

## Atma Sadhana Camp in Arsha Vidya Gurukulam, Anaikatti

With gratitude and tons of happiness, I shall start to share my beautiful experience in Arsha Vidya Gurukulam, where we stayed 5 days for Atma sadhana camp. Swami Budhaathmananda and Swami Hamsaananda covered all the topics which are essential to leading our life in bliss. We arrived at the ashram on 25th March morning by 9 am. On 1st day we had a picturesque campus tour guided by Buddatmananda swami. Bhuddatmananada swami explained the life history of Pujya Sri Dayananda Swamigal on how he turned this empty land into a green meadow with long-standing trees, plants, birds, and peacocks dancing everywhere. He detailed how Swamigal layed down, formed, and established such a huge ambient environment for true seekers and common people and also explained the development and current process of the ashram. People in the ashram were so cordial and warm which made us get used to the environment so quickly.

Every day starts with wakeup in Brahma muhurta, a hearty blessing from Dakshina Moorthy, and a meditation. All the days were consumed by silence and Vedanta truths. Very deeper and subtle concepts were explained by swami Hamsaananda and swami Bhuddatmananada. A clear scientific comparison and understanding of conscious mind, subconscious mind, and rebirth were given. Under their teaching and guidance, we got to identify and map the vrittis, where it roots, what type of vritti it is, and how it develops and affects our life. Knowledge about stula, sukchuma body what it comprises of was shared by the guru. Also had a detailed study about the concept behind the fear, how it develops? What it does do? etc. under the guru's presence, we followed the technique explained by him re-lived the deep-rooted, long-stagnated fear of emotions, and got free from its imprints. It's not just a camp it's a real human inner workshop. Swami teaches the concepts and explains the instructions on how to apply those truths in our life. Then we simply did the same practical experiment with us. The camp was so hands-on that results were so visible in every session.

Mouna vritha, laughing meditation, witnessing meditation, cutting the thoughts before converting into thinking, noticing the rise and fall of thoughts simultaneously (change), and noticing how thoughts are created without any connection from previous (vigarithuvam) are all the practices of these sadhanas turned a big u-turn towards my inner self from Visaya to Viveka. Keeping away from society in its true sense was thoroughly enjoyed during the camp. I strongly believe unless I was blessed i would not have got such an opportunity to look upon myself "who am I?"

It was a fascinating place with numerous spectacles. Everything so well organized with timely sattvic food and snacks served affectionately by the people, very cozy, neat, and comfortable rooms, clean housekeeping, laundry service, and perfect hall arrangements to lend an ear to the class. The beauty and facilities provided by the ashram were so outstanding and still, those memories were lingering in my heart. Every participant found neither flaws nor any discomfort, everyone was so happy!! Finally, if you are a seeker seeking to go inward and awaiting spiritual development then I am sure this place and the upcoming camps are just for you. No second thoughts just come and experience who you really are! Wholly it was a soulful experience!! Thank you !!!

— **Report by Lakshmi Priya (Coimbatore)**

*Photo in the wrapper page (#31)*