

## Swami Sudeerananda's Camp at AVG



Swami Sudeerananda conducted Spiritual Camp at AVG, Anaikatti from Nov 24, 2013 to Nov 30, 2013. Swami Sudeerananda taught Vedanta texts Sadhana Panchakam and selected verses from Viveka Chudamani. He also conducted guided meditation and sat sangh. Smt Ponmani Avinashilingam and Sri Balakrishnan conducted yoga classes during the camp. Brahmacharini Mahalakshmi conducted chanting classes.

### **INAUGURATION BY PUJYA SWAMIJI AND HIS ANUGRAHA BHASANAM:**

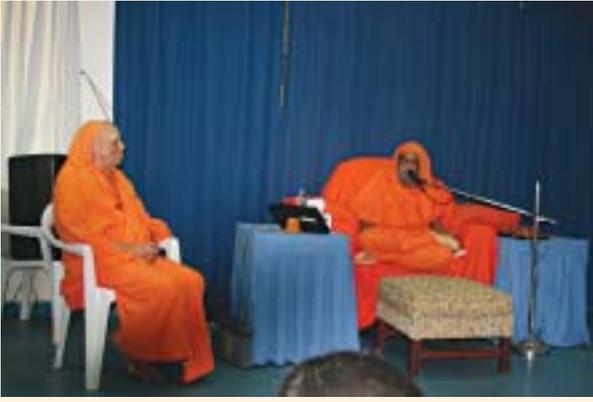
Pujya Swami Dayananda Saraswathi inaugurated the camp. He told that Sadhana Panchakam written by Sri Adi Sankara in 5 slokas, explains the steps to be taken to get Atma jnana. Ishwara is the maker of the jagat and is also manifest as the material cause of the jagat. All that is here is Ishwara. Veda should be chanted daily.

Vaidika life style should be followed. Human life is a mixture of punya and papa. To earn punya one should do ishta and purta karmas. Ishta karma is doing daily puja and chanting the holy name of Ishwara. Purta karma is doing social service required by the society. AIM for Seva is doing purta karma. When one does enough punya, he will develop interest in atma jnana.

The following is the summary of the classes by Swami Sudeerananda.

### **SADHANA PANCHAKAM:**

One should do one's daily duties diligently. One should dedicate actions as offering to Ishwara. One should cultivate good qualities and endure opposites like heat and cold. One should take only minimum food for sustenance of the body; relinquish worldly enjoyments as they bring pain



ultimately and live life with sat sangha. One should worship a Sat Guru and learn the truth of the Upanishads from him. One should contemplate in solitude on the teachings of the Upanishads to assimilate the truth that atma is Ishwara and Ishwara manifests as the jagat.

#### **VIVEKACHUDAMANI:**

This prakarna grantha written by Adi Sankara tells that there are three rare things: getting birth as a human, getting desire for moksha and getting a Sat Guru to teach. One should get the required four-fold qualification for gaining moksha. Atma jnana is the only means for moksha. When one approaches a Guru with

reverence, the Guru teaches the maha vakya "Tat Tvam Asi". Again when all the doubts are dispelled by the Guru, one understands the meaning of tat pada and tvam pada and also the equation that tvam is tat.

#### **CONCLUDING SESSION:**

On the last day of the camp, participants spoke their experiences. They said that they experienced a calm mind in the wonderful ambience and received the spiritual teaching. They thanked Pujya Swamiji and Swami Sudeerananda for arranging the camp and for their spiritual teachings and blessings.

*Report by N. Avinashilingam*

