

16th Anniversary of Arsha Vidya Kuteeram



With the blessings of Pūjya Svāmi Dayananda Sarasvati, Ārṣa Vidyā Kuṭīram, established under the aegis of Ārṣa Vidyā Vardhini Trust by Svāmi Sudīrānanda at Singanallur, Coimbatore, celebrated its 16th anniversary on June 22, 2014.

The celebrations began with chanting of Kaivalya Navanītam , a Tamil text on Vedanta, led by Svāmi Sudīrānanda. He



gave his anugraha bhāṣaṇam, and it was followed by the chanting of the Guru aṣṭotra nāmāvalī (108 names in praise of Guru, Lord Dakṣiṇāmūrti). The celebrations concluded with distribution of mahā prasāda.

Svāmi Sudīrānanda, in his address, said that not only is it a great privilege to chant Kaivalya Navanītam but listening to it too helps one earn a lot of grace. And the students who understand it will gain ātma jñāna. Kaivalya Navanītam contained the essence of the Upaniṣads. Sri Thandavaraya Swamigal, of Nannilam in Thanjavur District, wrote this work as per the instructions of his Guru Sri Narayanan.

Kaivalya Navanītam means Brahman, the only reality; *navaneetham* means butter, here referring to the essence of ātma jñāna. Those interested in *dharma*, *artha* or *kama* cannot get mokṣa; only qualified students who enquire into their real nature can get mokṣa.



We got physical comforts in our life as per our *karma*. Deep sleep as an experience indicated to us that we could be happy even without external objects. So, we had to *choose* to understand what our real nature is. The upaniṣads taught by Guru is the only pramāṇa for ātma jñāna. Satsaṅg will help one to continue the pursuit.

He blessed the students to walk the way shown by great men and achieve ātma jñāna.

Report by N. Avinashilingam