

ARSHA AVINASH FOUNDATION'S RESIDENTIAL CAMP

With the blessings 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 9, 2024 and March 10, 2024 at Arsha Vidya Gurukulam, Anaikatti. Around 25 persons participated.

PRODOSA AND MAHA SIVARATRI PUJA: The campers arrived on the previous day evening. They were blessed to participate in the Prodasa and Maha Sivaratri Puja at the Dakshinamurthy temple. Some of the campers remained awake for the whole night and participated in the ratri puja and bhajans.

CHIEF ACHARYA'S ADDRESS: Swami Sadatmananda, Chief Acharya, Arsha Vidya Gurukulam, Anaikatti welcomed the campers. He said that there are three stages in the spiritual pursuit. First every one is a samsari, a bound person. Then he progresses to the stage of a sadaka, a spiritual aspirant. When he succeeds in the spiritual pursuit, he becomes a Siddha, an accomplished person. Swamiji blessed the campers.

MEDHA MICHKA'S ADDRESS: Brni Medha Michika briefly spoke about her spiritual journey. She said that she had great respect for Indian Culture, Vedanta and Sanskrit.

BHAGAVAD GITA CHAPER 16: Smt Ponmani Avinashilingam taught Bhagavad Gita Chapter 16. This chapter deals with devi sampat and asuri sampat.

A person endowed with fearlessness, purity of mind, steadiness, capacity to reach out, self-restraint, devotion to Isvara, svadyaya, austerity, alignment of thought, word and deeds, straightforwardness, non-violence, truthfulness, resolution of anger, renunciation, calmness, absence of criticism, compassion, absence of longing, gentleness, modesty, brilliance, capacity to forgive, endurance, non-hurting, and not having ego is endowed with devi sampat.

One with excess desire, anger and greed is endowed with Asuri sampat. There three are the gateways to naraka.

One should develop devi sampat and reduce asuri sampat. Then only one can be a fit candidate for jnana yoga.

Sastra is the only means of knowledge to know what is to be done and what is not to be done.

VEDANTIC MEDITATION: Sri N. Avinashilingam conducted Vedantic Meditation session. He guided the campers step by step in the Vedantic meditation.

LAUGHING YOGA: Sri N. Avinashilingam also conducted Laughing Yoga sessions. Laughing Yoga is a pranayama exercise of voluntary laughter.

SATSANG: During satsangh the doubts of the campers on Bhagavad Gita were clarified. Dr. Sushmita Upadhyia spoke on healthy food habits. Sri S. Ramakrishnan demonstrated easy yoga exercises.

Feedback received from the students:

I was inspired by the crisp explanation about the spiritual pursuit by the Chief Acharya and the Gita classes. The environment was very pleasant. I will start attending your classes in the city. - K. Radhakrishnan

I was blessed to participate in the Prodosa puja and Maha Sivaratri puja. I liked the Bhagavad Gita explanations, Vedantic meditation session and laughing yoga sessions. The food and accommodation were good. – M. Bhavani

The programmes were well organised. – Dr. G. Sivaramakrishnan

I liked all aspects of the camp. The atmosphere in the Gurukulam was serene. – S. Rajaraman

I am new to Vedanta. I realise the importance of Gita study. I will attend your online classes and future spiritual camps. – R. Balambal

The camp was very good and my spiritual knowledge had enriched. – G. Unnikrishnan

I have participated in many camps conducted by Swami Sudeerananda. Now I get the opportunity to participate in your camps. – M. Kanagavalli

Thanks for the camp which enabled me to take part in the Maha Sivaratri puja. The enthusiasm of the participants of the Gita classes and Laughing yoga sessions were impressive. – J. Hema

I have participated in all the spiritual camps conducted by you. I will continue to participate in your future camps also. Every time I experience spiritual growth. – K. Balasubramaniam

The atmosphere in the Gurukulam is spiritual. I have attended all your camps. I can feel the growing clarity in my understanding in each camp. – Dr. N. Krithikaa

The Gurukulam is peaceful. It is very much conducive for meditation and spiritual studies. – Dr. Sushmita Upadhyia

Om Tat Sat

Report by N. Avinashilingam.

Photos in the cover page #31