

There are three parts in jnana yoga- sravanam, mananam and nididhyasanam. Sravanam is hearing or study of Vedanta Sastra aided by a Guru. Mananam is deliberating over the various ideas and thinking on the discussions based on sravanam. Nididhyasanam is meditation on truth or non-duality.

The message of Bhagavad Gita can be summarised in two words – “mama dharma”. The first verse of Bhagavad Gita in Verse 1 of Chapter 1 starts with the word "dharma". The last verse of Bhagavad Gita in Verse 78 of Chapter 18 ends with the word "mama". The first meaning of mama dharma is my duty. It teaches that I should do my duty without worrying about its fruits. The second meaning of mama dharma is I should understand my real nature as Sat Chit Ananda. Hence the message of Bhagavad Gita is “mama dharma”

The teaching starts in Bhagavad Gita Verse 11 of Chapter 2 with the word "asocyan". The teaching ends in Bhagavad Gita Verse 66 of Chapter 18 with the word "ma sucah". The meaning of both the words “asocyan” and “ma sucah” is “Do not grieve over anything that does not deserve any grief.”

Where there is Lord Krishna and Arjuna, there is prosperity, victory, wealth and righteousness. Bhagavad Gita study can be followed by study of Upanisads. Mundaka Upanisad is relatively easy and is usually the first Upanisad studied. My best wishes for success in your spiritual journey.

The students were very happy to listen to **Swami Sadatmananda's talks, which was a wonderful summary of entire Vedanta Teaching.**

Report by N. Avinashilingam

Shraddhanjali

Swami Tatvabhodhananda Sarawati attained eternal hood on 24th August 2019. He was student of Pujya Swamiji and did his Three Year Residential Course at AVG Anaikatti. He was conducting Vedanta Classes at Pondicheri and other places. His Shodasi was carried out on 13th September 2019



Swamini Divyatmanandaji, from Mauritius was also Pujya Swamiji's student and lived most of her time at Rishikesh Ashramam. Subsequent to her mukti on 23rd August 2019 her Shodasi was done on 12th September 2019.

