

Activities in June 2023 at Swami Dayananda Ashram, Rishikesh

It's been a very busy month at the Swami Dayananda Ashram with the much awaited and over-booked six month course started with a packed schedule with an Introduction to Vedanta by Swami Sakshatkritanandaji who continues with Tattvabodha. Swamini Svatanma-vidyanandaji commenced with the Bhagawad Gita Chapters 1 & 2 and has completed Bha-ja Govindam during satsang. Swamini also fills in for Swami Sakshatkritanandaji when he is travelling away from the Ashram. Swami Parabrahmanandaji is taking the Sanskrit grammar course.

Students though are mainly from all parts of India there are also students from Brazil Columbia USA & Canada in the Americas and from UK, Belgium, Italy and Russia in Europe and Australia were very happy that their long wait was over and seem to have settled in well and are enthusiastically enrolling themselves for Seva to the Ashram. Seva duties include serving meals, cleaning activities of the facilities, garland making for the Temple and Pujya Swamiji's adhithana amongst other forms of Seva.

Bri. Arpana from Nepal conducts Yoga classes in the evening. Br.Gopal conducts popular chanting classes in the morning, Rudram and Medha Suktam. Swamini Vimuktananda is conducting Gita and other chanting classes.

Swamini Agamanandaji who recently returned to the Ashram from the USA is conducting classes on Vishnu Sahasranama four days a week in the satsang. One day a week a video of Pujya Swamiji is shown to the students and one day is dedicated for Q&A sessions and questions come pouring in.

Prof K Ramasubramaniam from IIT Mumbai gave a one hour lecture on Birth Death & Rebirth which is also available on YouTube for those interested in seeing it.

Yoga Day celebrations

Bri Arpana from Nepal and resident in the USA who is attending the six month course celebrated yoga day with her students doing asanas in the morning at the Swami Dayananda Ghat on the banks of the River Ganga. (See pic enclosed)

Br Mohan Krishna prepared a note for the students on how yoga helps a Vedanta student with antahkarana shuddhi which is reproduced below:

Why a Vedanta student should practice Yoga?

Asana practice purifies Annamayakosa by reducing Ama / Tamas and fosters sattva guna with reference to the body.

Pranayama practice purifies Pranamaya kosa by removing blockages in Pranamaya kosa, enabling increased absorption and retention of Prana.

Pratyahara, Dharana, Dhyana purifies Manomaya kosa by controlling fluctuating mind and bring it to stillness.

Antahkarana shuddhi by following the above steps allows a student to own and recognise the truth of the words of Shruti.

Sabdha pramana directly reveals the Atman (by dissecting what you are not) only when there is sattva guna in adequate measure and there is chitta naischalyam both of which are nurtured by Yoga.

A Bhagavata Saptaha was held by Swami Vishnusvarupanandaji in the first week of June for his students from Nagpur. Another big retreat was held this time from Jaipur by Swami Brahmaparanandaji for 125 participants on Aparokshanubhuti in the later part of June.



- Report by Sri. Ananda Jaisingh

The value for *ahimsā* non-harmfulness or non-injury, requires daily alertness and sensitivity in all areas of my life. It is a value that finds expression in my attitude toward plants as well as toward human beings and animals. *Ahimsā*, is a value for non-destruction or damage to any part of creation, a creation of which I am too a part. I treat all things and beings with sensitivity and appreciation of their common existence with me.

- Swami Dayananda Saraswati