

ARSHA AVINSH FOUNDATION'S RESIDENTIAL SPIRITUAL CAMP

With the blessing of Pujya Swami Dayananda Saraswati, Swami Paramarthananda, Swami Sakshatkritananda and Swami Sadatmananda, Arsha Avinash Foundation conducted a residential spiritual camp. The camp was held for two days on March 11 and March 12, 2023. Around 45 students from Coimbatore, Tirupur, Coonoor, Chennai, Madurai, Thoothukudi, and Trivandrum participated in the camp. They were from the age group of 25 to 90.

INAUGURATION: Swami Jagadatmananda, Trustee, Sruti Seva Trust inaugurated the camp. He told that everyone starts with the pursuit of dharma, security and pleasure initially. Later one discovers that whatever he achieves does not give fulfilment. Then his spiritual journey begins. He discovers that liberation is possible only by the pursuit of moksa. He develops shraddha for the Vedanta Sastra and sampradaya Guru. Then he follows the instructions of the Vedanta Sastra and sampradaya Guru. Finally he will be able to achieve the goal of moksa. Swamiji also explained about the proposed one month course on Mundaka Upanisad in Tamil at Anaikatti Gurukulam. Swamiji blessed the students for success in their spiritual pursuit. Swamiji also blessed Arsha Avinash Foundation for sharing the Vedantic wisdom with more and more seekers.

BHAGAVAD GITA SESSION: Smt. Ponmani Avinashilingam taught Bhagavad Gita Chapter 6. She taught the entire 47 verses in two days. She explained the six topics of the Chapter- General discipline, Specific discipline, Nature of Meditation, Benefits of Meditation, Obstacles and their remedy in Meditation and the future of a spiritual seeker who could not attain abiding self knowledge in this birth.

She also explained the importance of self effort and sameness of the mind, in the spiritual journey. When one understands that wherever the mind goes there is Isvara, his contemplation becomes pleasant. By repeated practice and objectivity one learns to keep his mind focused. His mind becomes calm like a lamp protected from the wind.

Arjuna asked what will happen after death to the one who has put efforts, but has not gained moksa in this birth. Lord Krishna assured that such a seeker will be born in a home where there is wealth and values and Vedic tradition. Or he will be born in the home of a jnani. The progress made in this life is not wasted and in the next birth, he starts his spiritual evolution from where he left off.

OTHER SESSIONS: In the meditation session, Sri N. Avinashilingam conducted Guided Meditation on the topic of Vedantic Meditation. Smt. Visalakshi Ananthanarayanan taught Gita Chanting. Prof. R. Varadarajan, a 90 years young camper spoke about his experience about Meditation taught in other places and the superiority of the traditional meditation taught in Arsha Vidya sampradaya. Sri R. Ganesh shared the stages of his spiritual pursuit. Smt. Uma Ravichandran sang beautiful devotional songs and captivated the audience with

her sweet voice.

FEEDBACK FROM THE CAMPERS:

Arrangements were excellent, temple puja was soulful, food and accommodation were great, Swamiji's talk and Gita classes were inspiring. – **Kumari M. Bhavani**

I liked the Guided Meditation, Gita classes and the ambience of the Gurukulam. – **Ms. M. Kana-gavalli**

The punctuality of the programme, temple worship and Vedanta classes were admirable. – **Smt. R. Rhama**

I am new to Vedanta. I liked the topics of the camp and the Gurukulam environment. – **Ms. S.T. Mayadevi**

I had the benefit of Swamiji's address and the simple, lucid explanation in the Gita classes. – **Prof. Dr. S. Bhaghyalakshmi**

The class schedule with adequate intervals and food were good. – **Sri S. Krishnan**

The simple presentation of Gita, natural surroundings, hygienic food and organised functioning were all splendid. - **Sri P.K. Natarajan**

I appreciate the discipline, arrangements, humility, and clarity of the people conducting this programme. – **Sri R. Ganesh**

The systematic approach, simplified explanation and peaceful atmosphere were impressive. – **Dr. N. Krithikaa.**

I enjoyed the Vedanta classes, temple worship, calm atmosphere, clean food and room. – **Sri G. Murugesan.**

The camp was well organised, punctuality was maintained and the profound wisdom was taught in a simple way. – **Dr. G. Sivaramakrishnan**

The teaching was nice, quality of food was good and the atmosphere was serene. – **Smt. R. Uma**

I am carrying pleasant memories of Swamii's lecture, Sri Avinashilingam's Guided Meditation and Smt. Ponmani's Gita classes. – **Sri K.S. Jayaraman**

Report by N. Avinashilingam