

## Pujya Swamiji's London Programme

HH Pujya Swami Dayananda Saraswati will be conducting a programme of public talks and events, organised by Arsha Vidya UK, in London between Sunday 10 October and Thursday 14th October. Those wishing to reserve a place can do so via the Arsha Vidya UK website. [www.arshavidya.org.uk](http://www.arshavidya.org.uk)

### **Sunday 10 October: Vedic Meditation: a one-day seminar**

What is meditation according to Traditional Vedanta? How is it different from more commonly practiced meditations? What is its role for those seeking enlightenment? How can it become a part of life? The day will consist of three talks by HH Swami Dayananda Saraswati, plus a talk on *Eka Shloki* and Vedic chanting by Swamini Atmaprakashananda. The day concludes with a Q&A session with HH Swami Dayananda Saraswati. Refreshment teas, and coffees will be served as well as a full vegetarian lunch.

When: Sunday 10 Oct 2010, 9am-7.30pm

Where: Sadhu Vaswani Centre, 25 Cricklewood Lane, London NW2 1HP

### **Event 2: Vedic Meditation: guided morning sessions**

Be in Vedic Meditation every morning guided by HH Swami Dayananda Saraswati, followed by tea and biscuits. An ideal way to start the day.

When: Monday 11 Oct 2010 – Thursday 14 October, 7.15am-8.15am

Where: Bharatiya Vidya Bhavan

### **Event 3: Traditional Vedanta: the essential teachings**

The sessions will explore topics such as: What is Traditional Vedanta? What are the benefits and limitations of the variety of practices offered to people who are in search for a spiritual life? What is the role of prayer? What is the role of the teacher? What is a prepared student? Myths and misleading ideas about 'self-realisation'. The daily programme will consist of three talks by HH Swami Dayananda Saraswati plus an afternoon session on a Vedantic text with Swamini Atmaprakashananda. Concluding with a Q&A session with HH Swami Dayananda Saraswati in the evening. Refreshment teas, and coffees will be served as well as a full vegetarian lunch. When: Monday 11 – Tue 12 Oct 2010, 9am-7.30pm, Wed 13 Thursday – 14 Oct, 9am-5pm,

Where: Bharatiya Vidya Bhavan

### **Event 4: Bho Shambho: a musical celebration**

To celebrate HH Swami Dayananda Saraswati's 80<sup>th</sup> birthday The Bharatiya Vidya Bhavan and Arsha Vidya UK present a concert based on compositions by Pujya Swamiji –including the internationally popular 'Bho Shambho!' – with musicians from India and the UK. A printed handout of the lyrics, which expound the essence of Vedanta with masterful brevity, will be available and HH Swami Dayananda will give a brief explanation of them.

When: Wednesday 13 Oct 2010, 6.30 - 9.30pm,

Where: Bharatiya Vidya Bhavan