

ARSHA AVINASH FOUNDATION'S RESIDENTIAL CAMP

With the blessings of our Guru Parampara, Arsha Avinash Foundation conducted a residential spiritual camp on Sep 28 and 29, 2024 at Arsha Vidya Gurukulam, Anaikatti.

CHIEF ACHARYA'S ADDRESS: Swami Sadatmananda, Chief Acharya, Arsha Vidya Gurukulam inaugurated the camp. He welcomed the campers. In his anugraha bhashanam, Swamiji explained a verse from Vivekachudamani. Sraddha in the Vedas is required. One should be committed to live a dharmic life. Every action should be done with an attitude of karma yoga, as an offering to Isvara. For a person with a pure mind, knowledge of Paramatma will take place.

The pursuit can be summarised as follows: Karma yoga is for citta-suddhi. Jnana yoga is for jnana Prapti. Atma jnanam gives moksa. Wherever you are, you see yourself as the basis of all happiness. Swamiji blessed the campers.

MEDITATION SESSIONS: Swami Jagadatmananda and N. Avinashilingam conducted one guided meditation session each.

BHAGAVAD GITA CHAPTER 15: Bhagavad Gita Chapter 15 titled Purushottama Yoga was taught. This Chapter gives the essence of Bhagavad Gita. Samsara tree can be destroyed with the weapon of self-knowledge. Isvara enlivens and nourishes the world. "I am all" is the vision of the Sastra. The one who knows Purushottama becomes the knower of all and gains fulfilment.

N. Avinashilingam gave a summary of Gita Chapter 15 in two classes. Ponmani Avinashilingam gave verse by verse explanation in two classes. Swami Jagadatmananda conducted majority of the classes and gave verse by verse explanation in six classes.

FEED BACK FROM STUDENTS:

"The Camp was both uplifting and enriching the soul. The erudite and lucid explanations of Bhagavad Gita were made clearer by the apt common day, relatable examples. The meditation sessions were soothing and calming, giving us tranquillity of mind. The accommodation was clean and comfortable and the food healthy and tasty. The camp was a wholly satisfying and enriching experience." – Dr. S. Bhagyalakshmi

"We were taught that as a magnet focus on north, our focus should be on spirituality. Meditation sessions and classes gave us peace of mind. The camp gave clarity of thoughts on spirituality. Food was good and healthy." – S.T. Maya Devi

"Bhagavad Gita classes were enlightening. Our gratitude for the spiritual guidance. The meditation sessions were insightful." – M. Bhavani

- Report by N. Avinashilingam.

Photo in cover page #2