

Sadhana Camps at Anaikatti

by Swamini Satyavratananda Saraswati

Pujya Swamini Satyavratananda ji's two camps in Telugu and English were held in the Ashram at Anaikatti from May 7th to May 18th one after the other respectively. Both the camps commenced with a Yoga session in the morning and Bhagavatham session in the evening.

The Telugu camp had a total of 35 campers who were blessed with lectures on Shankara Bhashyam of the 3rd chapter of the Bhagavad Gita. As a continuation carried over from the previous years telugu camp, Pujya Swamini completed the 3rd chapter this year. Likewise, the English camp had about 55 campers and Pujya Swamini completed the 16th chapter of Upadesa Sahasri in this camp.

During the camp, we were blessed with the Anugraha Bhashanam of Pujya Swami Sadatmanandaji on the topic "What is spirituality?" External insignia like wearing ochre robes and giving up of certain pleasures does not indicate spirituality. Inner spiritual growth is attained by adhering to the principles of objectivity, expansion, composure, values and desire to study scriptures. Inner spiritual growth is a gradual process, encompassing the physical, mental and intellectual layers of a human being.

The serene atmosphere at the ashram, with its natural surroundings is the perfect abode for the spiritual seeker. The divine experience makes one look forward to more such camps.

