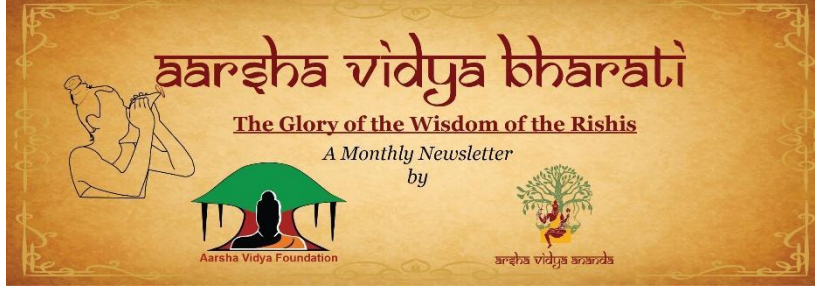

Aarsha Vidya Bharati - Mar 2024

Phalgunā 2080 - Chaitra 2081

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [mar 2024 issue](#) or read any of [the articles](#).

Vedanta camp at Mumbai, Keshav Srshti

By Kiran Golla, Mumbai



The first Vedanta Camp in this year of 2024, was held from 22/02/2024 to 25/02/24. It was unique in its kind, subject wise - “*Iksitritatva Prakaraṇam*” the “Witness” from chapter XI of “*Upadeśa sāhasrī*” by Ādi Śankarācārya, and selected verses from “*Yoga Sutra-s*” and “*Vijñāna Bhairava Tantra*”, for meditation.

However, as the verses were being unfolded, everything got connected, one being the “*Brahma Vidyā*”, the other being the “*Yoga Śāstra*”, the *sādhana* to prepare the mind to gain this knowledge of “who am I” and nature of this I that I am.

Day one was marked with *mumukṣu-s/jijñāsu-s* arriving from within the city, outside the city, State, even from other countries like the UK and Trinidad & Tobago, at the given destination viz. Keshav Srishti, in suburbs of Mumbai. It was pleasing sight to see the combination of people from different background, places, culture etc. coming to attend the Vedanta Camp, all interested in knowing the Truth.

Swami Brahmavidanandaji unfolded *Brahma Vidyā*, viz. *Ikṣitritatva Prakaraṇam* (the nature of the Witness) from *Upadeśa sāhasrī*, as usual, in a very simple way which helped us in gaining the insights, at the least and getting rooted in the knowledge. The said selected text, though was compact but was fully potent, He highlighted the 'I', the Witness and the nature of this "I". The one who sees/is aware of, the one who knows, is self-established, *svataḥ siddha* and the nature of this "I" awarer, was being engraved in our mind by the said text. He pointed out the limitations of karma as well for *mokṣa*.

Swamini Brahma-prajnananda handled the selected verses from Patanjali *Yoga sutra* and *Vijñāna Bhairava Tantra*, which, were unfolded by her sweet and melodious voice. She led us to the methods of preparing our minds for steadiness (*antaḥ-karaṇa naiscalyam*), to gain the above said knowledge of who I am and my *Svarūpa*/nature.

Through her guided meditations, our minds got more focused on the subject/*tatva* and wandered less. Even when the minds wandered on a global tour and vacation we realized, it still was within our presence. We were always the witness, making us dwell on our own nature.

While we were at it, we realized the importance of getting our minds focused and steady to gain the said knowledge and also realized the various methods to keep our wandering minds, focused and attentive to the subject being unfolded.

While this was being done, we realized how both the above subjects, which, in the beginning, looked at odds with each other, were complementary. Without a focused mind, the exposure to knowledge of any subject, will not be understood, much less this *Brahma Vidyā* i.e. *Ikṣitu*, witness i.e. I.

The evening sessions were marked with Satsang, where questions were asked by the students and answered by our Swamiji & Swaminiji. One such golden nugget was when Swamiji said - What is stress? Stress is the difference between what you want and what you have'.

We had interesting group discussions too, on the topic of "What am I doing as a Hindu in the following domains?

- Personal and family level,
- Societal level
- Historical level
- National level

(Focus on vision, philosophy, ideology and practices).

We shared what we were doing and realised that we could do so much more to preserve the knowledge and make it available for future generations too.

The camp concluded with Guru *Pūjā*, where we offered our gratitude, love, respect to our Swamiji and Swamini. We all returned with more clarity of the subject, fond memories of the camp and our friends, in hope and excitement of attending Vedanta Camps like this in future too.

[Please click here for some glimpses from the camp.](#) The recordings of the classes will be available next month.