

**RETREAT 1: Arshabodhini conducted their 5th camp at Jnanapravaha facility at Manjakkudi from 1st to 5th February 2023. Guru Lavanyaji taught Advaita Prakaranam of Mandukya Kārika in the camp**

The camp started with a pooja and an inauguration event attended by Srinivasanji and Swami Rameshvaranandaji. A total of 20 classes were covered in 5 days.

More than 45 vidyarthi attended the camp and benefitted greatly from the traditional and systematic teaching of the Guru parampara through Guru Lavanyaji. Vidyārthi also had the opportunity to visit the Car festival of Mahalingaswamy temple at Tiruvidaimarudur.

Apart from the classes, Swami Ramesvaranandaji also conducted meditation sessions and Satsang every day in the morning.

On the final day, there was a feedback session, after which the felicitations took place. Rajagopalji and Prasenjitji were felicitated for their constant support and hospitality. Heartfelt feedback was shared by vidyarthi about the benefits they have gained, Guruji's method of teaching, and the facilities.



**RETREAT 2: Pedro Kupfer (Brazil/Portugal) conducted a retreat on Ādi Śaṅkarācārya's Brahmajñānāvalīmālā from 12th to 15th February 2023 at Jnanapravaha, Manjakkudi**

The 18 people group was mainly from Brazil, but included also Portuguese and

Senegalese Vedanta students.

Some of them have been Pūjya Swāmijī's devotees for many years, and all of them had a good appreciation and understanding of Vedanta prior to the retreat.

They stayed at the wonderful and comfortable Anugraha Guest House and enjoyed their delicious vegetarian satvik meals at the Koodam.

The study of Ādi Śaṅkarācārya's Brahmajñānāvallīmālā started on the 2nd. February in Auroville, then continued in Tiruvannamalai (7th. to 12th. Feb.) and came to a perfect conclusion during the days the group spent at Jñānapravāha, Manjakudi.

During the retreat, the group took part in the early morning Śrī Rudram chants at the Swāmi Dayānanda Shrine & Meditation Hall, besides the daily recitation and meditation on the 20 stanzas of the Brahmajñānāvallīmālā.

After the study sessions, which took four hours each day, Haṭhayoga and nididhyāsana sessions were also conducted at the end of each day.

Swāmi Rāmeśvarānanda Sarasvatijī, the Jñānapravāha Resident Ācārya, guided the group in a visit to the Swāmi Dayānanda Vedapaṭaśālā, Kodavasal, where the group members had the occasion to meet and greet the students.

The group also visited the Swāmi Dayānanda Campus, Pūjya Swāmijī's ancestral home, the Reading Room, Study Centre, Digital Archive and nearby Mandirs.

The Vedānta students loved their stay at the auspicious Pūjya Swāmijī's Janma Bhūmi and went home with their hearts and minds full of the eternal wisdom of Advaita Vedānta.

Pedro, the teacher and guide of this group, is a disciple of Swāmi Dayānanda Sarasvatī. He took part in all of the Vedānta Camps with Pūjya Swāmijī at the Dayānanda Āśram, Rishikesh, from 2003 until Swāmijī's mahasamādhi, in 2015.

He has been practising and teaching Yoga for over 40 years. He was born in Uruguay, 56 years ago. Pedro considers Yoga to be not just a set of techniques, but a way of life and a vision on how to live it wisely and happily.

He wrote nine books on Yoga and translated two traditional texts on the matter.

He maintains a Portuguese website on Yoga and Vedanta: [www.yoga.pro.br](http://www.yoga.pro.br), which offers over 1000 free articles on Yoga, Vedanta and Hindu Dharma. He lives in Portugal with his wife Ângela and travels regularly to Brazil and India.



**RETREAT 3: Miguel Homem (Portugal) conducted a 5-day retreat on 'Hastāmalakīyam' by Ādi Śaṅkarācārya's from 19<sup>th</sup> to 23<sup>rd</sup> February 2023 at Jñanapravaha, Manjakkudi**

We had a wonderful retreat at Manjakkudi on Hastāmalakīyam Stotram. Coming from Portugal for a pilgrimage travel in India, we visited Shankara Nilayam, birth house of Sri Shankara, had darshan at Meenakshi temple in Madurai, then proceeded to Ramesvaram, Pillayarppati temple and finally arrived at Manjakkudi. Everyone could feel Pujya Swamiji's presence in Manjakkudi and to have classes at Jñanapravaha is a unique experience. All the arrangements for one's stay are perfect, the rooms are very comfortable, the people working there are extremely caring and the food is very healthy and delicious.

We had all the conditions to teach and learn, to dwell on the teaching and contemplate. Plus, now that Swami Ramesvarananda is there as the Resident Sannyasi, we had very lively and clear satsangas with Him. Swamiji's clear cut style re-



moved students doubts, brought the Vedanta as Pujya Swamiji would unfold for everyone to appreciate, remembering Pujya Swamiji's examples and quotes.

It was a privilege for both me and the students to teach and learn there. We congratulate all the team working to make Jñanap ravaha what it is and to host retreats.



**RETREAT 4: 5-Days retreat on 'Freeing our Freewill – Living Life with Inner Leisure' conducted by Swami Shankarananda Saraswati from 13<sup>th</sup> to 17<sup>th</sup> March 2023 at Jnanapravaha, Manjakkudi**

We, the Sishyas of Swami Shankaranandaji would like to place on record our appreciation and feedback of the 5 day retreat 'Freeing our Freewill ' from 13th-17th March 2023 at Manjakkudi.

Our key observation: Attention to detail is evident in every aspect of SDET's work at Manjakkudi.

☆ **Accommodation @ Anugraha Guest House**

- Impeccably clean rooms & restrooms
- A well-equipped pantry manned by courteous staff
- Express (same-day) in-house laundry service.

### ☆ 'Koodam' Dining Facility

Our respects to Shri Prasenjit and staff of 'Koodam' for providing us meal after nourishing meal of hygienically prepared Satvik food served lovingly & true to tradition.

We were impressed by the discipline maintained by the staff, their courteousness, silence, measured service of food and water achieving zero wastage.

An informative write-up of the home-grown organic rice used for each meal added to the value of eating hitherto unheard of fragrant rice from Swami Dayananda farm. Our visit to the farm was enhanced by the input from Alagar, the farm in-charge.

We would like to acknowledge the tremendous commitment and effort that goes into the Swami Dayananda farm in order to revive the unique 'rice tradition of India' and bring healthy food to people.

### ☆ Jnana Pravaha's aesthetic design

This starts with a deceptively humble entrance that opens up into a green oasis of calm, conducive for Vedantic Study and introspection.

Shri Dakshinamurthi, ensconced by a grove of parijatam and paneer pushpam trees, presiding over the Jnana Pravaha lent an aura of auspiciousness to our study setting.

We thank Sw.Shankaranandaji for giving us the opportunity to start our day by worshipping Shri Dakshinamurthi with flowers from the grove, accompanied by guru ashtotram mantras explained word by word so that we could pray with an understanding of the meaning. It was a very holistic experience that maximized the benefit of having a retreat in such sylvan surroundings.

Our takeaway from this retreat - it has been a reinforcement of our learning thus far and we will commit to bringing inner leisure to our lives by following the precepts laid down by Vedanta, as revealed by Swamiji.

Our immense gratitude to Sw.Ramesvaranandaji, Rajagopalji, Prasenjit & Ms.Alagammai for the smooth facilitation of this retreat & Shri Kayesh for facilitating recording of Swamiji 's classes for us to revisit & further study. It is perti-

nent to mention this was the first 'hybrid' retreat with 32 resident students as well as around 33 regular online students who attended all meditations, classes and satsangas online. This has set the standard for maximizing Jnanapravaha facility for such retreats by all acaryas in the paramapara.

☆ The Veda Paatashala, Swami Dayananda farm, Goshala, the adoption of quasi government schools have all transformed this little village into a model village that promises hope for more villages in our country to emulate and restore it to its former glory of an agrarian society.

Our prayers for the SDET team to continue the good work with the blessings of Pujya Swamiji.

Our prayers for Sw.Shankaranandaji's good health.

May Pujya Swamiji 's blessings be bestowed upon Smt.Sheela Balaji and all those who work behind the scenes to make this a living tribute to Pujya Swamiji.



*Om Tat Sat*