

Arsha Vidya Gurukulam

2025 Two-week Vedanta Course for Adults

Venue: SDVBA (Main Lecture Hall)

Begins: Thursday, September 4 at 7:30 pm

Ends: Thursday, September 18 at 12:15 pm



Swami Tattvavidanandaji

on

Aparoksanubhuti

and

Visnusahasranama: Epitome of Vedanta

Arsha Vidya Gurukulam,

P.O.Box 1059,

Saylorsburg, PA-18353

www.arshavidya.org, avpoffice@gmail.com

Tel: 570- 992 – 2339

Course Schedule

Venue: SDVBA (Main Lecture Hall)

Thursday, September 4

7:30 pm - 8:30 pm Orientation and Introductory Satsang

Friday September 5 to Wednesday, September 17

7:00 - 8:15 am - Guided Meditation and *Aparoksanubhuti* Class

4:30 - 5:30 pm - *Aparoksanubhuti* class

7:30 - 8:30 pm - Satsang (Q&A)

On Sunday 7th September (1st Weekend of the month)

7:00 - 7:25 am Guided Meditation

10:00 -11:00 am Bhagavadgita weekend Class 1

11:25 am - 12:25 pm Bhagavadgita weekend Class 2

Thursday, September 11

7:00 - 8:15 am - Guided Meditation and *Aparoksanubhuti* Class

No Class rest of the day

Thursday, September 18

7:00 – 7:25 am - Guided Meditation

10:30 am-11:30 am - *Aparoksanubhuti*, concluding class followed by Guru Daksina

Yoga at the Yoga Center – by Lance at 3:00 pm

Friday September 5 to Wednesday, September 17 → 3:00 pm – 3:45 pm

Temple Schedule:

Daily Morning Ganapati Homa	5:15 am
Daily Morning Abhiseka to Lord Daksinamurti and Ganesa	5:40 am
Daily Afternoon Aarti to Lord Daksinamurti	12:15 – 12:30 pm
Daily Evening Aarti to Lord Daksinamurti	6:00 pm

Dining Hall Schedule:

Morning Tea/Coffee/Warm Water (Near Temple)	5:15 am
Breakfast	8:15 – 9:15 am
Lunch	12:30 – 1:30 pm
Tea/Coffee/Warm Water	3:30 – 4:45 pm
Dinner	6:30 – 7:30 pm

Note: Gurukulam Seva 10:15 – 11:00 am Free Time 2:00 – 3:00 pm
Dining Hall closed for Campers between 1:30 - 2:30 pm and 10:00 pm – 6:45 am

What is a Guru Daksina? An ancient Bharat Sanatan (Hindu) tradition of expressing gratitude towards a Guru or a Teacher after teaching has been completed. It is a way of acknowledging the teacher's guidance and knowledge. Students may contribute towards Gurukulam maintenance.

About the Gurukulam:

The Gurukulam is located on 14 acres of secluded land in the Pocono Mountains, with an additional 85 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 3rd weekends of the month Meditation Workshop (1 & 3 Saturdays), Bhagavadgita Classes (1 & 3 Sundays) Holiday Weekend Vedanta Camps, Family Vedanta Camps and Courses for adults. Ongoing classes in Yoga, Meditation, Vedic Chanting and Sanskrit language are part of the Gurukulam's regular curriculum.

Vedanta means Upanishads; the source book for spiritual (Self) knowledge.

In keeping with our commitment to authentic representation of the Vedic tradition, all the teachers at AVG are traditionally trained. Some are of international repute.

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 priest/s perform Pujas, Vedic samskaras and Homas.

The Meaning of the Word Dakshinamurti:

Daksina 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 towards his devotees and seekers of knowledge. He imparts 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 prior to becoming a renunciate, he is familiar with the lifestyles in India and the west.

Swami Tattvavidananda Saraswati – Vice President

Swamiji is very natural in his scholarship, he is from a family of Vedic pundits and holds Ph. Ds in Chemistry and Sanskrit. Swamiji's deep immersion in the Vedic tradition is reflected in the profundity and breadth of his classes, delivered with modesty that only a true scholar can command.

Swami Muktatmananda Saraswati – Board Member & 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 great lightness, delivering the teachings with clarity and ease.

Swami Sachidananda Saraswati - Resident Acharya

Swami Sachidananda, is a disciple of Pujya Swami Dayananda Saraswati. He is known for his simple and clear exposition of the vision of Vedanta, making him accessible to modern audiences. Swamiji has been offering retreats at AVG and across the US. His journey includes a fellowship at Harvard where he focused on comparative religion.

Daily (Nitya) Abhiseka and Aratis to Lord Dakshinamurti

An abhiseka 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 Rudrābhiseka or abhiseka 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 diparadhanai 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 an oral prayer, vācika karma, a means of expressing our devotion to Bhagavan. They are in the form of a 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 learnt from a competent āchārya who has undergone training from his Guru.

General Information

Come to the Main Office (KANJI) to pick up your key and to complete the room check-in. Please return the key at the end of your stay.

Personal Belongings: Gurukulam is not responsible for campers' and guests' personal belongings.

Parking: Please Park your vehicle in the main parking lot, at the back of the campus, or on the grass near the new building area, or in front of the large red building.

Yoga Studio: On the second floor of the Activities Center. Enter from the ground floor.

Arsha Vidya Bookstore: Our on-site bookstore has an extensive collection of books/audio and video materials on Vedanta and related topics.

Exercise / Gym hours: 7 am – 7 pm- Located under Bhagirathi

(Please contact the office to unlock the gym)

Shanti Trail: A walking, jogging, and biking trail on a 99-acre property

(There is a pathway between the two buildings Bhavani and Godavari that leads to the trail) You are advised to go in a group to avoid any mishaps due to the remote location and bears.

Bus Station: Easton (PA) Tel: 610 – 258 - 4400, Stroudsburg PA

(Del water Gap) 570-421-3040

Vashista New Building Complex:

The Vasiṣṭha complex is going to be our brand-new residential building consisting of 24 units, comprising of 12 units on the first floor, 12 on the second floor, replacing existing structures namely Bhavani, Godavari, and Gomati. The new complex has been named after the revered sage Vasiṣṭha.

For detailed information please contact Karthik Ramagopal on 203-788-5933 or Avg.karthikR@gmail.com

AIM for Seva: Mr. Srini Raman 248 – 979 - 8900.

Gurukulam Guidelines:

- **UNAUTHORIZED RECORDING:** All recordings of lectures and programs during the Course are protected by copyright.
- **Footwear is not permitted in the SDVB Lecture Hall and temple premises.** Coats and shoes should be left in the designated space.
- Everyone visiting or staying at the Gurukulam must wear modest clothing. **Conservative (female) No shorts (male) all the time in common areas.**
- Please turn off your electronic devices, including your mobile phone and tablet, in the Temple, the SDVB Lecture Hall, and the Yoga studio.
- **Intoxicants are prohibited at the Gurukulam. Smoking, drinking alcohol, using tobacco, receiving non-prescription drugs, or coming intoxicated is prohibited anywhere within the Arsha Vidya Gurukulam's Campus.**
- Pets are not allowed anywhere in the campus, including in cars or vehicles
- Children are not permitted in the Classroom during Meditation and Lectures. You must not squat on the chair during Meditation or Lectures.
- Make sure your hearing aid battery is charged.
- Stay silent until you leave the classroom.
- **In the temple**, if you are seated in the front row, don't stretch your legs.
- While using a computer in a public space or while remote working, make sure you never leave your laptop or tablet unattended.

Gurukulam is not obligated to provide uninterrupted internet service to campers, guests, or visitors.

There is Wi-Fi in the New Dining Hall Lobby, Temple, Tunga, and Pampa classrooms.

Thank you for your cooperation.
Emergency Tel Nos: 570-236-0424 & 203-788-5933

Upcoming Events at the Gurukulam

**September 23rd, Tuesday – Pujya Swami Dayananda Saraswati's 10th Aradhana
Swami Pratayagbodhananda Ji's 5th Aradhana**

Vedanta Courses Online Registration : (<https://arshavidya.org/avg-course-registration/>)

Puja Instructions for GFD and Archana Sponsors:

1. If you are attending Abhiseka as a Gift for a Day, Abhiseka, or Archana sponsor; kindly schedule the Sankalpa prior to the start (at 5:40 am), of the morning Abhiseka. Please keep your family Gotra and the Birth stars of your family members 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.
2. If you are attending Abhiseka today as a Gift for a Day sponsor, please inform the priest prior to the beginning of the Abhiseka.

Contact: Ganesan 570 – 656 – 0197, Shivaram 570-202-6753

DAYALAYAM

May you all continue to be a recipient of
Pujya Swamiji's blessings by visiting Swamiji's Residential Cottage
(Ganga), which is named as
“Dayalayam- The Abode of Compassion”

A temple for Meditation and Silence

Monday- Friday:

Visiting Hours: 7:00 am- 1:00 pm & 3:00 pm- 8:00 pm

Saturday- Sunday:

Visiting Hours: 7:00 am- 1:00 pm & 3:00 pm- 9:00 pm

Please use exterior staircase during summer (East facing)

through deck for entrance to Meditation Hall

Don't use the old entrance through Swami TV's cottage.

Thank you for your visit and cooperation.

Arsha Vidya Counseling Center

Arsha Vidya Gurukulam is pleased to provide counseling services.

at its center in Saylorsburg PA

For an appointment, please call Dr. Chhabra (Swami Jnanananda)

at 570-350-4475 or email: dracpsych@gmail.com

अपरोक्षानुभूतिः

aparokṣānubhūtiḥ

नाहं भूतगणो देहो नाहं चाक्षगणस्तथा ।

एतद्विलक्षणः कश्चिद्विचारः सोऽयमीदृशः ॥ १३ ॥

nāhaṃ bhūtagaṇo deho nāhaṃ cākṣagaṇastathā .
etadvilakṣaṇaḥ kaścidvicāraḥ so'yamīdṛśaḥ .. 13..

अज्ञानप्रभवं सर्वं ज्ञानेन प्रविलीयते ।

सङ्कल्पो विविधः कर्ता विचारः सोऽयमीदृशः ॥ १४ ॥

ajñānaprabhavaṃ sarvaṃ jñānena pravilīyate .
saṅkalpo vividhaḥ kartā vicāraḥ so'yamīdṛśaḥ .. 14..

एतयोर्यदुपादानमेकं सूक्ष्मं सदव्ययम् ।

यथैव मृद्घटादीनां विचारः सोऽयमीदृशः ॥ १५ ॥

etayoryadupādānamekaṃ sūkṣmaṃ sadavyayam .
yathaiva mṛdghaṭādīnāṃ vicāraḥ so'yamīdṛśaḥ .. 15..

अहमेकोऽपि सूक्ष्मश्च ज्ञाता साक्षी सदव्ययः ।

तदहं नात्र सन्देहो विचारः सोऽयमीदृशः ॥ १६ ॥

ahameko'pi sūkṣmaśca jñātā sākṣī sadavyayaḥ .
tadahaṃ nātra sandeho vicāraḥ so'yamīdṛśaḥ .. 16..

आत्मा विनिष्कलो ह्येको देहो बहुभिरावृतः ।

तयोरैक्यं प्रपश्यन्ति किमज्ञानमतः परम् ॥ १७ ॥

ātmā viniṣkalo hyeko deho bahubhirāvṛtaḥ .
tayoraikyaṃ prapaśyanti kimajñānamataḥ param .. 17..

आत्मा नियामकश्चान्तर्देहो बाह्यो नियम्यकः ।

तयोरैक्यं प्रपश्यन्ति किमज्ञानमतः परम् ॥ १८ ॥

ātmā niyāmakaścāntardeho bāhyo niyamyakaḥ .
tayoraikyaṃ prapaśyanti kimajñānamataḥ param .. 18..

आत्मा ज्ञानमयः पुण्यो देहो मांसमयोऽशुचिः ।

तयोरैक्यं प्रपश्यन्ति किमज्ञानमतः परम् ॥ १९ ॥

ātmā jñānamayaḥ puṇyo deho māṃsamayo'suciḥ .
tayoraikyaṃ prapaśyanti kimajñānamataḥ param .. 19..

आत्मा प्रकाशकः स्वच्छो देहस्तामस उच्यते ।

तयोरैक्यं प्रपश्यन्ति किमज्ञानमतः परम् ॥ २० ॥

ātmā prakāśakaḥ svaccho dehastāmasa ucyate .
tayoraikyaṃ prapaśyanti kimajñānamataḥ param .. 20..

आत्मा नित्यो हि सद्रूपो देहोऽनित्यो ह्यसन्मयः ।

तयोरैक्यं प्रपश्यन्ति किमज्ञानमतः परम् ॥ २१ ॥

ātmā nityo hi sadrūpo deho'nityo hyasanmayaḥ .
tayoraikyaṃ prapaśyanti kimajñānamataḥ param .. 21..

आत्मनस्तत्प्रकाशत्वं यत्पदार्थावभासनम् ।

नाग्न्यादिदीप्तिवद्दीप्तिर्भवत्यान्ध्यं यतो निशि ॥ २२ ॥

ātmanastatprakāśatvaṃ yatpadārthāvabhāsanam .
nāgnyādidīptivaddīptirbhavatyāndhyaṃ yato niśi .. 22..

देहोऽहमित्ययं मूढो मत्वा तिष्ठत्यहो जनः ।

ममायमित्यपि ज्ञात्वा घटद्रष्टेव सर्वदा ॥ २३ ॥

deho'hamityayaṃ mūḍho matvā tiṣṭhatyaho janaḥ .
mamāyamityapi jñātvā ghaṭadraṣṭeva sarvadā .. 23..

ब्रह्मैवाहं समः शान्तः सच्चिदानन्दलक्षणः ।

नाहं देहो ह्यसद्रूपो ज्ञानमित्युच्यते बुधैः ॥ २४ ॥

brahmaivāhaṁ samaḥ śāntaḥ saccidānandalakṣaṇaḥ .
nāhaṁ deho hyasadrūpo jñānamityucyate budhaiḥ .. 24..

निर्विकारो निराकारो निरवद्योऽहमव्ययः ।

नाहं देहो ह्यसद्रूपो ज्ञानमित्युच्यते बुधैः ॥ २५ ॥

nirvikāro nirākāro niravadyo'hamavyayaḥ .
nāhaṁ deho hyasadrūpo jñānamityucyate budhaiḥ .. 25..

निरामयो निराभासो निर्विकल्पोऽहमाततः ।

नाहं देहो ह्यसद्रूपो ज्ञानमित्युच्यते बुधैः ॥ २६ ॥

nirāmayo nirābhāso nirvikalpo'hamātataḥ .
nāhaṁ deho hyasadrūpo jñānamityucyate budhaiḥ .. 26..

निर्गुणो निष्क्रियो नित्यो नित्यमुक्तोऽहमच्युतः ।

नाहं देहो ह्यसद्रूपो ज्ञानमित्युच्यते बुधैः ॥ २७ ॥

nirguṇo niṣkriyo nityo nityamukto'hamacyutaḥ .
nāhaṁ deho hyasadrūpo jñānamityucyate budhaiḥ .. 27..

निर्मलो निश्चलोऽनन्तः शुद्धोऽहमजरोऽमरः ।

नाहं देहो ह्यसद्रूपो ज्ञानमित्युच्यते बुधैः ॥ २८ ॥

nirmalo niścalo'nantaḥ śuddho'hamajaro'maraḥ .
nāhaṁ deho hyasadrūpo jñānamityucyate budhaiḥ .. 28..

श्रीविष्णुसहस्रनाम
śrīviṣṇusahasranāma

ईश्वरो विक्रमी धन्वी मेधावी विक्रमः क्रमः ।

अनुत्तमो दुराधर्षः कृतज्ञः कृतिरात्मवान् ॥ ९ ॥

īśvaro vikramī dhanvī medhāvī vikramah kramah .
anuttamo durādharṣah kṛtajñah kṛtirātmavān .. 9..

सुरेशः शरणं शर्म विश्वरेताः प्रजाभवः ।

अहः संवत्सरो व्यालः प्रत्ययः सर्वदर्शनः ॥ १० ॥

sureśah śaraṇaṃ śarma viśvaretāḥ prajābhavaḥ .
ahah saṁvatsaro vyālah pratyayah sarvadarśanaḥ .. 10..

अजः सर्वेश्वरः सिद्धः सिद्धिः सर्वादिरच्युतः ।

वृषाकपिरमेयात्मा सर्वयोगविनिःसृतः ॥ ११ ॥

ajah sarveśvaraḥ siddhaḥ siddhiḥ sarvādiracyutaḥ .
vṛṣākapirameyātmā sarvayogaviniḥṣṛtaḥ .. 11..

वसुर्वसुमनाः सत्यः समात्माऽसम्मितः समः ।

अमोघः पुण्डरीकाक्षो वृषकर्मा वृषाकृतिः ॥ १२ ॥

vasurvasumanāḥ satyah samātmā'sammitaḥ samaḥ .
amoghaḥ puṇḍarīkākṣo vṛṣakarmā vṛṣākṛtiḥ .. 12..

रुद्रो बहुशिरा बभ्रुर्विश्चयोनिः शुचिश्रवाः ।

अमृतः शाश्वतस्थाणुर्वरारोहो महातपाः ॥ १३ ॥

rudro bahuśirā babhrurviśvayoniḥ śuciśravāḥ .
amṛtaḥ śāśvatasthāṇurvarāroho mahātapāḥ .. 13..

सर्वगः सर्वविद्वानुर्विष्वक्सेनो जनार्दनः ।

वेदो वेदविदव्यङ्गो वेदाङ्गो वेदवित् कविः ॥ १४ ॥

sarvagaḥ sarvavidbhānurviśvakseno janārdanaḥ .
vedo vedavidavyaṅgo vedāṅgo vedavit kaviḥ .. 14..

लोकाध्यक्षः सुराध्यक्षो धर्माध्यक्षः कृताकृतः ।

चतुरात्मा चतुर्व्यूहश्चतुर्दंष्ट्रश्चतुर्भुजः ॥ १५ ॥

lokādhyakṣaḥ surādhyakṣo dharmādhyakṣaḥ kṛtākṛtaḥ .
caturātmā caturvyūhaścaturdaṁṣṭraścaturbhujāḥ .. 15..