

Arsha Vidya Pitham

(Institute for the study of Vedanta, Sanskrit, Meditation and Yoga)

Year 2024 Programs



नहि ज्ञानेन सदृशम्

nahi jñānena sadṛśam

"There is nothing equal to self-knowledge."

Bhagavadgītā 4.38



SURRENDER

Śaraṇam is to be translated as refuge. In surrender, our unhappiness, fears, anxieties, and insecurities are destroyed or removed. According to a school of Vedanta known as Viśiṣṭa-advaīta, *śaraṇāgati* or *prapatti* is considered to be the most important means to attain God.

Jan 1 (Mon) New Year's Day – *Mahārudrābhīṣekam*

Feb 16-19 (Fri-Mon) Presidents Day Family Course (Online Only)

Swamini Svatanavidyananda – *A Mantra from Kaivalya Upaniṣad*

March 4-April 4 (Mon-Thu) Four-Week Vedanta Course (In Person and Online)

Swami Muktatmananda – *Bhagavad Gītā Chapter 2 with bhāṣyam and meditation*

March 29-31 (Fri-Sun) Easter Weekend Family Vedanta Course

Swami Muktatmananda – *Aparokṣānubhūti*, 68-75

April 4-7 (Thu-Sun) Spring Weekend Course I

Swami Sachidananda - *Assimilation of the Vision – Aṣṭāvakra Gītā*

April 25-28 (Thu-Sun) Spring Weekend Course II

Swami Sachidananda - *Living the Truth – Aṣṭāvakra Gītā*

May 12-21 (Sun-Tue) 10-Day Vedanta Course

Swamini Svatanavidyananda - *Upadeśa-Sāhasrī, Padyabandha (metrical part), Ch. 3, 4, and 5*

May 24-27 (Fri-Mon) Memorial Day Family Vedanta Course

Swami Vidadatmananda - *Uttīṣṭhata jāgrata (Kāṭha Upaniṣad, 1.3.14)*

Swamini Paraprajnananda - *Dve vidye veditavye (Muṇḍaka Upaniṣad, 1.1.4)*

May 31–June 7 (Fri-Fri) Vedanta Course

Sri Vijay Kapoor - *Kaivalya Upaniṣad*

June 13-16 (Thu-Sun) Summer Weekend Vedanta Course for Adults

Swami Vidadatmananda - *some classes, satsang*

Swamini Paraprajnananda - *Dṛg-Dṛśya-Viveka*

July 3-6 (Wed-Sat) Independence Day Weekend Vedanta Course

Swami Vidadatmananda – *Tadviṣṇoḥ paramaṁ padam (Kāṭha Upaniṣad, 1.3.9)*

Swamini Paraprajnananda – *Anyat śreyaḥ anyat uta eva preyaḥ (Kāṭha Upaniṣad, 1.2.1)*

July 10-24 (Wed-Wed) Two-week Bhāṣyam Course for Adults

Swami Vidadatmananda – *Bṛhadāraṇyaka Upaniṣad Bhāṣyam, 3.6.1, 3.7.3, 3.7.23, 3.8.1-12*

Swami Muktatmananda – *Īśāvāsya Upaniṣad Bhāṣyam, 6-12*

July 27-Aug 2 (Sat-Fri) Family Vedanta Course I

Swami Vidadatmananda – *Upadeśa-Sāram* & Swami Muktatmananda – *Aparokṣānubhūti, 75-95*

July 27-Aug 2 (Sat-Fri) Children's Course I (Age 9-16)

Aug 3-9 (Sat-Fri) Family Vedanta Course 2

Swami Vidadatmananda – *Ātma-anātmā-viveka* & Swami Muktatmananda – *Aparokṣānubhūti, 96-110*

Aug 3-9 (Sat-Fri) Children's Course II - Unaccompanied by parents (Age 9-16) Commuters welcome

Aug 10-16 (Sat-Fri) Family Vedanta Course 3

Swami Vidadatmananda – *Ātma-anātmā-viveka* & Swami Muktatmananda – *Aparokṣānubhūti, 111-125*

August 15 (Thursday) Pujya Swamiji's Jayantī Day

August 18 (Sunday) Gurukulam's 38th Anniversary – Surrender (*Śaraṇāgati*)

Aug 22-25 (Thu-Sun) Patron's Complementary Course I

Swami Vidadatmananda – *Tyāga* & Swami Muktatmananda – *Freedom from Anger*

Aug 22-25 (Thu-Sun) Arsha Vidya NextGen Retreat with Swami Vidadatmananda

Aug 30-Sept 2 (Fri-Mon) Patron's Complimentary Course II

Swami Tattvavidananda – *Dṛg-Dṛśya-Viveka* & Swami Muktatmananda – *Bhagavad Gītā, 3.3*

Sept 6-20 (Fri-Fri) Two-week Vedanta Course for Adults

Swami Tattvavidananda - *Aparokṣānubhūti, Viṣṇusahasranāma: Epitome of Vedanta, Rāmāyaṇa*

September 23 (Monday) Pujya Swamiji's 9th ārādhana

Swami Pratyagbodhanada's 4th ārādhana

Sept 24-Oct 27 (Tue-Sun) Fall Vedanta Five-Week Course for Adults

Swami Tattvavidananda - *Aitareya Upaniṣad & Viṣṇusahasranāma: Epitome of Vedanta*

Nov 28-Dec 1 (Thu-Sun) Thanksgiving Family Vedanta Camp

Swami Muktatmananda – *Contemplation* & Swami Sachidananda – *Bhakti - Discovering Love*

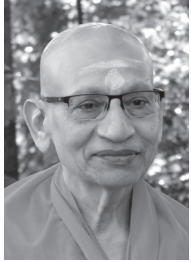
Dec 24-31 (Tue-Tue) Year End Family Vedanta Course

Swami Muktatmananda – *Muṇḍaka Upaniṣad 1.2.12* & Swami Sachidananda – *Vivekacūḍāmaṇi*

Selected Verses: *How to Gain Equanimity, Peace, and Joy*

May 24 - 27 (Fri-Mon) Memorial Day Family Vedānta Course

Uttiṣṭhata jāgrata (Kāṭha Upaniṣad, 1.3.14)



Uttiṣṭhata, arise! Jāgrata, awake! This famous mantra exhorts the student to be alert and, having approached the great teachers, to know the truth of the self. This *mantra* also declares that

treading the path of self-knowledge is difficult, like walking on a razor's edge. Under Swamiji's skilled guidance, the knowledge will be unfolded in a way that makes it accessible to all devoted seekers of truth.

July 3 - 6 (Wed-Sat) Independence Day Weekend Vedānta Course

*Tadviṣṇoḥ paramaṁ padam
(Kāṭha Upaniṣad, 1.3.9)*

This line concludes a series of famous *mantras* in the Kāṭha Upaniṣad, which compare the physical body to a chariot, with the mind as the reins and the intellect as the charioteer. The chariot can be driven towards either *saṁsāra* or *mokṣa*, depending upon the charioteer. With a discerning charioteer, the chariot will reach the *paramaṁ padam*, ultimate end, which is *Viṣṇu*, the all-pervading Brahman. That is *mokṣa*. Swamiji will unfold this beautiful imagery and discuss how it can be used as a guide in our lives.

June 13-16 (Thu-Sun) Summer Weekend Vedānta Course for Adults

Swamiji will teach some classes and satsangs.

July 10 - 24 (Wed-Wed) Two-Week Bhāṣyam Course for Adults

*Bṛhadāraṇyaka Upaniṣad, 3.6.1. 3.7.3,
3.7.23, 3.8.1-12*

Swamiji will continue the annual unfolding of Bṛhadāraṇyaka Upaniṣad with the *bhāṣyam* of Ādi Śaṅkarācārya. This year's topics will include Sage Yājñavalkya's dialogs with Gārgī and a description of the *antaryāmi*, self as the inner controller.

July 27 - August 2 (Sat-Fri) Family Vedānta Course 1

Upadeśa-Sāram

This text, whose title translates as "The essence of the Teaching," condenses the entire teaching of Vedānta in just 30 short couplets. The first 17 verses provide insight into spiritual practices of *karma-yoga*, *bhakti*, and *dhyānam*, culminating in *jñānam*. The last 13 verses deal with *jñāna-yoga*, deliberation upon the nature of the Self. The one who follows this teaching attains *mokṣa*, freedom from all unhappiness and sorrow.

August 3 - 9 (Sat-Fri) Family Vedānta Course 2

Ātma-anātmā-viveka

Viveka means discernment. Discerning the difference between *ātmā*, which is the self or "I", and *anātmā*, that which is nonself, is the fundamental task in Vedānta. The mix-up, or seeing one where there are two, caused by identifying the body as the self is the source of all sorrow in life.

August 10 - 16 (Sat-Fri) Family Vedānta Course 3

Ātma-anātmā-viveka

See description for Course 2.

continued on next page...

August 18 (Sunday)
Gurukulam's 38th Anniversary
 Topic: Surrender (*Śaraṇāgati*)

August 22 - 25 (Thu-Sun)
Patron's Complimentary Course I
Tyāga
 Throughout the Bhagavad Gītā, the

question of *tyāga*, renunciation, arises again and again. How does renunciation help us achieve our true desire, which is freedom from sadness and insecurity? Can we really give anything up? What do we gain by renunciation? Swamiji will answer these questions and unfold the true meaning of renunciation.

Swami Vidadatmananda's Classes In Ahmedabad

For information, please visit <https://www.tattvatirtha.org>

Arsha Vidya Gurukulam invites seekers to its 6th Midwest Retreat in June 2024



The man of Wisdom
STHITA-PRAJÑĀ

June 6 – 9, 2024

at

Lindenwood Retreat and Conference Center
 9601 Union Road, Plymouth, IN 46513

Swami Vidadatmanandaji will teach the well-known section of the Bhagavad Gītā in which Lord Krishna answers Arjuna's questions about the characteristics of a *sthita-prajñā*, a person whose knowledge of reality is clear and assimilated. In the process, the nature and result of the knowledge is revealed, as well as the means for gaining the knowledge.



Speaker : Swami Vidadatmananda Saraswatiji

Swamiji, a senior disciple of Pujya Swami Dayananda Saraswati, is an outstanding teacher of Vedanta. He expounds Vedanta with a simplicity and directness that make it easy to assimilate. Having studied and worked in the United States prior to becoming a *sannyāsī*, Swami Vidadatmanandaji is familiar with the lifestyles of India as well as the West. With this insight, he reaches out to students across both cultures with equal ease.



Retreat Registration:

- Please scan QR code for online registration
- Limited accommodation available on site
- For More Detail

Contact : Cell: 734-249-1044, kartik_gp@yahoo.com

August 30 - September 2 (Fri-Mon) Patron's Complimentary Course 2 (Labor Day)

Dṛg-Dr̥śya-Viveka



The famous text of *Dṛg-Dr̥śya-Viveka* is an inquiry into the truth of the seer, *dṛg*, and the seen, *dr̥śya*. Because of identification with the body and mind, the infinite self appears to assume

their limitations and get caught in the web of *samsāra*. The only way out is through *viveka*, the ability to clearly discern between the changing and the unchanging. Swamiji will unfold the means for developing this *viveka* and thereby gaining freedom.

September 6 - 20 (Fri-Fri) Two-week Vedanta Course for Adults

Aparokṣānubhūti

Aparokṣānubhūti is a *prakaraṇa-grantha*, a treatise of Vedanta. Such texts are generally studied to prepare the aspirant for more advanced texts. But this text is complete in itself inasmuch as it deals with all aspects of Vedanta, beginning from the *adhikārī*, one who is a fit student, to the *jīvan-mukta*, one who is liberated while living.

Viṣṇu-sahasra-nāma: Epitome of Vedanta

The *nāmas* in the *Viṣṇu-sahasra-nāma* reveal the manifest form of *Viṣṇu* as an *avatāra*, *Viṣṇu* as the cause of the world and as the world, and the essential nature of *Viṣṇu*, which is the truth of oneself. The

first two are for worship, and the third is for understanding. This course is a continuation of last year's sessions.

Rāmāyaṇa

Swamiji will continue his annual exposition of the *Rāmāyaṇa*, this year beginning with the *Yuddha-kāṇḍa*. A rich source of Vedic culture and wisdom, this work informs the thinking and attitudes of everyone who has been adequately exposed to it.

September 24 - October 27 (Tue-Sun) Fall Vedanta Five-week Course for Adults

Aitareya Upaniṣad

The only one of the ten *upaniṣads* commented upon by Śrī Ādi Śaṅkarācārya that is from the Ṛg Veda, *Aitareya Upaniṣad* is a relatively brief text. With powerful and fascinating imagery, it covers the major themes of the creation of the universe, the birth of the individual, and the nature of consciousness. Swamiji will unfold this rarely taught text, presenting its full scope and depth.

Viṣṇu-sahasra-nāma: Epitome of Vedanta

The exposition of this text will be a continuation from the two-week course.

"When one knows Atman, all duality ends. Kaivalya is the communion with the Being, the Awareness Absolute, the One without a second. You are one with it. You recognize your identity with Brahman. That is the ultimate goal. That is mokṣa, absolute freedom."

- Swami Tattvavidananda



Arsha Vidya Gurukulam
presents
Swami Tattvavidananda Saraswatiji

The Phoenix Vedanta Group, under the aegis of Arsha Vidya Gurukulam, will be conducting an extended Vedanta Camp by Sri Swami Tattvavidananda Saraswatiji

November 4 – December 1, 2024 (28 days*)

Location: North Phoenix, AZ

PROGRAM

ĀTMA BODHA AND YAKṢA PRAŚNA (2 CLASSES PER DAY)

Session 1: Nov 4 PM to Nov 17 AM

Session 2: Nov 20 AM to Dec 1 PM

Daily Schedule (starting Nov 4 PM and ending December 1 PM)

10:15 AM – 10:30 AM: Meditation

10:30 AM – 11:30 AM: **Ātma Bodha** and Q&A

11:45 AM – 12:30 PM: Lunch

6:30 PM – 7:45 PM: **Yakṣa Praśna** and Q&A

7:45 PM – 8:30 PM: Dinner

* 2.5-day break is planned in between – Nov 17 PM, 18, and 19 to allow people to visit nearby places; Break schedule is subject to unexpected variations due to weather

Register here for in-person attendance:

Attendees can register for the entire program, or for specific sessions or dates. Preference will be given to those registering for the entire program or session.



If you only want to participate online and you are already receiving BrahmaVidyaKuteer emails, you do not need to do anything. If you are not receiving BrahmaVidyaKuteer emails, but are interested in attending the Atma Bodha classes online, please provide your email address to bvk.satsang@gmail.com

For questions, please contact:

Phoenix Gita Vedanta Group phx.gita.vedanta@gmail.com

Kishore Narayan (623) 694-0502 or narayan.kishore@gmail.com

Singli Surandran (602) 751-9337 or mail2suren@yahoo.com

Jayanthi Sankar (480) 238-4655 or jaysurandran@yahoo.com

February 16 - 19 (Fri-Mon) (ONLINE) Presidents Day Family Course

śraddhā-bhakti-dhyānayogād avaihi
(Kaivalya Upaniṣad, 2)



This instruction imparted by Lord Prajāpati to Sage Aśvalāyana unfolds the preparation needed for the gain of self-knowledge. When one is endowed with trust, devotion, and a

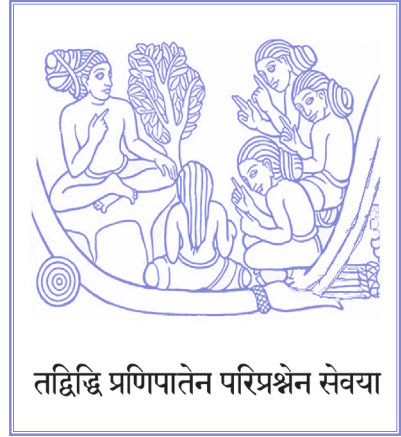
tranquil mind, one is a true *mumukṣu*, ready to assimilate the knowledge. How does one cultivate these qualities for *brahmavidyā*? Please find out by logging into this online winter weekend retreat.

May 12 - 21 (Sun-Tue) 10-Day Vedānta Course

Upadeśa-Sāhasrī, Padyabandha (metrical part), Ch. 3, 4, and 5

This work of Ādi Śaṅkara, which translates as “A Thousand Teachings,” is a Ve-

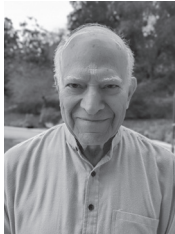
dantic marvel. It has both prose and metrical parts. Swaminiji will be expounding the first three chapters (or as much of it as is possible in the time allotted) of the metrical part. Indeed, A Thousand Teachings is worthy of studying a thousand times. Come to this retreat and bathe in the delightful waters of oneness.



Sri Vijay Kapoor

May 31 – June 7 (Fri-Fri) Vedānta Course

Kaivalya Upaniṣad



Kaivalya is an important *upaniṣad*, appearing in more than one Veda. The word *kaivalya* itself indicates that which imparts freedom from a

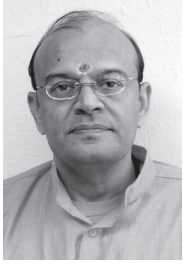
sense of bondage that causes us suffering. Vedānta says that to see oneself as a *sākṣī* of one's experiences is not enough for freedom – it is just the first step. The key is to see that the entire cosmos is nothing but my own self. So, the name *kaivalya* implies *ekam advitīyam*, one without a second.

March 4 - April 4 (Mon-Thu)

Four-Week Vedanta Course

(ONLINE AND IN-PERSON)

Bhagavad Gītā Chapter 2 with bhāṣyam & meditation



Swamiji will discuss and give guidance to students in the traditional Vedantic form of meditation, the purpose of which is to contemplate upon the nature of the very mediator. He will also be

teaching the second chapter of the Bhagavad Gītā, in which Lord Krishna reveals the truth of the self to Arjuna, defines the discipline of *karma-yoga*, and describes the characteristics of a wise person.

March 29 - 31 (Fri-Sun)

Easter Weekend Family Vedanta Course

Aparokṣānubhūti, vs. 68-75

Aparokṣānubhūti by Śrī Ādi Śaṅkarācārya is a complete text of Vedānta, detailing all that is involved in gaining self-knowledge. The selected verses describe the different ways in which the self is taken to be the body.

July 10 - 24 (Wed-Wed)

Two-Week Bhāṣyam Course for Adults

Īśāvāsya Upaniṣad, 6-12

This *upaniṣad* has the special significance of being the only one in the *samhitā* portion of the Śukla Yajur Veda. The first eight verses are a focused, complete unfoldment of the nature of the self and one's identity with *Īśvara*, resulting in the vision of oneness in which there is no delusion, no sorrow. This

is a continuation of last year's class, when verses 3-5 were presented.

July 27 - August 2 (Sat-Fri)

Family Vedanta Course 1

Aparokṣānubhūti, vs. 75-95

See description for the Easter Weekend Family Vedanta Course.

August 3 - 9 (Sat-Fri)

Family Vedanta Course 2

Aparokṣānubhūti, vs. 96-110

See description for the Easter Weekend Family Course.

August 10 - 16 (Sat-Fri)

Family Vedanta Course 3

Aparokṣānubhūti, vs. 111-125

See description for the Easter Weekend Family Vedanta Course.

August 22 - 25 (Thu-Sun)

Patron's Complimentary Course 1

Freedom from Anger

Anger, which is a symptom of pain, is inevitable in a human life. Everyone has it; no one wants it. It can destroy everything we value. Can we ever be free from it? The *śāstra* says we can, and teaches us how. In this course we will learn how, through the teachings of the *śāstra*, we can be free from anger, both relatively and absolutely.

Arsha Vidya Bala Gurukulam (AVBG) is a virtual learning course for young children and teenagers, as an extension of Arsha Vidya Gurukulam (AVG).

<https://balagurukulam.arshavidya.org/>

August 30 - September 2 (Fri-Mon) Patron's Complimentary Course 2 (Labor Day)

Bhagavad Gītā, 3.3

The topic of the third chapter of the Gītā is *karma-yoga*. In this third verse, Lord Kṛṣṇa tells Arjuna that there are two committed lifestyles available for a seeker: *jñāna-yoga* and *karma-yoga*. Swamiji will unfold the unique features of both of these lifestyles.

November 28 - December 1 (Thu-Sun) Thanksgiving Family Vedanta Course

Contemplation

The three pillars of study in Vedanta are *śravaṇa* (listening to the unfolding of the *śāstra* by the teacher), *manana* (resolving vagueness and doubts), and *nididhyāsana* (contemplation on what has been under-

Ongoing Vedānta Classes Online

with Swami Muktatmanandaji

Swamiji is teaching the following text on an ongoing basis via Zoom for students who cannot attend in-person classes at AVG. *All are welcome.*

Pañcadaśī

Mondays, Wednesdays,
& Fridays

10:30am-11:30am

Please contact
muktatmanandswami@gmail.com
for Zoom links

stood). In this course, Swamiji will discuss the characteristics of Vedantic contemplation and how to make it part of our daily life.

December 24 - 31 (Tue-Tue) Year-end Family Vedanta Course

Muṇḍaka Upaniṣad 1.2.12

This important *mantra* describes how a seeker, having analyzed various experiences, should gain dispassion and see that true fulfillment can be gained not through action, but only through knowledge. For that, he must properly approach a qualified teacher who abides in the knowledge of *brahman*.

Vedanta Retreat Schedule

Adult Schedule

5:45 - 6:45	am	Abhisheka
7:00 - 7:30	am	Guided Meditation
7:30 - 8:00	am	Breakfast
8:00 - 9:00	am	Gurukula Seva
9:00 - 10:00	am	Vedanta Class I
10:30 - 11:00	am	Music Class/Chanting
11:15 - 12:30	pm	Vedanta Class II
12:30 - 1:00	pm	Lunch
1:00 - 3:00	pm	Free Time
3:00 - 4:30	pm	Yoga
5:00 - 6:00	pm	Vedanta Class III
6:00 - 6:30	pm	Arati
6:30 - 7:00	pm	Dinner
7:30 - 8:00	pm	Bhajans
8:00 - 9:00	pm	Satsang (Q&A)

Children's Schedule

9:15 - 10:00	am	Yoga
10:00 - 10:45	am	Vedic Chanting
10:45 - 11:15	am	Snack
11:15 - 12:00	pm	Vedic Heritage
12:15 - 1:30	pm	Lunch
1:30 - 3:00	pm	Family Free Time
3:30 - 4:30	pm	Group Discussion
4:30 - 5:00	pm	Break
5:00 - 6:00	pm	Arts & Crafts/ Drama Practice
6:00 - 6:30	pm	Games
6:30 - 7:00	pm	Dinner
7:30 - 9:00	pm	Campfire/Cultural Activity

May 24 - 27 (Fri-Mon) Memorial Day Family Vedanta Course

Dve vidye veditavye (Muṇḍaka Upaniṣad, 1.1.4)



In Muṇḍaka Upaniṣad, Sage Aṅgiras is asked by Śaunaka, “What is that one thing, knowing which everything gets known?” Rather than state that one thing directly, the sage prepares

a background for it by saying that there are two types of knowledge to be gained: *parā-vidyā* and *aparā-vidyā* – one is the knowledge of the absolute truth, i.e., Brahman, and the other is knowledge of the world. Both must be known; it is necessary to know the finite and apparent nature of the world in order to develop dispassion for it and pursue the absolute truth.

June 13 - 16 (Thu-Sun) Summer Weekend Vedanta Course

Dṛg-Dṛśya-Viveka

There are only two things: *dṛg*, the seer, and *dṛśya*, the seen. Because of ignorance, the body-mind complex, which is the seen, is confused as “I,” the seer. This is the source of complexes and suffering. *Dṛg-Dṛśya-Viveka* clearly unfolds the distinct nature of seer and seen, helping us to own up our true nature. Another conspicuous feature of the text is the discussion of six-fold *samādhi*, which progressively helps one to abide in the self.

July 3 - 6 (Sat-Tue) Independence Day Weekend Vedanta Course

Anyat śreyah anyat uta eva preyaḥ (Kāṭha Upaniṣad, 1.2.1)

Katha Upaniṣad talks about two different commitments in life: *śreyah* and *preyaḥ*. *Śreyah* is the good, which culminates in *mokṣa*, liberation. *Preyaḥ* is the pleasant, which is attractive but limited, and culminates in bondage. The correct choice between these two leads to success in life. Kāṭha Upaniṣad categorically says that the one who chooses *śreyah* finds absolute happiness and the one who opts for *preyaḥ* "misses the bus". So let us make the correct choice.

Swamini Paraprajnanandaji will be available for outreach programs during her US visit in May - July/August.

We invite all who are interested to host Swaminiji's public talks and satsangs to contact

Prabodh Parekh
1 (201) 669-9613
pro.parekh@gmail.com

Hasit Parikh
1 (860) 426-0984

To learn more about Swaminiji's classes in india, please visit www.tattvatirtha.org

April 4-7 (Thu-Sun) Spring Weekend Course 1

Assimilation of the Vision – Aṣṭāvakra Gītā



The Aṣṭāvakra Gītā, a dialogue between Sage Aṣṭāvakra and King Janaka, is a text meant for contemplation to strengthen abidance in the vision of Vedanta. As such, it contains

very powerful statements that negate all of our wrong notions and identifications with the things of the world and the body-mind itself. Swamiji will show how this profound text can be assimilated to achieve lasting happiness and peace.

April 25-28 (Thu-Sun) Spring Weekend Course 2

Living the Truth – Aṣṭāvakra Gītā

One of the great truths expounded in the Aṣṭāvakra Gītā, a dialogue between Sage Aṣṭāvakra and King Janaka, is *yā matiḥ sā gatiḥ bhavet*, as one thinks, so one becomes. He who considers himself free is free, and he who considers himself bound is bound. Freedom is achieved by making the vision presented by the great Sage Aṣṭāvakra a reality in one's life. Swamiji will unfold this vision and discuss its implications for our emotional and spiritual growth.

Nov. 28-December 1 (Thu-Sun) Thanksgiving Family Vedanta Course

Bhakti – Discovering Love

There is a natural love for the self; all that is loved is loved for the sake of the self alone. *Bhakti* is defined in the Nārada Bhakti Sūtras as *paramaprema-rūpā*, absolute unchanging love for *Īśvara*. Such love is possible only through an inquiry into *Īśvara*, and the discovery that the nature of *Īśvara* is none other than the nature of the self. This course will explore *bhakti* as the ultimate manifestation of the natural love for the self.

December 24-31 (Tue-Tue) Year-end Family Vedanta Course

Vivekacūḍāmaṇi - Selected Verses: How to Gain Equanimity, Peace, and Joy

This text of Śrī Ādi Śaṅkarācārya, translated as the “Crown Jewel of Discrimination,” addresses the seeker desirous of the ultimate freedom, *mokṣa*, and that which prevents one from seeing it, namely *avidyā*, ignorance. Swamiji will unfold the nature of *avidyā* and will show how to overcome it in order to gain the equanimity, peace, and joy that are an expression of one's true nature.

Swami Sachidanandaji is available
for outreach activities. You can
reach him at swamisca@gmail.com.

Children's Vedic Course I - July 27 – August 2 (Sat-Fri)*Unaccompanied by Parents (Age 9-16)***Children's Vedic Course II - August 3 – 9 (Sat-Fri)***Unaccompanied by Parents (Age 9-16) Commuters Welcome*

Children love the Gurukulam's retreats, which are filled with lively interactive classes based on Vedic heritage, religion, culture, universal values, and group discussion. Vedic chanting, yoga, drama, arts and crafts, games, and an occasional campfire are also very popular with the kids. The highlight of the camp is the finale, the cultural program, in which Pratyagaatma Chaitanya and Shivam Gosai, assisted by Swaminijis Ramadhavananda and Girijatmananda and Lance Daniels, showcase the considerable talents of all the children. Children in these retreats join the children's program of the family retreats offered during the same period. Counselors will care for children nine years and older not accompanied by their parents.

Swaminiji
RamadhavanandaSwaminiji
Girijatmananda

Smt. Savithri Mani led the children's program at the Gurukulam for many years, and we would like to express our deep thanks and appreciation to her for her wonderful seva during all this time. Her gentle guidance, devotion, imagination, enthusiasm, and humor have inspired generations of Arsha Vidya children and created lifelong memories for the entire community. She is a true contributor in the spirit of Pujya Swamiji's teachings, and we wish her all Bhagavan's blessings for the future.

AVG SUMMER CAMP '24

Shivam Gosai

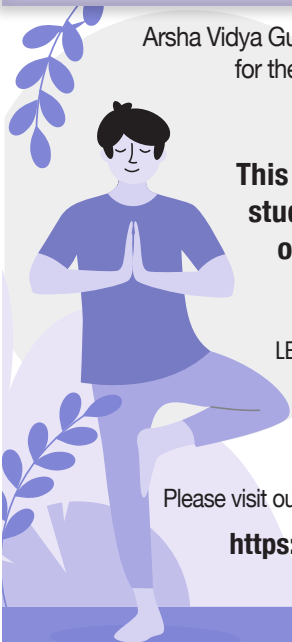
Are you interested in volunteering as a teacher/assistant during a summer retreat? Do you know a stellar young adult who can serve as a camp counselor/assistant (age 15+)? If so, we would love to hear from you!



Pratyagaatma Chaitanya

FOR MORE INFORMATION AND/OR TO SIGN UP, PLEASE CONTACT:SHIVAM GOSAI
SHIVAMGOSAI@GMAIL.COMPRATYAGAATMA CHAITANYA
SURYAMON@GMAIL.COM

Arsha Vidya Gurukulam is hosting a three-day Next Generation Retreat for the many young adults interested in happiness and growth through Vedanta.



This intimate retreat will provide an opportunity to study the means for inner peace & the application of Vedanta in everyday living. We will also focus on creating a community seeking inner growth.

LED BY SWAMI VIDITATMANANDA SARASWATIJI
AND
GUIDED BY SHIVAMJI GOSAI

Please visit our site or email us at avgnextgen@gmail.com with any questions

<https://sites.google.com/view/AvgNextGenRetreat>

RETREAT FEE \$250.00

THURSDAY-SUNDAY
AUGUST 22-25, 2024

INTENDED FOR THOSE 18 TO 40
PARTICULARLY STUDENTS AND YOUNG PROFESSIONALS

DISCOURSES ~ MEDITATION ~ DISCUSSION GROUPS
FUN ACTIVITIES ~ SATSANG (Q&A)

Lord Dakṣiṇāmūrti Temple and Homa Services

Simantam (Prenatal) - Nāmakaraṇam (Naming Ceremony)

Akṣarābhyāsam - Upanayanam - Vivāham (Wedding)

Āyusya Homam (Birthday) - Navagraha Homam

Satyanārāyana Pūjā - Śrāddham - Archana

The Gurukulam has full-time priest(s) who are traditionally qualified to perform Vedic rituals and temple pujas. They are available to perform any type of Vedic ritual for you either at the Gurukulam or in your home. For religious functions held at the Gurukulam, accommodations and meals can be provided. Abhisekam \$51, Archana \$21

For more details, please contact

Suddhatma Chaitanya: suddhatma@gmail.com - 570-656-0189

For details on online payment for abhisekam and archana, please refer to arshavidya.org

VEDĀNTA TEACHING CENTERS IN INDIA

Arsha Vidya Pitham
 (Sri Gangadhareswar Trust)
 Swami Dayananda Nagar
 Muni Ki Reti (Rishikesh) - 249 137
 Uttarakhand, INDIA
 Tel: 0135-2430769 / 2431769
 (from abroad dial +91-135 instead of 0135)
 Fax: 0135-2430769
 E-mail: dayas1088@gmail.com



Arsha Vijnana Gurukulam
 Vedapuri, Bazar Gaon, Dorli Road
 P.O. Bazargaon, Tah Katol
 Nagpur, Maharashtra
 Tel: 0711-2695998
 Mobile: 91 9370663555
 City Office: 91 9822234567 (Smt.Rajashri)
 E-mail: BrahmaPra@gmail.com



Swamini Vibhavananda
 "Viswa Mangalam"
 Athwa Lines
 Near Jivan Vikas Society
 Surat - 395001
 Gujarat
 Tel: 98195-10220
 Email: swaminivibhavananda@gmail.com

Swami Vidadatmananda
 Adhyatma Vidya Mandir
 Tattvatirtha
 Shilaj Road, Thaltej,
 Ahmedabad - 380059
 Gujarat ,India
 Tel: 079-26858333
 Fax: 079-26856395
 Email: contact@tattvatirtha.org
 www.tattvatirtha.org



Swami Tattvidananda
 Brahavidya Kuteer
 501, Deccan Corner
 Diamond Point
 Secunderabad-500009
 Tel: 91-40-27502035
 Email: tatvavit36@gmail.com



Arsha Vidya Gurukulam
 Anaikatti P.O.,
 Coimbatore, Tamil Nadu 641 108
 Tel: 91-422-2657001, 91-9442646701
 (Reception)
 Email: office@arshavidya.in
 www.arshavidya.in



SELF SUPPORTED VEDĀNTA TEACHING CENTERS

Arsha Bodha Center, Somerset, NJ
Swami Tadatmananda
www.arshabodha.org
Tel: 732-940-4008



Arsha Vidya Center (SF-Bay area)
www.arshvidyacenter.org
Mr. Vijay Kapoor
Tel: 650-949-5522



Online Vedanta classes by Radha
(Dr. Carol Whitfield)
www.arshakulam.org



Swami Advayatmananda
https://arshadrishti.org
@ArshaDrishti Facebook.com/ArshaDrishti
Swamiji@arshadrishti.org
Tel: 408-905-6499



Buenos Aires, Argentina
Fundación arsha Vidya
Contact: Swamini Vilasananda
vilasananda@gmail.com
Arsha Vidya en Español
www.arshavidya.es
fundacionarshavidya@gmail.com



Alameda, CA
Vedanta Class in Spanish
Chetan (Carlos Nevarez)
Tel: 510-733-0467



Rio de Janeiro, Brazil
Centro de Estudos Vidya Mandir
Gloria Arieira
Tel: 55 21 2287-2774
www.vidyamandir.org.br

Arsha Vidya Ontario, Canada
Contact: Rajesh Patel
Tel: 519-938-8708
Rpatel2000@hotmail.com
Swamini Atmarata

Online classes on Gita and Upanishads
Email : rsithamarju@gmail.com



Houston, TX
Arsha Vidya Satsanga
Chandra.Raghu@gmail.com



Online Bhagavad Gita Classes
Dr. Venkat Swaminathan
venswami@gmail.com



Arsha Vijnana Gurukulam
Swamini Svatomavidyananda
Tel: 541-684-0322
www.arshavm.org
http://www.livestream.com/advaita_
swaminisvatmavidyanandaji



South Florida
Janani Cleary
Tel: 561-737-4124
janefcleary@gmail.com



Castro Valley, CA
Vedanta Classes
Esha (Esther Nevarez)
Chetan (Carlos Nevarez)
Tel: 510-733-0467
esha.esta@gmail.com



London, UK
Arsha Vidya UK
Swamini Atmaprakashananda
swamini@arshavidya.org.uk
www.arshavidya.org.uk
Tel: 079 7445 5958

Biweekly Meditation Sessions



Meditation plays an integral part in the pursuit of spiritual wisdom, in that it settles the mind so that it can gain and learn to abide in the non-dual vision of the *upaniṣads*. With steadiness in this vision, one cannot be unduly influenced by the ups and downs of life, and can face situations with ease and clarity.

Guided Meditation sessions will be conducted online by Swamini Agamananda on the 1st and 3rd Saturdays of the month from 11:00 a.m. - 12:15 p.m.

For more information, please contact Swaminiji at agamananda.saraswati@gmail.com.

Arsha Vidya Counseling Services

सर्वे भवन्तु सुखिनः । मा कश्चित् दुःखभाग् भवेत्
May all be happy. May no one suffer.



Swami Jnanananda (*pūrva-āśrama* name Dr. Ashok Chhabra), is a resident teacher at the gurukulam, who completed a two and one-half year course in Vedanta with Pujya Swami Dayanandaji in Piercy, California. He is a licensed psychologist. His therapy and counseling approaches combine both Vedanta wisdom and modern therapeutic and counseling techniques.

Swamiji is available to provide counseling in person at the gurukulam, and remotely via electronic media. There is no fee for the counseling sessions.

He can be reached at jnanananda108@gmail.com | Strict confidentiality is maintained.



Following needed repairs to the temple at Arsha Vidya Gurukulam, a Kumbhabhiṣekam ceremony will be performed
May 17-19, 2024
All are invited to attend.

Details will be made available on the gurukulam website at
www.arshavidya.org

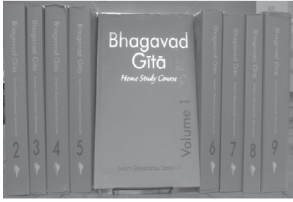
Bhagavad Gītā

HOME STUDY PROGRAM

Designed and Taught by Swami Dayananda

The Bhagavad Gītā has been a source of inspiration and knowledge for generations. Placed in the middle of the Mahābhārata of Vedavyāsa, it shines like a pendant jewel of wisdom.

The 'Gītā,' as the Bhagavad Gītā is popularly called, carries a timeless message. The person to whom it is addressed is Arjuna, a prince and a warrior. At the scene of a great battle, Arjuna faces a conflict between his emotions and the proper course of action. In this scene of imminent war, Arjuna's friend, Lord Krishna, becomes his teacher. Through Krishna's teaching, contained in seventeen chapters of verse, Arjuna resolves his conflict and gains self-knowledge, the essence of the teaching.



The Gītā Home Study Course consists of a 9-volume set

Price: \$250.00 plus S & H

The entire Bhagavad Gītā is also available for Mac and PC on CD-ROM in PDF format. This CD-ROM consists of a searchable Gītā text. It also contains a video clip of Swamiji introducing the program, along with a narrated video of Arsha Vidya Gurukulam activities.

Price: \$50.00 plus S & H

Additionally, the original 363 classes of the Bhagavad Gītā, from which the above two items were edited, are available on seven MP3 CDs.

Price: \$300.00 plus S & H

Each of the seven hundred verses of the Gītā is presented in devanāgarī script with transliteration, word-for-word meaning, English translation, and an extensive commentary by Swami Dayananda in keeping with the traditional commentary of Ādi Śankarācārya.

Online Sanskrit Vyākaraṇa Class

*Arsha Vidya Vyākaraṇa Vicāra Group
with Kalpesh Jasapara*

This course is for students who are already familiar with basic Sanskrit grammar and Devanagari script. An online course covering the first few chapters of Laghu Siddhanta Kaumudi (LSK), a text on the Pāṇini Sūtras. Overview of Pāṇinian grammar, using many examples from Bhagavad Gītā. Classes will be 60-75 min. Classes began on December 4, 2023 (all classes are archived).

Online zoom classes:

Monday and Wednesday @7:30 pm EST

Floater zoom class:

Every Friday @7:30 pm EST

For more info and to register, please go to
<http://tinyurl.com/lsk-at-avg>

Online Beginning Sanskrit and Vedanta Classes

with Shivam Gosai

BEGINNING SANSKRIT COURSE

Starting in February 2024. Focus on essential grammar and foundational vocabulary. Basic understanding of Devanagari script needed, some prior knowledge useful.

Thursdays, 7:30 PM - 8:05 PM ET.

KATHOPANIṢAD CLASS

This upaniṣad presents a profound dialogue between Yama Rāja (Lord Death) and Naciketas, a young boy.

Thursdays, 8:10 PM ET - 9:00 PM ET.

To enroll in Sanskrit or Kathopaniṣad class, please email shivamgosai@gmail.com

AVG NEXT GENERATION CLASS

An AVG program dedicated to engaging the next generation of seekers: college students, young adults, and working professionals. Ongoing classes, discussions, and retreats. Currently studying Bhagavad Gītā

Mondays, 7:45 PM - 9:00 PM ET.

To join, please email
avnextgen@gmail.com

Long-Term Sanskrit Grammar Course

An ongoing online class with Jagadeesh Acharya.
For more info, please email

jagach720@gmail.com

1st and 3rd Saturday

Guided Meditation 11:00 a.m. - 12:15 p.m.

1st and 3rd Sundays (Adults)

Bhagavadgītā Class 1 10:00 a.m. - 11:00 a.m.

Bhagavadgītā Class 2 11:30 a.m. - 12:30 p.m.

Satsang (Q&A) (subject to attendance) 1:30 p.m. - 2:30 p.m.

**Hatha Yoga Classes
at the Gurukulam**



Mondays 5:30 - 6:30 pm

Yoga studio at the Dr. Sehra Heera Activity Center near the dining hall-auditorium.

Regular yoga practice contributes to mental purification as well as maintaining strength, mobility, stamina, and pulmonary function.

For more details, please email to
lancedaniels@hotmail.com



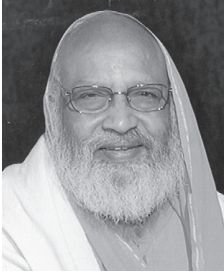
**Arsha Vidya Gurukulam
Bookstore**

Books and Audio/Video/DVD

Our on-site bookstore has an extensive collection of books/audio and video materials on Vedanta and related topics. A full catalog is available online.

Tel: 570-801-7020 (Direct) or
570-992-2339 Ext. 1567 or 1577
Fax: 570-992-7150

E-mail: avpbooks1@gmail.com
Main: www.arshavidya.org
Bookstore: www.arshavidya.us

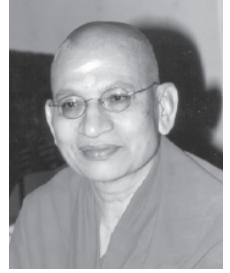


Pujya Swami Dayananda Saraswati – Founder

Within the ancient lineage of traditional Vedanta teachers, Pujya Sri Swamiji is acclaimed as a leading figure who had unsurpassable scholarship and clarity of expression. Swamiji unfolded the message of the Upanishads for over fifty years, during which time he established the global family of Arsha Vidya institutions with the single vision of imparting the perennial Vedic wisdom, respect for humanity and cultures, and commitment to the upliftment of society. The major Arsha Vidya centers in India are in Rishikesh, Coimbatore, and Nagpur, and in the USA in Saylorsburg.

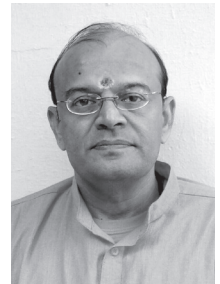
Swami Vidadatmananda Saraswati – President

Swami Vidadatmananda is the president of Arsha Vidya Pitham and head *ācārya* of the Gurukulam. As a learned disciple of Pujya Swamiji, he expounds Vedanta with a simplicity and directness that makes it easy to assimilate. Having lived and worked in the USA prior to becoming a renunciate, he is familiar with the lifestyles in India and the West. With his insights into both cultures, he can relate to Indians and Westerners with equal ease.



Swami Tattvavidananda Saraswati, a committed disciple of Pujya Swamiji, has translated the Bhagavad Gītā Home Study Course into Telegu and has written a number of books in English and Telegu. Very natural in his scholarship, he is from a family of Vedic pandits and holds Ph.D.s in Chemistry and Sanskrit. Swamiji's deep immersion in the Vedic tradition is reflected in the profundity and breadth of his classes, delivered with the modesty that only a true scholar can command.

Swami Muktatmananda Saraswati, Swami Muktatmananda is a disciple of Pujya Swami Dayanada and Swami Vidadatmananda, having undergone a three-year residential teacher training Vedanta course in India under Pujya Swamiji's guidance. Swamiji leads retreats and regular classes on the Gītā, Upaniṣads, and Brahma-sūtras at Tattvathirth Ashram, Ahmedabad. In addition to participating in this year's Vedanta programs at AVG, Swamiji is also teaching ongoing weekend classes on Bhagavad Gita and engaging in community outreach. Swamiji is available for satsang or other teaching venues. Swamiji wears his depth of scholarship with great lightness, delivering the teachings with clarity and ease. Email: muktatmanandaswami@gmail.com or suddhatma@gmail.com



Presidents' Day Weekend (Feb.)

Registration

\$75

NOTE

Course will be held online only

Four-Week Vedanta Course (Mar. – Apr.)

Registration

Single: \$150 | Couple: \$250

Lodging

Single: \$800 | Couple: \$1200

Easter Weekend, Spring Weekend Course (Apr.)

Registration

Single: \$75 | Couple: \$125

Lodging

Single: \$100 | Couple: \$150

Ten-Day Vedanta Course (May), Vedanta Course with Sri Vijay Kapoor (June)

Registration

Single: \$150 | Couple: \$250

Lodging

Single: \$375 | Couple: \$650

Summer Weekend Course (June)

Registration

Single: \$75 | Couple: \$125

Lodging

Single: \$100 | Couple: \$150

Memorial Day, Independence Day, Thanksgiving Weekend Courses

Registration

Single: \$125 | Couple: \$200

Lodging

Single: \$175 | Couple: \$300

Two-Week Bhāṣyam Course (July), Two-Week Vedanta Course for Adults (Sept)

Registration

Single: \$200 | Couple: \$300

Lodging

Single: \$700 | Couple: \$1100

Children's Course 1,2

Registration

\$100

Lodging

\$350

One-Week Family Courses 1, 2, 3 and Year-End Course

Registration

Single: \$150 | Couple: \$250

Lodging

Single: \$375 | Couple: \$650

Fall Five-Week Vedanta Course (Sept - Oct)

Registration

Single: \$200 | Couple: \$300

Lodging

Budget Room: Single: \$1375 (Per week \$275)
Double: \$1150 (Per week \$230)

Deluxe Room: Single: \$1750 (Per week \$350)
Double: \$1500 (Per week \$300)

Suite: Single: \$2250 (Per week \$450)
Double: \$1750 (Per week \$350)

*Lodging fee per child attending Family Courses I, II, III
Bhāṣyam Course, and Year-End Vedanta Course
Age 2-11 years - \$100; Age 12-19 years - \$150;
Age 20 years and above - \$250

During courses, accommodations are limited to registered guests
and family members. Extra invited guests, adults and children,
must be registered in advance.

The Gurukulam does not charge tuition for Vedanta classes. We rely mainly on donations to make the programs possible. All food is complimentary. Registration Fees for courses are non-refundable and may be used for other courses, within a year, in case of cancellations.

Please check the programs you will be attending:

VEDANTA COURSES*

<input type="checkbox"/> Four-Week Vedanta Course	Mar 4-Apr 4	<input type="checkbox"/> Children's Course 1	July 27-Aug 2
<input type="checkbox"/> Easter Weekend Course	Mar 29-31	<input type="checkbox"/> Family Vedanta Course 2	Aug 3-9
<input type="checkbox"/> Spring Course 1	Apr 4-7	<input type="checkbox"/> Children's Course 2	Aug 3-9
<input type="checkbox"/> Spring Course 2	Apr 25-28	<input type="checkbox"/> Family Vedanta Course 3	Aug 10-16
<input type="checkbox"/> 10-Day Vedanta Course	May 12-21	<input type="checkbox"/> Patron's Course 1	Aug 22-25
<input type="checkbox"/> Memorial Day Weekend Course	May 24-27	<input type="checkbox"/> Arsha Vidya NextGen Retreat	Aug 22-25
<input type="checkbox"/> Vedanta Course with Śrī Vijay Kapoor	May 31-Jun 7	<input type="checkbox"/> Patrons' Course 2	Aug 30-Sep 2
<input type="checkbox"/> Long Weekend Vedānta Course	June 13-16	<input type="checkbox"/> Two-Week Vedanta Course for Adults	Sep 6-20
<input type="checkbox"/> Independence Day Vedanta Course	July 3-6	<input type="checkbox"/> Fall Vedanta Five-Week Course	Sep 24-Oct 27
<input type="checkbox"/> Two-Week Bhāṣyam Course	July 10-24	<input type="checkbox"/> Thanksgiving Vedanta Course	Nov 28-Dec 1
<input type="checkbox"/> Family Vedanta Course 1	July 27-Aug 2	<input type="checkbox"/> Year-end Vedanta Course	Dec 24-31

Total No. in Group _____ Adults _____ Children _____

Name(s) _____

Children 1. _____ Age _____ Gender _____

2. _____ Age _____ Gender _____

3. _____ Age _____ Gender _____

Phone (H) _____ (W) _____

E-Mail _____ Cell _____

Address _____

City _____ State _____ Zip _____

Reg. Fee \$ _____ Lodging Fee \$ _____ Total Enclosed \$ _____

Method of Payment: Check Visa/Master Am Ex Disc

Card Number _____ Exp. Date _____

Cardholder's Name _____

Signature _____

Please make checks payable to "Arsha Vidya Pitham"
You may also register by phone with your credit card.
Accommodations are limited - on a first-come, first-served basis.

Please send completed registration form with payment to:
Arsha Vidya Pitham, P.O. Box 1059,
Saylorsburg, PA 18353-1059 U.S.A.
Tel: (570) 992-2339 Ext. 1210 • Fax: (570) 992-7150
Website: www.arshavidya.org • E-Mail: avpoffice@gmail.com

* Classes typically start in the evening of the first day and end at lunch on the final day.

Monday, January 1, 2024	New Year's Day Mahārudrābhiṣekam
Sunday, January 14	Makara-Saṅkrānti Pūjā
Friday, March 8	Mahāśivarātri Celebration
Wednesday, April 17	Rāmanavamī
Wednesday, May 1	Jupiter Transit Special Pūjā
Sunday, May 12	Śaṅkarācārya-jayantī and Mother's Day
Tuesday, May 14	Gurupeyarchi
Sunday, July 21	Gurupūrṇimā
Thursday, August 15	Pujya Swamiji's Jayantī Day
Sunday, August 18	Gurukulam 38th Anniversary
Monday, August 26	Kṛṣṇa-janmāṣṭamī
Friday, September 6	Gaṇeśa-caturthi
Monday, September 23	Pujya Swamiji's 9th Āradhana and Swami Pratyagbodhanandaji's 4th Āradhana
Thursday, October 10	Saraswatī Pūjā
Friday, October 11	Vijayadaśamī
Friday, November 1	Dīpāvalī
Wednesday, December 11	Gītā-jayantī - Gītā-parāyaṇa
Tuesday, December 31	Dakṣiṇāmūrti-mūla-mantra-japa
Wednesday, Jan. 1, 2025	New Year's Day Celebration

** Dates Subject To Change*

Jupiter Transit 2024 (May 1, 2024)

Brhaspati is currently in Mesha rashi (Aries), where it will stay for 1 year and 9 days. The next Guru Gochar is on May 1, 2024, when Jupiter will move to Vrishabha (Taurus) Homa, abhiṣeka, and ārati will be performed 4:00 - 7:00pm



Arsha Vidya Pitham

Institute for the study of Vedanta, Sanskrit, Meditation and Yoga

P.O. Box 1059 • Saylorsburg, PA 18353

Phone: 570-992-2339

apoffice@gmail.com

Website: www.arshavidya.org



- Vedanta
- Children's Programs
- Yoga
- Vedic Chanting
- Meditation
- Sanskrit
- Ayurveda
- Astrology
- Classical Indian Music

**Year
2024
Programs**

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