

Atma Bodha Camp at Arsha Vidya Gurukulam, Anaikatti, Coimbatore

Atama Bodha camp (in Tamil) was held in Arsha Vidya Gurukulam, at Arsha Vidya Gurukulam, Anaikatti, Coimbatore. This camp was conducted by Swami Jagadatatmananda Saraswati, from 7th November to 13th November 2022. Totally 40 students participated in this camp.



It is said in our scriptures that the mind is the cause for both bondage and liberation. Mind here means your notion about yourself – your conclusion, “I am this much alone.” This notion, this self-judgment is the problem and therefore self-clarity, self-knowledge is the solution. In the vision of the *Upaniṣads*, the self is free.

My natural longing to be free from unhappiness is the further proof of the validity of the vision that I, the self, is free and happy. There is a natural longing to be free from being unhappy. I love what is natural and I want to get rid of what is unnatural. If unhappiness, littleness, were natural to me, if they were the essential characteristics of *ātmā*, the self, I could never give them up. But in deep sleep and in moments of happiness, I do give up all the notions that make me feel small, limited. I find myself happy when those notions are absent.

- Swami Dayananda Saraswati