

Arsha Vidya Gurukulam
2026 Memorial Day Weekend Vedanta Course

Swami Tattvavidananda Ji



(Nirvāṇa Ṣaṭkam - 1)

Swamini Paraprajnananda Ji



(Vivekacūḍāmaṇi – Selected verses)

Beginning on: Friday, May 22nd at 8:00 PM

Concludes: Monday, May 25th by 12:00 Noon

Arsha Vidya Gurukulam

651, Route 115 Saylorsburg, PA-18353

www.arshavidya.org

avpoffice@gmail.com

Contact: 570- 992 - 2339

Camp Schedule

Venue: SDVBA (Main Lecture Hall)

Friday, May 22

8:00-9:00 pm - Orientation and Introductory Satsang.

Saturday, May 23 and Sunday May 24

7:00 – 8:15 am: Guided Meditation and *Nirvāṇa Ṣaṭkam Class* with Swami Tattvavidananda Ji

10:30 – 11:30 am: *Vivekacūḍāmaṇi class* with Swamini Paraprajnananda Ji

4:30 - 5:30 pm: *Nirvāṇa Ṣaṭkam Class* with Swami Tattvavidananda Ji

7:30 - 8:30 pm: Satsang (Q&A) with Swami Tattvavidananda Ji

Monday, May 25 – Concluding Day

7:00 - 7:25 am: Guided Meditation with Swami Tattvavidananda Ji

9:30 - 10:30 am: *Vivekacūḍāmaṇi class* with Swamini Paraprajnananda Ji

11:00 - 12:00pm: *Nirvāṇa Ṣaṭkam Class* with Swami Tattvavidananda Ji **followed by Guru Daksina**

Temple Schedule:

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

Dining Hall Schedule:

Morning Tea/Coffee/Warm Water (Next to Temple)	5:15 am
Breakfast	7:30 – 9:00 am
Lunch	12:30 – 2:00 pm
Tea/Coffee/Warm Water	3:30 – 4:45 pm
Dinner	6:30 – 7:45 pm

Dining Hall closed for Campers between 2:00 – 3:30 pm and 9:00 pm – 6:30 am

Free Time: 2:00 – 3:30 pm

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 are encouraged to offer donations to the Guru which is used towards the Gurukulam's maintenance.

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Youth Schedule for Memorial Day May 2026

Orientation: Friday 22th May 22 8:00pm at Yoga Studio/Activity Centre

By: Mr. Lance, Gambhira Ji, Palani Ji, Ms. Aoife and Sw. Jnanananda Ji

Class timing		Group 1* Age 6- 11yrs	Group 2 Ages 12+
7:30AM	8:25AM	<i>Breakfast, New Building Dining Hall</i>	
8:30AM	8:45AM	<i>Assembly, in Temple, All</i>	
8:45AM	9:40AM	Chanting Tunga Classroom Gambhira Ji	Yoga Yoga Studio Ms. Aoife
9:45AM	10:10AM	New Building Basement, Snacks, All	
10:15AM	11:15AM	Sanskrit Tunga Classroom Gambhira Ji	Chanting Pampa Classroom Palani Ji
11:20AM	12:00PM	Yoga Yoga Studio Mr. Lance	Sanskrit Tunga Classroom Gambhira Ji
12:20PM	3:00PM	Aarati, Lunch, Rest, Quiet time in Cabin, with Family	
3:00PM	4:00PM	Class Tunga Classroom Mr. Lance	Group Discussion Pampa Classroom Sw. Jnanananda Ji
4:05PM	4:30PM	New Building Basement, Snacks, All	
4:30PM	5:30PM	Assembly for Games, Activity Centre, All	
5:45PM	6:30PM	Aarati at Temple, All	
6:30PM	7:30PM	Dinner at New Dining Hall, All	
7.30PM	8:30PM	<i>End of the Day, Assembly, Tunga all- Mr. Lance</i>	

**For children 6 years of age and below, a parent needs to stay with them.*

Program Concludes with Lunch, Monday, May 25th

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:

Dakshina means *south* and murti means *form*. (As per Dakshinamurti Upanishad) So one who is facing south. Dakshinamurti is the one whose form or truth is perceived by an enlightened mind (dakshina)

Dakshina also means *anukula*, favorable or kindly disposed. Lord Dakshinamurti is always kindly disposed 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 Acharya

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, diparadhaneKannada 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 in the Karna Parampara (Oral tradition)

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

General Information

Come to the Main Office (KANCHI) 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.

Morning tea and Coffee: Next to Temple (5.15 am - 7 am)

New Dining Hall times: 7:30 - 8:30 am, 12:30 – 2:00 pm, 3:30 – 4:45 pm & 6:45 – 7:45 pm

(Please note that the new dining hall will be closed from 2:00 – 3:30 pm for cleaning)

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

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. Srin 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 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

*June 2 – 23 (Tue – Tue) Three-week Vedanta Course
Īśāvāsya Upaniṣad and Gītā-sāra by Ramana Maharishi*

Please refer to the booklet for details.

Online Registration (<https://arshavidya.org/avg-course-registration-2026/>)

Puja Instructions for GFD and Archana Sponsors:

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 family members Birth star ready for the Sankalpa.

Sankalpa is a Sanskrit word, it means conception or idea formed in the heart or mind, solemn vow or determination to perform, desire, definite intention, volition or will. If you are attending Abhiseka today as a Gift for a Day sponsor, please inform the priest prior to the beginning of the Abhiseka. Priest Ganesan 570 – 656 – 0197 or Priest Shivaram 570-202-6753

DAYALAYAM

May you all continue to be a recipient of
Puja 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.

Arsha Vidya Counseling Center

Arsha Vidya Gurukulam is pleased to provide counseling services.

For an appointment
please call Dr. Chhabra (Swami Jnanananda) at 570-350-4475 or email:
dracpsych@gmail.com

Nirvana Shatakam

मनोबुद्ध्यहङ्कार चित्तानि नाहं
न च श्रोत्रजिह्वे न च घ्राणनेत्रे ।
न च व्योम भूमिर्न तेजो न वायुः
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥१॥

manobuddhyahankāra cittāni nāhaṃ
na ca śrotrajihve na ca ghrāṇanetre .
na ca vyoma bhūmirna tejo na vāyuh
cidānandarūpaḥ śivo'ham śivo'ham ||1||

*Neither am I the mind nor intelligence or ego,
Neither am I the organs of hearing (ears), nor that of tasting (tongue), smelling (nose) or
seeing (eyes),
Neither am I the sky, nor the earth, neither the fire nor the air,
I am Shiva, the supreme auspiciousness of the nature of consciousness-bliss.
I am (Shiva) the auspiciousness.*

न च प्राणसंज्ञो न वै पञ्चवायुः
न वा सप्तधातुः न वा पञ्चकोशः ।
न वाक्पाणिपादं न चोपस्थपायु
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥२॥

na ca prāṇasaṃjño na vai pañcavāyuh
na vā saptadhātuḥ na vā pañcakośaḥ .
na vākpāṇipādaṃ na copasthapāyu
cidānandarūpaḥ śivo'ham śivo'ham ||2||

*Neither am I the vital breath, nor the five vital air,
Neither am I the seven ingredients (of the body), nor the five sheaths (of the body),
Neither am I the organ of speech, nor the organs for holding (hand), movement (feet) or
excretion,
I am the ever pure blissful consciousness; I am Shiva, I am Shiva,
The ever pure blissful consciousness.*

न मे द्वेषरागौ न मे लोभमोहौ
मदो नैव मे नैव मात्सर्यभावः ।
न धर्मो न चार्थो न कामो न मोक्षः
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥३॥

na me dveṣarāgau na me lobhamohau
mado naiva me naiva mātsaryabhāvaḥ .
na dharmo na cārtho na kāmo na mokṣaḥ
cidānandarūpaḥ śivo'ham śivo'ham ||3||

Neither do I have hatred, nor attachment, neither greed nor infatuation,
Neither do I have passion, nor feelings of envy and jealousy,
I am not within the bounds of dharma (righteousness), artha (wealth), kama (desire) and
moksha (liberation) (the four purusarthas of life),
I am Shiva, the supreme auspiciousness of the nature of consciousness-bliss.
I am (Shiva) the auspiciousness.

न पुण्यं न पापं न सौख्यं न दुःखं
न मन्त्रो न तीर्थं न वेदा न यज्ञाः ।
अहं भोजनं नैव भोज्यं न भोक्ता
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥४॥

na puṇyaṃ na pāpaṃ na saukhyaṃ na duḥkhaṃ
na mantra na tīrthaṃ na vedā na yajñāḥ .
ahaṃ bhojanaṃ naiva bhojyaṃ na bhoktā
cidānandarūpaḥ śivo'ham śivo'ham ||4||

*Neither am I bound by merits nor sins, neither by worldly joys nor by sorrows,
Neither am I bound by sacred hymns nor by sacred places, neither by sacred scriptures nor
by sacrifices,
I am neither enjoyment (experience), nor an object to be enjoyed (experienced), nor the
enjoyer (experiencer),
I am Shiva, the supreme auspiciousness of the nature of consciousness-bliss.
I am (Shiva) the auspiciousness.*

Vivekacūdāmaṇi – Selected verses 3,2,4 & 5

दुर्लभं त्रयमेवैतद्देवानुग्रहहेतुकम् ।

मनुष्यत्वं मुमुक्षुत्वं महापुरुषसंश्रयः ॥ ३ ॥

durlabhaṃ trayamevaitaddevānugrahaHetukam |

manuṣyatvaṃ mumukṣutvaṃ mahāpuruṣasaṃśrayaḥ || 3 ||

There are three things which are rare indeed and are due to the grace of God –namely, a human birth, the longing for Liberation, and the protecting care of a perfected sage.

जन्तूनां नरजन्म दुर्लभमतः पुंस्त्वं ततो विप्रता तस्माद्वैदिकधर्ममार्गपरता विद्वत्त्वमस्मात्परम् ।

आत्मानात्मविवेचनं स्वनुभवो ब्रह्मात्मना संस्थितिः मुक्तिर्नो शतजन्मकोटिसुकृतैः पुण्यैर्विना लभ्यते

॥२॥

jantūnāṃ naraJanma durlabhamataḥ puṃstvaṃ tato vipratā

tasmādvaidikadharmamārgaparatā vidvattvamaSmātparam |

ātmānātmavivecanaṃ svanubhavo brahmātmanā saṃsthitiḥ muktirno

śataJanmakotīsuKṛtaiḥ puṇyairvinā labhyate || 2 ||

2. For all beings a human birth is difficult to obtain, more so is a male body; rarer than that is Brahmin-hood; rarer still is the attachment to the path of Vedic religion; higher than this is erudition in the scriptures; discrimination between the Self and not-Self, Realisation, and continuing in a state of identity with Brahman – these come next in order. (This kind of) Mukti (Liberation) is not to be attained except through the well-earned merits of a hundred crore of births.

लब्ध्वा कथंचिन्नरजन्म दुर्लभं तत्रापि पुंस्त्वं श्रुतिपारदर्शनम् ।

यस्त्वात्ममुक्तौ न यतेत मूढधीः स ह्यात्महा स्वं विनिहन्यसद्ग्राहत् ॥ ४ ॥

labdhvā kathamcinnarajanma durlabham tatrāpi puṁstvam śrutipāradarśanam |
yastvātmamuktau na yateta mūḍhadhīḥ sa hyātmahā svaṁ vinihantyasadgrahāt || 4 ||

4. The man who, having by some means obtained a human birth, with a male body and mastery of the Vedas to boot, is foolish enough not to exert himself for self-liberation, verily commits suicide, for he kills himself by clinging to things unreal.

इतः को न्वस्ति मूढात्मा यस्तु स्वार्थे प्रमाद्यति ।

दुर्लभं मानुषं देहं प्राप्य तत्रापि पौरुषम् ॥ ५ ॥

itaḥ ko nvasti mūḍhātmā yastu svārthe pramādyati |
durlabham mānuṣam deham prāpya tatrāpi pauruṣam || 5 ||

5. What greater fool is there than the man who having obtained a rare human body, and a masculine body too, neglects to achieve the real end of this life?