

Arsha Vidya Pitham

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

Year 2022 Programs

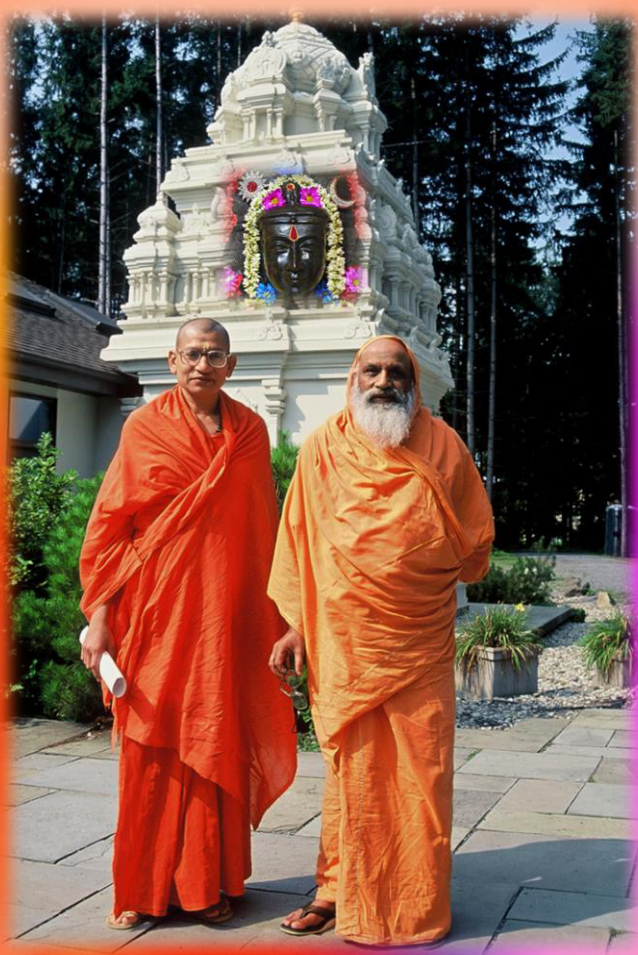


नहि ज्ञानेन सदृशम्

nahi jñānena sadṛśam

“There is nothing equal to self-knowledge.”

Bhagavadgītā 4.38



“Anāsakti”

Anāsakti means detachment, freedom from attachments and aversions.

Attachment distorts one's perception and gives rise to selfishness, expectations, and ownership. One who is free from āsakti enjoys inner freedom, and his love is free from demands and expectations. He is a genuine giver, enjoys life in a true sense, and becomes a source of love and joy to others also.

- Puja Sri Swami Veditatmanandaji

Jan 1 (Sat) New Year's Day

Mahārudrābhīṣekam

Feb 18-21 (Fri-Mon) Presidents' Day Family Camp (*Course will be online only*)

Swamini Svātmatvidyananda - *Antaryāmi-brāhmaṇa* from *Bṛhadāraṇyaka Upaniṣad*

Swami Muktatmananda - *Sādhana-pañcakam*, vs. 1

March 1 (Tue) *Mahāśivarātrī* Celebration

March 5-June 5 (Sat-Sun) Twelve-Week Vedanta Course (*Course will be online only*)

Swami Muktatmananda & Swami Vīditatmananda (subject to availability)

Sarva-vedānta-siddhānta-sāra-saṅgraha (selected verses) and *Bhagavad Gītā*, Chapter 2 with bhāṣyam

April 15-17 (Fri-Sun) Easter Weekend Family Vedanta Course

Swami Muktatmananda - *Sādhana-pañcakam*, vs. 2-5

April 22-May 1 (Fri-Sun) Vānaprastha (Senior Citizens) Camp

Swami Muktatmananda - *Kaivalya Upaniṣad*, 2 (*śraddhā-bhakti-dhyānayogād*)

May 27-30 (Fri-Mon) Memorial Day Family Vedanta Course

Swami Vīditatmananda - *Tameva śaraṇaṁ gaccha sarvabhāvena bhārata* (*Bhagavad Gītā*, 18.62)

Swami Muktatmananda - *Ātmabodha*, vs. 1-5

June 5-14 (Sun-Tue) Summer Vedanta Course for Adults

Swamini Svātmatvidyananda - *Excerpts from Pramāṇa-Prakaraṇa of the Jīvanmuktiviveka of Swami Vidyaranya and Totakāṣṭakam*

June 18-25 (Sat-Sat) Vedanta Camp with Sri.Vijay Kapoor - *Key Insights from Śrī Rudram*

June 24-26 (Fri-Sun) Summer Weekend Vedanta Course (see page 17 for details)

Swamini Paraprajnananda - *Āmanastu kāmāya sarvaṁ priyaṁ bhavati*

July 1-4 (Fri-Mon) Independence Day Weekend Vedanta Course

Swami Vīditatmananda - *Śreyāṁ svadharmo viṇuṇaḥ paradharmāt svanuṣṭhitāt* (*Bhagavad Gītā*, 3-35)

Swami Muktatmananda - *Ātmabodha*, vs. 6-12

July 6-20 (Wed-Wed) Two Week Bhāṣyam Course for Adults

Swami Vīditatmananda - *Bṛhadāraṇyaka Upaniṣad*, 2.5.1 to 2.5.19, 3.1.1. to 3.1.3, 3.4.1 to 3.4.2, 3.5.1

July 23-29 (Sat-Fri) Family Vedanta Course I

Swami Vīditatmananda- *Vivekacūḍāmaṇi*, vs. 321 to 371 | Swami Muktatmananda - *Meditations*

July 23-29 (Sat-Fri) Children's Course I-Unaccompanied by parents (Age 9-16)

July 31-Aug 6 (Sun-Sat) Family Vedanta Course II

Swami Vīditatmananda - *Muṇḍaka Upaniṣad*, 3.1.1 to 3.1.10 - Swami Muktatmananda - *Ātmabodha*, vs. 13 onward

July 31-Aug 6 (Sun-Sat) Children's Course II-Unaccompanied by parents (Age 13-16)

Aug 7-13 (Sun-Sat) Family Vedanta Course III

Swami Vīditatmananda - *Kaṭha Upaniṣad*, 2.3.1 to 2.3.18 | Swami Muktatmananda - *Īśāvāsya Upaniṣad*

Aug 14 (Sunday) Gurukulam's 36th Anniversary - *Anāsakti*

Aug 19-21 (Fri-Sun) Patron's Complimentary Course I

Swami Vīditatmananda - *Bringing Īśvara into Daily Life*, Swami Muktatmananda - *Freedom from Fear*

Sept 2-5 (Fri-Mon) Patron's Complimentary Course II (Labor Day)

Swami Tattvaśāntananda - *Upaniṣad Meditations*

Sept 10-16 (Sat-Fri) One-week Vedanta Course I for Adults

Swami Tattvaśāntananda - *Viṣṇu-sahasra-nāma*, part 3

Sept 18-24 (Sun-Sat) One-week Vedanta Course II for Adults

Swami Tattvaśāntananda - *Viṣṇu-sahasra-nāma*, part 4

Sept 23 (Friday) Pūjya Swamiji's 7th Ārādhana - Swami Pratyagbodhanandaji's 2nd Ārādhana

Sept 28-Nov 2 (Wed-Wed) Fall Vedanta Five-Week Course for Adults

Swami Tattvaśāntananda - *Brahma-sūtra*, part 2

Nov 24-27 (Thurs-Sun) Thanksgiving Family Vedanta Course

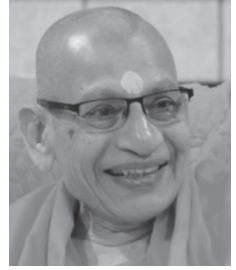
Swami Muktatmananda - *Meditation on the Mediator* | Swami Advayatmananda - *Advaita-pañca-ratnam*

Dec 24-31 (Sat-Sat) Year-end Family Vedanta Course

Ātmānam cet vijāniyāt (*Bṛhadāraṇyaka Upaniṣad*, 4.4.12) Swami Muktatmananda

Swami Vidadatmananda Saraswati – President Arsha Vidya Pitham

Swami Vidadatmananda Saraswati was appointed by Pujya Swami Dayananda Saraswati in 2015 to be his successor and head ācārya of Arsha Vidya Pitham. Having studied for years under Pujya Swamiji, Swami Vidadatmananda is a well-known and highly respected traditional teacher of Vedānta. In addition to his teaching, Swamiji has authored more than two dozen books in English and many more in Gujarati. Under his guidance as president, Arsha Vidya Pitham continues to impart the traditional knowledge of Vedānta and other Vedic traditions in an authentic manner, true to Pujya Swamiji's vision. Swami Vidadatmananda leads both Adhyatma Vidya Mandir in India and Arsha Vidya Pitham in the USA, and teaches classes in both locations, in addition to extensive outreach activities in USA & India.



March 5 - June 5 (Sat-Sun) Twelve Week Vedānta Course Topic to be announced

Swamiij will be joining this course, for which Swami Muktatmananda is the acharya, to teach an independent text of his choosing as his schedule permits. Please refer to page 9 where the main topics for this course being taught by Swami Muktatmananda are listed.

May 27 - 30 (Fri-Mon) Memorial Day Family Vedānta Course

*Tameva śaraṇaṁ gaccha sarvabhāvena bhārata
(Bhagavad Gītā, 18.62)*

“With your whole heart, take refuge in, seek, that (Īśvara) alone.” Why? “By his grace, you will gain absolute peace, the timeless abode.” What does it mean to take refuge in or seek Īśvara? What is the time-

less abode and what is the connection between surrender to Īśvara and the gain of this abode? All this will be unfolded by Swamiji in this course.

July 1 - 4 (Fri-Mon) Independence Day Weekend Vedānta Course

*Śreyān svadharma viguṇaḥ paradharmāt
svanuṣṭhitāt (Bhagavad Gītā, 3-35)*

Today, it is increasingly difficult to discern what is one's own dharma. In this course, Swamiji will address this vexing question of our day, and reveal the wisdom of this seemingly puzzling statement of Bhagavān, “One's own dharma, imperfectly done, is better than doing the dharma of another very well.”



July 6 - 20 (Wed-Wed) Two-Week Bhāṣyam Course for Adults

Bṛhadāraṇyaka Upaniṣad, 2.5.1 to 2.5.19,
3.1.1. to 3.1.3, 3.4.1 to 3.4.2, 3.5.1

Swamiji will continue the annual unfolding of *Bṛhadāraṇyaka Upaniṣad* with the *bhāṣyam* of Ādi Śaṅkara. This year's topics will include the *madhu-brāhmaṇa*, illustrating the oneness of creation, and the teaching of Yājñavalkya in the assembly of scholars convened by King Janaka.

July 23 - 29 (Sat-Fri) Family Vedanta Course I

Vivekacūḍāmaṇi, vs. 321 to 371

This text, 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 show how to overcome it.

July 31 - Aug 6 (Sun-Sat) Family Vedanta Course II

Muṇḍaka Upaniṣad, 3.1.1 to 3.1.10

In these ten profound verses, the oneness of the individual and Īśvara, the method of knowing that, the result of this knowledge, and the means to equip oneself to gain and retain the knowledge are all revealed.

August 7 - 13 (Sun-Sat) Family Vedanta Course III

Kaṭha Upaniṣad, 2.3.1 to 2.3.18

The *Kaṭha Upaniṣad* conveys its teaching of nonduality in a dialogue between Lord Yama and the young student Naciketas. The first *adhyāya* includes the story of how Naciketas came to be a student of Lord Yama. The second *adhyāya* goes deeper into the nondual vision that forms the core of the *Upaniṣad*.

August 14 (Sunday) Gurukulam's 36th Anniversary

Topic: *Anāsakti*

August 19 - 21 (Fri-Sun) Patron's Complimentary Course I *Bringing Īśvara into Daily Life*

In the vision of Vedanta, Īśvara is to be understood, not just believed. Why? With the awareness of the presence of Īśvara in your life, you can relax, totally. In this course Swamiji will teach the nature of Īśvara that can be recognized in every moment.



SWAMI VIDITATMANANDA'S CLASSES IN AHMEDABAD

Discourses in English

Monday - Thursday: Mornings 7:30 to 8:30 am IST; Tattvatirtha Ashram

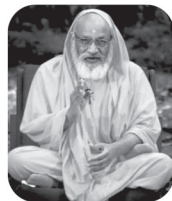
Discourses in Gujarati

Monday and Thursday: Evening 6:30 to 7:30 pm IST; Tattvatirtha Ashram

Friday and Saturday: Mornings 7:30 to 8:30 am IST; Tattvatirtha Ashram



Hariḥ Om!



Arsha Vidya Gurukulam

invites seekers to 4th Midwest Residential Retreat



**Topic : *Upadeśa Sāram III* (Verse 17 onwards)
(Essence of the Teaching) of *Sri Ramaṇa Maharṣi***

Dates : Thursday, 09 to Sunday, 12 June 2022

Place : Lindenwood Retreat and Conference center
9601 Union Road, Plymouth, IN 46513

Upadeśa Sāram, the essence of entire teaching, is a text with the condensed teaching of *Vedānta* which includes *Upaniṣad*, *Bhagavadgītā* and *Brahmaśūtra*. What has been said in thousands of passages is being presented here by *Ramaṇa Maharṣi* in just 30 short couplets. The first 17 verses of this text provides us insight into spiritual practices of *karmayoga* or right attitude towards action, *bhakti*, the devotion and *dhyānam*, the meditation, culminating in *jñānam* or knowledge. The last 13 verses deal with *jñānayoga* or deliberation up on the nature of the Self. The one who follows this teaching attains *Mokṣa*, freedom from all unhappiness and sorrow once and for all and attains unsurpassable happiness or is liberated while living.



Speaker : Swami Veditatmananda Saraswatiji

Swamiji is a senior disciple of Pūjya Swami Dayananda Saraswatiji, is an outstanding teacher of Vedānta. He expounds Vedānta with a simplicity and directness that make it easy to assimilate. Having studied and worked in the United States prior to becoming a sannyāsi, Swami Veditatmanandaji 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 code to submit online registration
 - For More Detail
- Cell: 734-249-1044 or Email: kartik_gp@yahoo.com

September 2 - 5 (Fri-Mon)
Patron's Complimentary Course II
Upaniṣad Meditations



One pillar in the study of the *Upaniṣads* is the process of *nididhyāsanam*, meditation and contemplation upon the words of the teaching for full assimilation of their meaning. Swamiji will

discuss this process and lead guided meditations based upon the profound statements of the *Upaniṣads*.

September 10 - 16 (Sat-Fri)
One-week Vedanta Course I for Adults

Viṣṇu-sahasra-nāma, part 3

The names 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, the third is for understanding.

September 18 - 24 (Sun-Sat)
One-week Vedanta Course II for Adults

Viṣṇu-sahasra-nāma, part 4

Swamiji will continue unfolding the names of *Viṣṇu*. See *Viṣṇu-sahasra-nāma*, part 3, above.

September 28 - November 2 (Wed-Wed)

Fall Vedanta Five-week Course for Adults

Brahma-sūtra, part 2

With the commentary of Ādi Śaṅkara, the first four *sūtras* of the *Brahma-sūtra* cover the essence of the entire vision of the *Vedānta-śāstra*. They also state that all the *Upaniṣads* reveal this same vision. In the rest of *Brahma-sūtra*, what is taught in these first four is thoroughly discussed and proved. The introduction and a portion of the first *sūtra* were completed in 2021, and this course will continue the text.

Swami Advayatmananda

November 24 - 27 (Thu-Sun)
Thanksgiving Family Vedānta Course



Advaita-pañca-ratnam - Five Jewels on Non-Duality

This text, also known as *Ātma-pañcakam*, five verses on the self, is attributed to Ādi Śaṅkara. Each verse

beautifully rejects any idea of association with the limitations of the body-mind-sense complex, negates the sense of being a *jīva*, and ends with the declaration *śivo'ham*, "I am śiva, the limitless being." Like the more well-known *Nīrvāṇaṣaṭkam*, this text is also ideal for memorization and contemplation.

**CONTACT INFORMATION
 FOR SWAMI ADVAYATMANANDA:**
 Swamiji@arshadrishti.org
 (see page 14 for more details)

February 18 - 21 (Fri-Mon) Presidents' Day Family Camp

Antaryāmi-brāhmaṇa from

Bṛhadāraṇyaka Upaniṣad (3.7)



This section of *Bṛhadāraṇyaka* begins with a question from Uddālaka to Yājñavalkya concerning the nature of the *antaryāmin*, the indwelling ruler who controls this life and the

next, and all beings from within. In the following mantras, Yājñavalkya teaches how this indwelling ruler is in fact none other than the self, *ātmā*.

CONTACT INFORMATION
SWAMINI SVATMAVIDYANANDA:
georgia@arshavg.org
(see page 14 for more details)

June 5 - 14 (Sun-Tue) Summer Vedanta Course for Adults

Excerpts from Pramāṇa-Prakaraṇa of the Jīvanmuktiviveka of Swami Vidyaranya

In this first chapter of the *Jīvanmuktiviveka*, Swami Vidyaranya discusses the nature of being liberated while living, as well as the characteristics of the one who is liberated, citing liberally from the *Bhagavadgītā*, *Mahābhārata*, and *Bhāgavata*.

Toṭakāṣṭakam

This *āṣṭaka*, a text of eight verses composed by Ādi Śaṅkara's disciple Toṭaka, praises the glory of the teacher and the teaching. It is an outpouring of devotion and a plea for protection from the *mohamahājaladhi*, the vast ocean of delusion. Swaminiji will unfold its relevance for all students of Vedanta.

Other Courses

June 18 - 25 (Sat-Sat) Vedanta Course

Key Insights from Śrī Rudram

Vijay Kapoor

Śrī Rudram is not only a prayer, but an Upaniṣad, revealing the truth of the individual, the world and Īśvara, the Lord. Elaborating on the word 'all' in the phrase "All this is Brahman," it presents and praises Īśvara as all forms, the inner order that makes them what they are, and the ruler and protector of all.

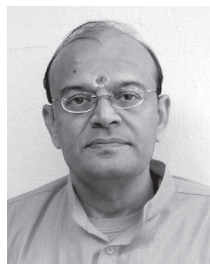
August 24 - 31 (Wed-Wed) Yoga and Sound

Yogi Ramananda, Pandit Mukesh Desai, Sudhatma

Yogi Ramananda will continue his teaching of āsana in the BKS Iyengar tradition, incorporating the power of sound through the teaching of Pandit Mukesh Desai and teachings on Vedanta by Śrī Sudhatmaji.

February 18 - 21 (Fri-Mon) Presidents' Day Family Course

Sādhana-pañcakam, vs. 1



This short text of five verses was popularized by Pujya Swami Dayanandaji as an introductory text for students of Vedanta. *Sādhana* refers to the means of gaining readiness to receive the knowledge unfolded

by Vedanta. The means consist of many steps, which are unfolded in this text.

March 5 - June 5 (Sat-Sun) Twelve-Week Vedanta Course

Sarva-vedānta-siddhānta-sāra-saṅgraha
(selected verses) and *Bhagavad Gītā*,
Chapter 2 with *bhāṣyam*

In this work of 1006 verses, the Vedanta vision of oneness is systematically and elaborately unfolded and supported. Through a selection of these verses, Swamiji will teach the essence of Vedanta. Swamiji will also teach the second chapter of the *Gītā* with the *bhāṣyam* of Ādi Śaṅkara.

April 15 - 17 (Fri-Sun) Easter Weekend Family Vedanta Course

Sādhana-pañcakam, vs. 2-5

See the description for the Presidents' Day course above.

April 22 - May 1 (Fri-Sun) Vānaprastha (Senior Citizens) Course

Kaivalya Upaniṣad, 2 – Śraddhā-bhakti-dhyānayogāḍ

This Upaniṣad begins with a request from sage Āśvalayāna to his grandsire Brahmāji for the secret of *brahma-vidyā*. Brahmāji replies in the second verse by stating the three means required for acquiring the teaching, namely: *śraddhā*, trust in the teaching; *bhakti*, commitment; and *dhyāna*, meditation. Swamiji will unfold these three qualities in detail.

May 27 - 30 (Fri-Mon) Memorial Day Family Vedanta Course

Ātmabodha, vs. 1-5

The text of 64 verses known as *Ātmabodha*, or Knowledge of the Self, is attributed to Ādi Śaṅkara. It is intended to help the student assimilate the teaching by presenting many fundamental ideas, along with many beautiful examples and illustrations for each topic. Swamiji will introduce the text and present the opening verses.

July 1 - 4 (Fri-Mon) Independence Day Weekend Vedanta Course

Ātmabodha, vs. 6-12

See description for the Memorial Day course above.

July 23 - 29 (Sat-Fri) Family Vedanta Course I

Meditations

Swamiji will be leading the morning guided meditations during this family camp.

July 31 - Aug 6 (Sun-Sat) Family Vedanta Course II

Ātmabodha, vs. 13 onward

See description for the Memorial Day course above.

August 7 - 13 (Sun-Sat) Family Vedanta Course III

Īśāvāsyā Upaniṣad

This *Upaniṣad* has the special significance of being the only major *Upaniṣad* in the *samhitā* portion of its 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 and no sorrow. Swamiji will teach these verses, which through a series of paradoxes bring one to a clear appreciation of the liberating truth of oneself.

August 19 - 21 (Fri-Sun) Patron's Complimentary Course I

Freedom from Fear

In the vision of the *Upaniṣads*, any fear or even the slightest anxiety has its origin in the notion of separateness. The truth is that nothing is separate from you. When this fact is recognized, there is no fear, only wholeness.

November 24 - 27 (Thurs-Sun) Thanksgiving Family Vedanta Course

Meditation on the Meditator

Meditation is mentally relating to Īśvara; it is not a technique. Therefore, the person who can effortlessly relate to Īśvara has to be discovered. We have to learn how to access this person at will. The means for both will be explored and implemented in this course.

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

Ātmānam cet vijāniyāt (Bṛhadāraṇyaka Upaniṣad, 4.4.12)

In concluding the teaching on what happens after the death of the body, Yājñavalkya asks the rhetorical question, "If a person knows the self as Brahman, the Self of all, what cause can there be for suffering related to this body?" In this way, the *śruti* points out that the one who knows the body so intimately is in fact the source of all bodies, and that all suffering is related only to mistaken identification with the limited.

ONLINE VEDĀNTA CLASSES THROUGH ZOOM

with Swami Muktatmanandaji

Panchadasi 7th Chapter (ongoing)

Mon & Wed 11:30 am - 12:15 pm

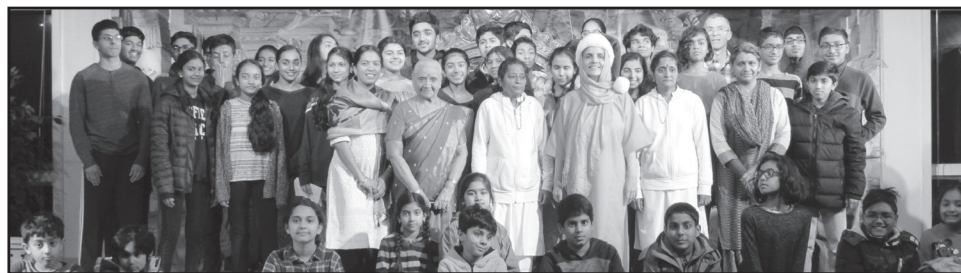
Online Sanskrit Class

Thursdays 7:30 - 8:30 pm

Please contact muktatmanandswami@gmail.com for zoom links
(Schedule will change in September, see www.arshavidya.org for details)

Children's Vedic Course I – July 23 - 29 (Sat-Fri)*Unaccompanied by Parents (Age 9-16)***Children's Vedic Course II – July 31 - Aug 6 (Sun-Sat)***Unaccompanied by Parents (Age 13-16) 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 a nightly campfire are also very popular with the kids. The highlight of the camp is the finale, the cultural program, in which Savithri Mani, assisted by Swamini Ramadhavananda and Swamini Girijatmananda, showcases the considerable talents of all the children. Children in this retreat 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.



AVG SUMMER CAMP '22

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!

FOR MORE INFORMATION AND/OR TO SIGN UP, PLEASE CONTACT:

BR.SURYANARAYANA:
SURYAMON@GMAIL.COM

SHIVAM GOSAI:
SHIVAMGOSAI@GMAIL.COM

Sat, MAY 28th, 2022, 2-6 pm

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- Śrāddham - Vivāham (Wedding) - Satyanārāyaṇa Pūjā
- Sahasranāma Pūjā - Archana

The Gurukulam has full-time priests 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

VEDĀNTA TEACHING CENTERS IN INDIA

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



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 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 Atmaratananda
 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 Svratmavidyananda
 Tel: 541-684-0322
www.arshavg.org
http://www.livestream.com/advaita_swaminisvatmavidyanandaji



South Florida
 Janani Cleary
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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
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 Tel: 079 7445 5958



Petrópolis-RJ Brazil
 Vishvanatha (Jonas Masetti)
<https://www.vedanta.life>
jonas@vedanta.life

Biweekly Meditation Sessions



Meditation plays an integral part in a seeker's spiritual journey, in that it steers the wavering mind into a state of quietude, wherein the tumult of distracting desires loosen their grip. With practice, the mind will be ushered to a deeper realm of stillness. Such a mind gains the capability for a lofty vision and cannot be unduly influenced by anything. As the practice of meditation deepens, one can resolutely face problems in life and gradually become a *yukta*, one who abides in one's real nature.

Guided Meditation sessions will be conducted online by Swamini Ramananda 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 570-421-1836 or swamini@ramananda.net.

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 at 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 570-350-4475. Strict confidentiality is maintained.

Bhagavadgita

HOME STUDY PROGRAM

Designed and Taught by
Swami Dayananda

The Bhagavadgita has been a source of inspiration and knowledge for generations. Placed in the middle of the Mahabharata of Vedavyasa, it shines like a pendant jewel of wisdom.

The 'Gita,' as the Bhagavadgita 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 actions. In this setting of war, Arjuna's friend, Lord Krishna, becomes his teacher. Through Krishna's teaching extended over seventeen chapters of verse, Arjuna resolves his conflict and gains self-knowledge, the essence of the teaching.

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

Price: \$250.00 plus S & H

The entire Bhagavadgita is also available for Mac and PC on CD-ROM in PDF format. This CD-ROM consists of a searchable Gita 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 Bhagavadgita, 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 Gita is presented in devanagari script with translation, word-for-word meaning, English transliteration, and an extensive commentary by Swami Dayananda in keeping with the traditional commentary of Ādi Śaṅkarācārya.

If you wish to start a Bhagavad Gita Home Study Group in your area,



Please contact Brhm. Suryanarayanaji for guidance.
suryamon@gmail.com | (570) 656-0195

CURRENT ONLINE CLASSES

Bhagavad Gita and Bhagavatam on Saturdays
Vishnusahasranama on Wednesdays

Please email suryamon@gmail.com to receive Zoom link

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)

1:30 p.m. - 2:30 p.m.

(subject to attendance)

No registration required for these programs. All are welcome.

HATHA YOGA CLASSES ON ZOOM

Tuesdays from 6:15 pm-7:15 pm

Thursdays from 6:15pm-7:15pm

Send an email to yoga.avg@gmail.com
for more information and to receive login details.

June 24-26 (Fri-Sun) Summer Weekend Vedanta Course Swamini Paraprajnananda

Ātmanastu kāmāya sarvaṁ priyaṁ bhavati

It is for the sake of the Self that everything is loved. This famous statement comes from sage Yagyavalkya in Brhdaranyaka Upanishad 2.4.5. It shows that our love for the Self is unconditional. We love anyone or anything not because of that person or thing but because it facilitates me in loving myself by being conducive to me. This shows the greatness of the nature of Self. Therefore the Self should be known by hearing about it, reflecting upon it, and meditating upon it.



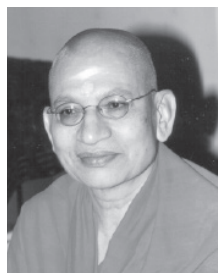


Puja Swami Dayananda Saraswati – Founder

Within the ancient lineage of traditional Vedanta teachers, Puja 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.

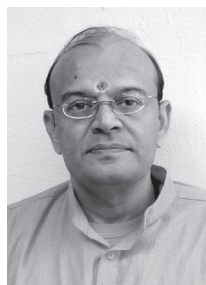
Swami Veditatmananda Saraswati – President

Swami Veditatmananda is the president of Arsha Vidya Pitham and head *ācārya* of the Gurukulam. As a learned disciple of Puja Swamiji, he expounds Vedānta 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 reach out to Indians and Westerners with equal ease.



Swami Tattvavidananda, a committed disciple of Puja 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 Puja Swami Dayanada and Swami Veditatmananda, having undergone a three-year residential teacher training Vedānta course in India under Puja Swamiji's guidance. Swamiji leads retreats and regular classes on the Gita, Upanishads, and Brahmasutras at Tattvathirth Asram, 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





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 line)

Tel: 570-992-2339 Ext. 1567 or 1577

Fax: 570-992-7150

E-mail: avpbooks1@gmail.com

Main: www.arshavidya.org

Bookstore: www.arshavidya.us

Presidents' Day Weekend (Feb.)**Registration**

\$75

NOTE

Course will be held online only

Twelve-Week Vedanta Course (Mar. – June)**Registration**

\$150

NOTE

Course will be held online only

Easter Weekend (Apr.), Summer Weekend Vedanta Course (June)**Registration**

Single: \$50 | Family: \$100

Lodging

Single: \$75 | Family: \$125

Vānaprastha (Senior Citizens) Course (Apr.), Summer Vedanta Course for Adults (June)**Registration**

Single: \$150 | Family: \$250

Lodging

Single: \$375 | Family: \$325 (per person)

Memorial Day, Independence Day, Thanksgiving Courses**Registration**

Single: \$125 | Family: \$200

Lodging

Single: \$150 | Family: \$250

Vedanta Course with Sri Vijay Kapoor (June)**Registration**

Single: \$150 | Family: \$250

Lodging

Single: \$375 | Family: \$325 (per person)

Two-Week Bhāṣyam Course (July)**Registration**

Single: \$200 | Family: \$300

Lodging

Single: \$600 | Family: \$1000

Children's Vedic Courses I, II**Registration**

\$100

Lodging

\$350

One-Week Family Courses I, II, III, Year-End Course**Registration**

Single: \$150 | Family: \$250

Lodging

Single: \$375 | Family: \$325 (per adult)

One-Week Vedanta Courses for Adults I, II**Registration**

Single: \$150 | Family: \$250

Lodging

Single: \$375 | Family: \$325 (per person)

Fall Five-Week Vedanta Course**Registration**

Single: \$200 | Family: \$300

Lodging**Budget Room:** Double: \$1000 (Per week \$200)
Single: \$1300 (Per week \$260)**Deluxe Room:** Double: \$1250 (Per week \$250)
Single: \$1500 (Per week \$300)**Suite:** Double: \$1500 (Per week \$300)
Single: \$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.

Please check the programs you will be attending:

VEDANTA COURSES

<input type="checkbox"/> Presidents' Day Winter Course	Feb 18-21	<input type="checkbox"/> Children's Course I	July 23-29
<input type="checkbox"/> Easter Weekend Course	Apr 15-17	<input type="checkbox"/> Children's Course II	July 31-Aug 6
<input type="checkbox"/> Twelve-Week Vedanta Course	Mar 5-June 5	<input type="checkbox"/> Family Vedanta Course II	July 31-Aug 6
<input type="checkbox"/> Vānaprastha (Senior Citizens) Course	Apr 22-May 1	<input type="checkbox"/> Family Vedanta Course III	Aug 7-13
<input type="checkbox"/> Memorial Day Weekend Course	May 27-30	<input type="checkbox"/> Patron's Course I	Aug 19-21
<input type="checkbox"/> Summer Vedanta Course for Adults	June 5-14	<input type="checkbox"/> Patrons' Course II	Sept 2-5
<input type="checkbox"/> Vedanta Course with Śrī Vijay Kapoor	June 18-25	<input type="checkbox"/> Fall One-Week Vedanta Course I	Sept 10-16
<input type="checkbox"/> Summer Weekend Vedanta Course	June 24-26	<input type="checkbox"/> Fall One-Week Vedanta Course II	Sept 18-24
<input type="checkbox"/> Independence Day Vedanta Course	July 1-4	<input type="checkbox"/> Fall Vedanta Five-Week Course	Sept 28 - Nov 2
<input type="checkbox"/> Two-Week Bhāṣyam Course	July 6-20	<input type="checkbox"/> Thanksgiving Vedanta Course	Nov 24-27
<input type="checkbox"/> Family Vedanta Course I	July 23-29	<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

Saturday, January 1, 2022	New Year's Day Maharudrabhiseka
Tuesday, March 1	Mahāśivarātri Celebration
Sunday, April 10	Rāmanavami
Wednesday, April 13	Guru Peyarci (Lord Bṛhaspati transit pūja) Homa and Abhiṣeka
Friday, May 6	Śaṅkarācārya-jayantī
Wednesday, July 13	Gurupūrṇimā
Sunday, August 14	Gurukulam 36th Anniversary
Thursday, August 18	Kṛṣṇa-janmāṣṭamī
Wednesday, August 31	Gaṇeśa-caturthi
Tuesday, September 20	Swami Pratyagbodhanandaji's 2nd Ārādhana
Friday, September 23	Pujya Swamiji's 7th Ārādhana
Sunday, October 2	Saraswatī Pūjā
Monday, October 3	Vijayadaśamī
Monday, October 24	Dīpāvalī
Saturday, December 3	Gītā-jayantī - Gītā-parāyaṇa
Saturday, December 31	Dakṣiṇāmūrti- mūla-mantra-japa
Sunday, January 1, 2023	New Year's Day Celebration

** Dates Subject To Change*

The Gurukulam does not charge tuition for Vedanta classes. We rely mainly on donations to make the programs possible. - All food is complimentary.

PLEASE JOIN US FOR OUR 36TH ANNIVERSARY CELEBRATION AUGUST 14, 2022 (SUN)

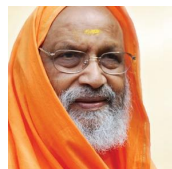
Program begins at 9:30 a.m. and ends by 4:00 p.m.

Music Concert - Dignitary Address

Anniversary Address by

Sri Swami Veditatmananda

Topic: "Anāsakti"



First GYLP (Global Youth Leadership Program) Alumni Meet Memorial Day Weekend Camp at AVG (May 28-30)

Our vision is to shape future global leaders. GYLP provides volunteer opportunities for students to work with children in rural India as well as partake in a cultural exchange.

GYLP is blessed by Pujya Swamiji in 2011 and we have been organizing these camps ever since with over 150 students from USA benefiting from this program.

For details, please contact Srini V. Raman at srini.seva@gmail.com
<https://aimforsevausa.org/global-youth-leadership-program/>



Pujya Sri Swami Dayananda Saraswati

Phoenix Gita Vedanta Group & Arsha Vidya Gurukulam

present

Shri Swami Tattvavidananda Saraswatiji



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

SCHEDULE

Dates: November 9th 2022 – November 30th 2022

Location: North Phoenix area. Exact location(s) to be finalized

Program:

Atma Bodha (2 classes per day)

Meditation and Satsang

Daily Schedule to be finalized

If you have any questions, please contact

Phoenix Gita Vedanta Group (phx.gita.vedanta@gmail.com), Kishore Narayan (623-694-0502, narayan.kishore@gmail.com), Singli Surandran (602-751-9337, mail2suren@yahoo.com), or Jayanthi Sankar (480-238-4655, jaysurandran@yahoo.com)

Arsha Vidya Pitham

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

P.O. Box 1059 • Saylorsburg, PA 18353

Phone: 570-992-2339

avpoffice@gmail.com

Website: www.arshavidya.org



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

**Year
2022
Programs**

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