

## 2023 Fall Vedanta Five-week Course for Adults

We are pleased to welcome you to Arsha Vidya Gurukulam. We are delighted that you have enrolled in the Vedanta Course and trust that you will enjoy your stay at the Gurukulam.

### The 5 weeks Bhasyam Course Program is as follows:

**Monday, September 25<sup>th</sup> 2023**

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| Registration 2 – 10 pm<br>Main Office -Kanchi | <b>Evening Arati</b><br><br>5:45 -6:15 pm<br><br>Dinner: 6:30 – 10 pm | <u>All classes will be held in the auditorium of the new building</u> |
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**Tuesday, September 26<sup>th</sup> – Saturday, October 28<sup>th</sup>**  
(Meditation classes will begin on Wednesday morning)

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| <b>Laghu Ganesa Homa</b><br>5:15 am (Homa Building)<br><b>Daily Morning Abhiseka to Lord Dakshinamurti and Ganesa</b> 5:40 am | <b>Tuesday morning, Sept 26</b><br><b>Camp Orientation</b><br><b>8:30 – 8:55 am</b> | <u><b>Swami Tattvavidanandaji's Class Schedule</b></u><br>Meditation 7:00 – 7:30 am<br><b>Brahmasutra Class 1</b><br><b>9:00 – 10:00 am</b><br><b>Brahmasutra Class 2</b><br><b>4:30 – 5:30 pm</b><br>Satsang (Q & A)<br>7:30 – 8:30 pm |
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| (Tue-Sat)<br><b>Sanskrit Class</b><br>10:30 – 11:30 am<br>Jagadish Acharya<br><b>Yoga Classes</b><br>3-00 – 3:45 pm<br>Lance and Monica<br>Yoga Studio | <b>Afternoon Arati</b><br>12:15 pm<br><b>Evening Arati</b><br>5:45- 6:15 pm<br><b>Puja at Dayalayam</b><br>6:15 pm | <b>The dining hours</b><br><br><b>Breakfast</b><br>7:30 – 8:45 am<br><b>Lunch</b><br>12:30 – 1:30 pm<br><b>Dinner</b><br>6:15- 7:25 pm |
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**Sunday, October 29 – Class Schedule on the Concluding of the Course**

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| Swami Tattvavidanandaji<br>Guided Meditation<br>7:00 - 7:30 am | <u>Swami Tattvavidanandaji's</u><br><u>Concluding class</u><br>Brahmasutra Class<br><br>9:00 – 10:00 am<br>***** | Gurudaksina and Concluding Ceremonies for the course<br>10:30 am to 11:30 am<br>followed by early Lunch at 11:30 am |
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**The Daily Routine schedule:**

*Every Monday is a holiday.*

**No Meditation on Monday and Tuesday.**

**Brahmasutra Classes from Tuesday - Sunday**

**WEEKEND SCHEDULE DURING THE CAMP:**

EVERY FIRST AND THIRD SUNDAYS (OCT 1<sup>st</sup> & 15<sup>th</sup>)

10:00 am – 11:00 am Brahmasutra Class

(Bhagavadgita Weekend Students will join Brahmasutra Class )

11:30 am - 12:30 pm – Bhagavadgita Weekend Class

ON SECOND AND FOURTH SUNDAYS (OCT 8<sup>th</sup> & 22<sup>nd</sup>)

9:00 – 10:00 am Brahmasutra Class

From 11:00 am onwards, early lunch will be served.

**Dining Hall and Kitchen Schedule:**

Morning tea and Coffee: Old dining hall Cafeteria (5 am- 7 am).

- Breakfast: 7:30 to 8:45 AM
- Lunch: 12:30 to 1:30 PM
- Dinner: 6:30 to 7:25 PM

\* Please note Dining hall is closed for cleaning from 1:30 – 3:30 pm and New Building closes at 9:30 pm.

**Important Note about food:**

- The gurukulam provides vegetarian food.
- Food should not be wasted.
- Personal cooking in campus is prohibited.
- The Cafeteria & Dining hall refrigerators are strictly meant for Gurukulam use and are not meant for keeping your food items. So Gurukulam Kitchen Staff is not responsible for missing items.
- There is a good possibility that our food contains peanuts, tree nuts and dairies. Please exercise caution if you are allergic to nuts or dairies.

### **Instructions for Laundry for the campers:**

- No laundry service is available on campus due to septic limitations.
- There are two laundromats in nearby Wind Gap.
- Wind Gap Laundry and Tanning, 147, N Broadway, Wind Gap, PA, 18091, Tel: 610-863-9080.
- Soapee Sudz Laundry, 4669, 501 E Moorestown Rd, Wind Gap, PA, 18091, Tel: 610-863-4669

### **Gurukulam Guidelines:**

- Visit the Main Office (KANCHI) after you arrive to register, to pick up your room/cottage key & check-in. Please return the room key to the office when you check out.
- Street lights will be turned off at 10 pm.
- In case you plan to be away from the Gurukulam for more than six hours during the Five-Week Fall Vedanta Course, please inform with your contact nos to Mrs.Vimala or anyone at the main office.
- Please conserve resources by turning off lights when coming to class. Check the faucets in the bathroom and make sure faucets are shut off. Turn off porch lights in the daytime.
- Please remove trash from your rooms and deposit it in trash cans available around the campus.
- WiFi Networks are available in Old Dining Hall, Pampa class room.
- New Building (closes at 9:30 pm).
- The password for public AVG WiFi networks is: SILVERJUBILEE (all caps).
- TVs, Cable TVs, and internet are not available in the room. Personal Belongings: The Gurukulam cannot accept responsibility for the campers' & guests' personal belongings.
- Everyone who stays in or visits Gurukulam should wear modest attire conservative (female) and without shorts (male).

### **Instructions on Intoxicants and Prohibited Items:**

- Smoking, Drinking alcohol, use of tobacco, non-prescription drugs, or coming intoxicated are not allowed in the Gurukulam, especially in the Temple, New Building Auditorium & Yoga Studio is strictly prohibited. Pets are not allowed.
- If you use your computer in a public space or while remote working, make sure you never leave your laptop or tablet unattended.
- Room telephone does not have a long-distance calling service. If there is a phone, your room number prefixed with 1 is your 4 digit Telephone extension number for room to room calling.

### **New Auditorium Guidelines:**

- **Please keep your mobile phones in turn off/mute/Aeroplane mode in the temple and the Auditorium lecture hall.**
- Please clear up your personal belongings after the First and Third Sundays in our auditorium. This will make cleaning easier.
- No shoes, food (this includes chewing gum), or drink in the temple & Class Rooms.
- Shorts and T-shirts are not permitted in the Temple and Auditorium.
- Please check hearing aid battery – batteries with low power interferes with the sound system.
- Please note that recording camp classes on any recording device such as your laptop, cell phone, iPod, and iPad are strictly prohibited.
- Please make your own arrangement with fellow student for summary if you miss ongoing Classes during the Vedanta course.
- Please do not request Mr. Sahadev (Audio/Video Engineer) for copying ongoing classes.
- Please put your cell phone in airplane mode or preferably switch it off when you are in class; this is very disruptive and we appreciate your cooperation.
- Please do not stretch feet (pointing feet at the teacher) if you are seated in the front row; this is deemed disrespectful.
- Please maintain silence until you leave the Lecture hall.

### **Car Parking Guidelines:**

- Please park in designated parking lots only or on the grass in front of Yoga Studio. Please do not park in front of the dining/temple area or the sides of the road. Please respect NO PARKING SIGNS. This is your campus.
- After dropping your luggage by your room location, please shift the car to the New Auditorium and Yoga Studio parking lots. The front lot is reserved for AVG's office visitors, AVG's vehicles, Bookstore & Desiya customers, and delivery vehicles.

### **Temple & Puja Instructions for GFD, Abhisheka and Archana Sponsors:**

If you are attending Abhisheka as a Gift for a Day, Abhisheka, or Archana sponsor; kindly schedule the Sankalpa before the start(at 5:30 am) of the morning Abhisheka. Please keep your family Gotra and family members of the Birth star ready for the Sankalpa. **Sankalpa** is a Sanskrit word, it means conception or idea formed in the heart or mind, solemn vow or determination to perform, desire, definite intention, volition, or will. If you are attending Abhisheka today as a Gift for a Day sponsor, please inform the priest before the beginning of

the Abhiseka Contact Persons – Priest Ganesan 570-656-0197, Puja in-charge, Dr. Akella Indira 570-202-8475.

| <b>FESTIVALS CELEBRATED DURING 5 WEEK 2023 FALL VEDANTA CAMP:</b> |  |
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| 1   | Pradosha Pujas: Wednesday, Sept.27th , Thursday, Oct.12th & Tuesday Oct.26th |
| 2   | Sunday October 22nd Goddess Saraswati puja at 7:30 am                        |
| 3   | Monday October 23 Goddess Saraswati Punar puja and Vijayadashami 7:30 am     |

### **DAYALAYAM:**

Dayalayam is Puja Dayananda Swamiji's Residential Cottage (Ganga) which is named as "Dayalayam- The Abode of Compassion" after his Maha Samadhi in 2015. It is a temple for Meditation and Silence.

Monday- Friday: Visiting Hours: 10:00 am – 1:00 pm & 6:00 pm- 7:00 pm.

Saturday- Sunday: Visiting Hours: 9:00 -11:00 am & 3:00 pm- 7:30 pm.

Please enter through the DECK to Dayalayam -Meditation Hall.

### **Guidelines about the various important facilities:**

**Yoga Classes:** All yoga classes will be held in the Yoga Studio on the first floor of the Activity Center. Enter through the ground-level door and take the stairs to go up to the first floor. Please do not take yoga mats and props from the Yoga Studio.

**Library Hours during camp days:** 1:30-3:00 pm. (Mon-Wed- Fri) Location -Sindhu Basement

**AVG Book Store:** Located near Main Office & Narmada Building at 570-801-7020. Hours of Operation: Mon-Fri 9:30 am. - 3:30 pm. Sat-Sun 9:00 am. - 5:00 pm.

**Aim for Seva:** Started by Puja Swamiji in 2000, AIM for Seva is an integrated community development program that is currently working across 16 states in India. Contact: Mr. Srini Raman 248-979-8900.

**Desiya Store:** Desiya means belonging to a given place, community, and culture. The store carries hand-crafted products from across village hamlets in India, each hand-crafted by skilled artisans. Every product in the store has the signature of an unsung artisan. When you buy a hand-crafted Desiyaproduct you support the art and artist. The store is open daily from 1 pm to 5 pm. Please contact Dayananda Prasad Sadasivam at 570-730-9849 or ext. 1545 from your room phone.

**Exercise / Gym hours:** Located in the lower level of the Bhagirathi residence, entry is restricted to campers of the Gurukulam, from 7 AM to 7 PM. The fitness room is kept locked; please contact the Office for the lock access code.

**Shanti Trail:** The Gurukulam grounds have a partially paved multi-use (walking, jogging, and biking) trail called the Shanti Trail. The trail can be accessed from a paved path between Bhavani and Godavari residence buildings. Given that this is “bear country”, campers are advised to avoid Hiking alone, if possible. Please go in small groups. Please stick to the trail. It may take some of the adventures out of your hike, but by staying on the trail you’ll minimize potential bear encounters.

**Our Mailing Address to be given for mails, FedEx and UPS:**

Arsha Vidya Gurukulam (Pitham) 651, Route 115 P.O.Box 1059, Saylorsburg, PA-18353.

FedEx: (800) 463-3339 UPS: 1-800-742-5877

**Transportation Services:**

**Bus Station:** Martz Bus Transportation Stroudsburg and Trans bridge Lines in Easton offer daily bus service to Newark, New York City, and Philadelphia. For more information, please contact Easton (PA) Tel: 610-258-4400, Stroudsburg PA (DWG) 570-421-3040.

**Closest Airport** – ABE – Lehigh Valley-PA, Tel: 610- 266 – 6000

**Post office:** 284 Anchorage Rd, Saylorsburg, PA 18353 Tel: 570 – 992 – 6575

Hours: 8:00 am – 5:00 pm

**For Medical Emergency Please call 911**

- **Lehigh Valley Hospital Pocono**, Tel: 570-421- 4000  
206 E Brown St, East Stroudsburg, PA 18301
- **St.Luke's Hospital Monroe Campus**, Tel: 272-212-1000/1-866STLUKES  
100 St, Lukes’ Lane, Stroudsburg, PA 18360
- **Wind Gap Medical Center** and St. Luke’s Laboratory Service  
487 E Moorestown Rd, #108 Wind Gap, PA 18091 Tel: 484-526-4250  
Walk-in Medical Center: 484-526-7977
- **Wind Gap Family Eye Care**, Tel: 610-863-5665 336 S Broadway, Wind Gap, PA-18091

**Health Services:**

- **Pocono Eye Associates** 1650, Route 209 Brownsville, PA18322 Tel:570-801-6577 or 570-497-5071

- **Dentist: Leigh Valley Cosmetic Dentistry** Tel: 610-365-8300 25 S Broad Street, Suite 106 Nazareth PA18064

[www.lvdentistry.com/](http://www.lvdentistry.com/) Dr.Sudeep Kaur/Email:lvcd29@gmail.com

- **CVS Pharmacy:** Tel: 610-863-5341  
855 S Broadway, Wind Gap, PA 18091
- **CVS 24 hours Pharmacy:** Tel: 570-424-0830  
250, South Courtland St. East Stroudsburg, PA-18301

#### **Nearby Hindu Temples Contact Information:**

- **Sringeri Sadhana Center:** Tel: 570-629-7881  
327, Cays Rd, Stroudsburg, PA 18360 – USA
- **Vraj Bhoomi:** Tel: 717-754-7067  
51 Manor Road Schuylkill Haven, PA 17972.

## **Arsha Vidya Gurukulam, Saylorsburg, PA**

### **About the Gurukulam:**

The Gurukulam is situated on 14 acres of secluded land in the Pocono Mountains, with additional 99 acres of wooded trails. Arsha Vidya Gurukulam was founded in 1986 by Brahmaleen (late) Sri.

Swami Dayananda Saraswati, with the help of Board Members. Pujya Sri. Swamiji is acclaimed as a leading figure who had unsurpassable scholarship and clarity of expression.

The major Arsha Vidya Centers in India are in Rishikesh, Coimbatore, and in the USA in Saylorsburg. The Purpose of establishing AVG was to make available the teaching Vedanta in an authentic, traditional manner. The Gurukulam offers 1st and 3<sup>rd</sup> weekends of the month Meditation Workshop (1st & 3rd Saturdays), Bhagavadgita Classes (1st & 3rd Sundays) Holiday Weekend Vedanta Courses, Family Vedanta Courses, and Courses for adults. Ongoing classes in Yoga, Meditation, Vedic Chanting, and Sanskrit language are part of the Gurukulam's regular curriculum.

Vedanta means (Self-knowledge) the end of the Veda (positional name) the Indian source-book for spiritual knowledge. In keeping with our commitment to the authentic representation of the Vedic tradition, all of the teachers at AVG are traditionally trained. Some are of international repute.

**Dakshinamurty Temple:** In the Vedic tradition, since all that is here is a manifestation of the Lord, the Lord can be invoked in any form. In keeping with its commitment to spiritual teaching, Arsha

Vidya is home to a shrine for Lord Dakshinamurti, the first spiritual teacher in the Vedic tradition. Our qualified priests perform Pujas, Vedic samskaras, and Homas.

### **The meaning of the word Dakshinamurti:**

Dakshina means south and murti means form. (As per Dakshinamurti Upanishad) So one who is facing south. Dakshinamurti is the one whose form or truth is perceived by an enlightened mind (Dakshina) Dakshina also means anukula, favorable or kindly disposed. Lord Dakshinamurti is always kindly disposed to his devotees and seekers of knowledge. He imparts the knowledge with

love and compassion. Dakshinamurti is one of the five aspects of Shiva, the others being Nataraja, Shiva Linga, Ardhanareeshwara, and Tripurantaka. He is the embodiment of spiritual wisdom, the universal teacher of music, yoga, and jnana, and the destroyer of ignorance.

### **Swami Veditatmananda Saraswati – President**

Swami Veditatmananda (Senior disciple of Pujya Swamiji) is the president of Arsha Vidya Pitham and head acharya of the Gurukulam. Having lived and worked in the USA before becoming a renunciate, he is familiar with the lifestyles in India and the west.

### **Swami Tattvavidananda Saraswati – Vice President**

Swami Tattvavidananda (Senior disciple of Pujya Swamiji) is the vice president of Arsha Vidya Pitham. Swamiji is a monk of erudite scholarship. He is from a family of Vedic pundits and learned vedas and sanskrit from a very young age. He holds two Ph Ds, one in Chemistry and Sanskrit. Swamiji's deep insight into the secrets of that highest knowledge of brahman and the profundity of it is reflected in his teachings, delivered directly without mincing words that only a true scholar can command.

### **Swami Muktatmananda Saraswati – Board Member & One of the Resident Acharyas**

Swami Muktatmananda is a disciple of Pujya Swamiji and Swami Veditatmananda, having undergone a three-year residential teacher training Vedanta course in India under Pujya Swamiji's guidance. Swamiji wears his depth of scholarship with s delivering the teachings with clarity and ease.

**Resident Swamijis and Swaminis** – Swamini Srividyananda, Swamini Agamananda, Swami Jnanananda, Brah. Suryanarayana. Suddhatma Chaitanya serves as the General Manager for the Gurukulam.

### **Details about Daily (Nitya) Abhiseka and Aratis to Lord Dakshinamurti**



An abhiṣeka is conducted by priests by bathing the image of the deity being worshipped, amidst the chanting of mantras. Usually, offerings such as milk, yogurt, ghee, honey, panchamrita, sesame oil, rose water, sandalwood paste may be poured among other offerings depending on the type of

abhishekam being performed. This rite is routinely performed in Hindu temples. A Rudrābhiṣeka or abhiṣeka of Rudra is performed on lingams. A Kumbhabhishekam is a consecration ritual for a Hindu temple. Arti performed at Indian temples consists of offering a camphor lamp (or oil lamp) to the Deities and then distributing it to the devotees, who line up. They hover their hands over the flame and touch their hands to their eyes, this may be done once or three times. It is the last ritual performed in puja. Arti is also referred to as deeparadhana in Tamil, diparadhane in Kannada diparadhanamu or harati in Telugu, and diparadhana or aarathi in Malayalam.

Daily Pujas books are provided to the participants in the temple to follow Vedic chants from our priests and other members. Chanting or recitation of hymns in Sanskrit is oral prayer, vācika karma, a means of expressing our devotion to Bhagavan. They are in the form of simple praise or eulogy called, stuti, sukta stava, etc. It can be vaidika, the source being the Vedas or from smrāti, smārta. The vedokta mantras or hymns like the Gāyatri mantra, Purusha suktam, or Sri Rudram have to be chanted properly with Vedic notations or svaras. This is called Vedic Chanting. The vedokta hymns are called mantras and they are chanted. There are many rules and regulations while chanting or while learning or during personal abhyāsa. The nuances can be grasped and comprehended only when taught by a live Guru. They have necessarily got to be learned from a competent āchārya who has undergone training from his Guru in the Karna Parampara (Oral tradition).

<https://arshadrishti.org/wp-content/uploads/2016/04/Rules-of-Chanting-in-Sanskritam.pdf>

Thank you