

ARSHA AVINASH FOUNDATION'S MANJAKUDI CAMP

Arsha Avinash Foundation conducted a one-week residential camp at Jnanapravaha, Manjakkudi (birth place of Pujya Swamiji) from July 4 to July 10, 2024. The campers also visited temples at Tiruvarur and Kumbakonam.

With deepest respect and appreciation to our Gurus **Smt. Lalitha Ramachandran** who taught us **Jeeva Yatra** and **Smt. Ponmani Avinashilingam** who taught us **Bhagavad Gita Chapter 17**, we express our sincere gratitude for the enlightening and inspiring lectures they both delivered. We express our appreciation and sincere gratitude to Swami Ram-esvarananda who is coordinating the Vedanta studies at the centre facilitating retreats, who welcomed us with love and compassion. We express our appreciation to all the staff at the centre.

Jeeva Yatra is a philosophical text, written by Swami Jnanananda Bharati in Sanskrit, explores the journey of life and the essence of human existence. It delves into the transient nature of life, the pursuit of knowledge, and the quest for spiritual fulfilment. Through its poetic verses and profound insights, "Jeeva Yatra" makes the saadhaka contemplate the purpose of life and the timeless wisdom embedded in our journey from birth to transcendence.

The 17th chapter of the Bhagavad Gita, known as the "Sradhdhatraya Vibhaga Yoga" or the "Yoga of Threefold Guna" discusses the importance of guna and the qualities of individuals based on their predominant nature (guna). It classifies guna into three types: Sattvic (pure), Rajasic (passionate), and Tamasic (dull). Each type of guna influences one's actions, habits, and beliefs. The chapter emphasizes the significance of performing duties with the right attitude and shraddha, as well as the impact of food habits, austerity, and sharing on one's spiritual growth. This chapter cultivates appropriate sraddha to progress on the path of spiritual evolution as outlined in the Bhagavad Gita.

All the participants uniformly expressed their satisfaction with respect to the subject matter of the course and also for the food, staying facilities and visit to temple. They are eagerly looking forward for the next camp.

- Report by Prema RamMohan

Photo in the cover page #2