

Mandukya Upaniśad with Agama Karika was conducted by Sri Swami Prabuddhanandaji at Swami Dayananda Ashram Rishikesh during 24th - 31st March 2023.

Swami Prabuddhanandaji in spite of not having fully recovered from an illness due to Covid in late 2022 graced us with his Upadeśa on the Agama Prakarana of the Mandukya Upaniśad, with both the Karika of Gaudapada and the Bhaśya of Śankara. In his unique style of delivery he meandered fluently like the Ganga flowing nearby. Mindful of his health he repeatedly apologized to the class for not being himself but left us spellbound and with many questions. As is Swamiji's style of continuing informal discussions after class (with those who engaged him) led to lively question and answer sessions both after class and in the night. Classes were restricted to 45 minutes.

Swami Prabuddhanandaji went on to say that nobody commits *adhyasa* deliberately. That this is me and this is mine is *loka vyavahara*. The thought that I am the body is *avidya kalpitam* due to the *ahankara* and because of ignorance these three states of waker dreamer and sleeper exist. Only what is evident can be understood and what is not evident cannot be understood. When the Ātma is understood the truth of anātma is also understood.

He cautioned the audience that every belief is a blind belief and that nothing is parallel to the truth. That silence is not the absence of sound but the presence of consciousness and that matter cannot replace consciousness in the same way as space.. Being is the nature of the truth and non-objectification of consciousness is being the truth; that it is neither the objectification of thought. The sense of limitation is due to the identification with the body.. What is manifest becomes unmanifest and so the cycle of creation continues but what is understood is complete and there is no coming back. The Turiyam is a fact with neither misunderstanding or non-understanding.

The self as the self is the *chaturtham* and it is neither the waking dream nor deep sleep. You are not an individual but the absolute. Understanding yourself is

choiceless; this you have to understand and not believe. The error cannot be rectified in time as it is *anadi* and hence time is not the answer; rebirth is nothing but the continuity of the error. I see the universe in place of Brahman is a mere perception and this entire *dvaitam* is *Maya matram*. When the *karanam* is understood then you are *nirviśesha*.

OM represents Īsvara as *jagat karanam*. The teacher student *sastra* is duality but when the teaching is understood there is no duality and *advaita* prevails. *Advaita* is a fact: there is distinction between perception and fact, for perception can be disproved and never a fact. Swamiji, completing his discourse, took a revision of the entire section during the last three days.

Chanting Classes with Sri Swamini Chidekarananda

With the ever growing popularity of the chanting classes of this camp the *Bhagavad Gita Chapter 15 v 14* was taught. Often chanted before taking meals - Bhagavan is invoked as Agni in the stomach being the digestive fire in all *jivas* - He is the one who re-cooks the food in the stomach so we perform a Puja when we eat with food that is eaten in silence.

Dayananda panchakam

Extolling a few of the many wonderful qualities of Pujya Swamiji being *śanti murtim* peaceful *kśanti murtim* accommodating *danti murtim* mastery over the senses, he validated everybody. The quality of the chanting by the students has improved greatly and the success of her classes grows with each camp. She will be missed when she returns to her native England later in the year.

Yoga Classes with Aishwarya

She learnt yoga from her father before graduating from S.Vyasa University where she learnt yoga as a tool to medicate symptoms of various health issues from cancer, heart and other diseases. She also studied Ashtanga & Vinyasa in Rishikesh at Tatva Yoga Shala. Her main teacher is Shri HS Aroon in Bangalore from the Iyengar School of Yoga. It isn't easy to deal with a common class for students from varied backgrounds, ages and levels but being an accomplished dancer she was able to ease her way through the challenges with effortless grace. Om Tat Sat.

Photos in cover page #31