhāṣya

Traditionally the first *Upaniṣad* that is studied, *Īśāvāsya Upaniṣad* begins with a statement that contains the entire vision of Vedanta—"All this is to be 'covered' by *Īśvara* (the Lord)." In this short *Upaniṣad*, this vision is unfolded and *upāsanas* (meditations) are given to prepare the seeker to receive it. Swami Tattvaidananda will give a thorough treatment of this *Upaniṣad*, following Śaṅkara's *bhāṣya*.

Selection from Br̥hdāranyaka Upaniṣad with Śaṅkara's bhāṣya

The largest of all the Upanisads, Brhadaranyaka covers a wide variety of dialogues unfolding the knowledge of the self. It also has a number of *upāsanas* (meditations) which are means of preparing the mind. In this course Swami Tattvavidananda will teach a section of this important Upaniṣad with Śaṅkara's *bhāṣya*.

Bhagavad Gītā Chapter 3

Having unfolded the truth of the self and introduced karma-yoga in what is known as the second chapter of the *Bhagavad Gītā*, Lord Kṛṣṇa elaborates on the crucial topic of *karma yoga* in the third chapter. Swami Tattvavidananda will teach this chapter of the BG with Śaṅkara's *bhāṣya*.

November 24-26 Fri-Sun

Thanksgiving Family Vedanta Retreat

To be announced

December 24-31 Sun-Sun

Christmas Family Vedanta Retreat

Pujya Swami Dayananda Saraswati

Significant Verses from the Bhagavad Gītā

Pujya Swami Dayanandaji will unfold a selection of verses from the *Bhagavad Gītā* that captures the essence of Lord Krishna's teaching to Arjuna. Though distilling the entire teaching to just a few verses, Pujya Swamiji will expand each verse so completely that the vision of the *Gītā* is revealed in

its entirety. Lord Krishna addresses and solves the problem of Arjuna's sorrow and over the shoulders of Arjuna, through Pujya Swamiji's masterful teaching, we too can resolve this ageless human problem.

Swami Tattvavidananda

Rāmāyana Part-V; Kiṣkindha-Kāṇḍa continued

Swami Tattvavidanandaji will continue the narration of the *Kiṣkindha-Kāṇḍa* in this annual retreat on the *Rāmāyana*. In this section Lord Rāma meets Sugrīva and Hanumānji, marking a positive turn in his search for Sitā. The section recounts the Sugrīva-Vāli conflict in which Rāma slays Vāli, and consolidates his alliance with Sugrīva and Hanumānji. It ends with Hanumānji preparing to make the leap to Lanka.