

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 September 9, 2023 and September 10, 2023 at Arsha Vidya Gurukulam, Anaikatti. 30 students from Coimbatore, Tirupur, Chennai and Bengaluru participated in the camp.

SWAMIJI'S ADDRESS: Swami Jagadatmananda addressed the campers. He explained the meaning of Sanatana Dharma. Sanatana Dharma is the eternal way of life based on moral values. It is beyond the limitations of place and time. Once we understand this, we can all live together in peace. He also spoke about the 20 values mentioned in Bhagavad Gita Chapter 13. He also explained what is jnana yoga. I am not the body, mind, sense complex. I am the atma, which is pure existence, pure consciousness and pure happiness.

KENOPANISAD: Smt Ponmani Avinashilingam taught the text Kenopanisad. Santi Pada asks for a healthy body and mind to pursue Vedanta study. The student asked which spiritual principle makes the insentient body and mind function. The Guru replied that it is atma which makes all the insentient organs function as sentient organs. One who knows Brahman as an object has not understood. One who knows Brahman as the subject has understood.

A story is narrated where the Devas were made powerless and humbled by an yaksha. Finally Umadevi imparts atma vidya to Indra. Due to the gain of atma vidya, Devas became more glorious.

VEDANTIC MEDITATION: Sri N. Avinashilingam conducted Vedantic Meditation sessions. The steps were objectifying the body, prana and mind, Ista devata upasana, mantra chanting, examining whether one has the required qualification for Vedanta study and finally owning up the truth of maha vakyas.

LAUGHING YOGA: Sri N. Avinashilingam also conducted Laughing Yoga sessions. Laughing Yoga is a pranayama exercise of voluntary laughter. It has many benefits including stress reduction, body relaxation, improved mood, increased oxygen supply to the body and improved immunity.

During satsang the doubts of campers were clarified.

Feedback received from the students:

The exposition of Kenopanisad by Smt. Ponmani Avinashilingam was lucid and clear especially with examples from day to day life. We liked the serene atmosphere of the Gurukulam, well organised programmes, the clean and tidy rooms and tasty food. - Dr. S. Bhagyalakshmi

I was able to own up the vision of Vedanta during the Vedantic meditation sessions. Thanks for the profound vision. - S. Bragannayaki

We all participated together in the Laughing Yoga sessions with enthusiasm. We all felt energetic and very happy. – T. Jayasree

Priceless teaching was imparted. Meditation was great. Food was amazing. Ashram environment was blissful. – Ram Madhavan

The camp was well organised. It was very good and informative. I enjoyed a lot. – Dr. N. Krithikaa

The camp was a concentrated package. It was sweet and brief. – A. Visalakshi

There was maximum utilisation of time in imparting the Vedantic knowledge. – K. Ananthanarayanan

I enjoyed the laughing yoga session. Kenopanisad class was very much interesting. Temple puja was soulful. The environment was peaceful and impressive. All arrangements were very good. – M. Bhavani

Report by N. Avinashilingam

