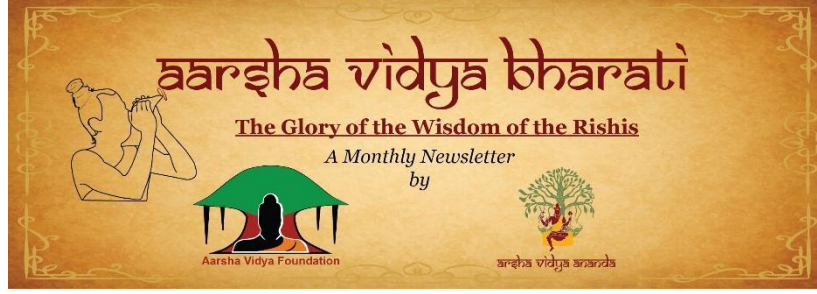

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A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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

My experience with the monthly Sampūrṇa Gītā Pārāyaṇam

By Samantha Attard, USA

At the end of 2023, Swaminiji set a goal for students to meet monthly on *Ekādaśī* to chant the *Bhagavad Gītā*. It was a huge undertaking, with students at varying levels of experience with chanting of the *Gītā* text. Each event requires coordination of 20+ chanters from all over the world. And it only is possible if there are chanters with courage and commitment. There would understandably be some skepticism that these events would work.



Halfway through the year, I've participated in the first 6 of these sessions. I can honestly say that they've had a profound impact on my life. I'm full of gratitude for the energy and commitment that Swaminiji has put into making these events a reality.

Why have these events been so impactful? A few reasons:

1. **Immersion into the *Gītā* text.** I love attending *Gītā* class with Swaminiji every week and enjoy reading a few pages or a chapter of the *Gītā* each day. But this study is like a flashlight revealing small pieces of wisdom of the *Gītā* at one time. In contrast, reading the entire text in one sitting is like being out in the sun. You can suddenly see everything in its splendor. I find it gives me a much deeper understanding of the text as a whole. I find myself in awe at the wisdom present in this short text.

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2. **Repetition deepening understanding.** Each monthly immersion illuminates a new part of the text or a deeper understanding of a particular facet of the text. What I find interesting is that a different part of the *Gītā* stands out each time. I learn in this process that teachings of the *Gītā* can be applied to any situation or difficulty I'm facing. The effect is increased *śraddhā* in the *śāstra* and *Vedānta*.
 3. **Facilitating *sādhanā*.** It's one thing to have a goal of chanting the *Gītā*. It's quite another to have a date on the calendar by which you will be chanting a section of the text in front of dozens of people. This deadline keeps me connected to the *Gītā* throughout the month, as well as listening to Sonaliji's beautiful and clear chanting on the Arsha Vidya Ananda YouTube channel. It's extra accountability keeps my commitment strong, even when life gets busy. The result is that I feel the benefits of engaging with the *Gītā* more profoundly on a daily basis.
 4. **Connecting to the community.** It's wonderful to see the same folks month after month, to hear their voices, to connect over this profound text, and to be yoked through this shared commitment. I get to connect with the coordinator and fellow students who help with pronunciation. When I coordinated the chanting, I was able to get more familiar with every member of the community who participated.

Our *Ekādaśī* chanting day is now the one I look forward to most each month. I never know what new insight will be revealed, and I see how my understanding of the text deepens with each repetition. I am filled with deep gratitude to *Bhagavān* Krishna for sharing this wisdom and *Veda Vyāsa* for cataloging it. Gratitude to Pujya Swamiji for his brilliant translation. Gratitude to Swaminiji supporting this community so expertly. And gratitude for the coordinators and fellow chanters, whose commitment and courage make these events possible.