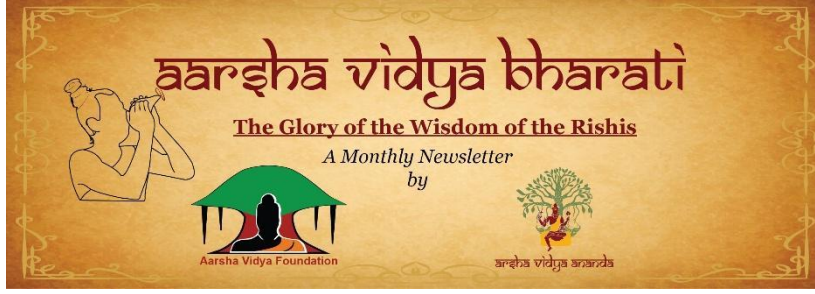

Aarsha Vidya Bharati – Sep 2023

Bhadrapada - Ashvina 2080

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 [sep 2023 issue](#) or read any of [the articles](#).

The Power of a Vedanta camp



At the time this newsletter is released, we will be conducting our bi-annual Vedanta camp in Mumbai. A Vedanta camp or retreat is unlike any other holiday. It is relaxed and dynamic and allows growth so that transformation can take place.

If you ask a Vedanta teacher when their understanding became clearer, he/she will invariably speak of spending a few days/weeks at a Vedanta retreat or a particular text that struck them.

For Pujya Swamiji it was the *Muṇḍakopaniṣad* that he intimately felt like he knew it from an earlier lifetime.

For me, Swami Brahmavidananda it was *Dakṣiṇāmūrti stotram* unfolded by Pujya Swamiji himself in the early seventies in a Vedanta camp.

For me, Swamini Brahmajnanananda, it was *Dr̥g-Dr̥śya-Viveka* unfolded by Pujya Swami Dayananda ji in the gurukulam at Anaikatti in 2000.

A retreat allows a deep immersive learning (or rather un-learning) experience which is unlike taking a few classes a week even over many years. What does this immersion enable?

- A retreat increases one's clarity which is compromised in the distraction and constant clamor of *Artha* and *Kāma* pursuits.
- There are increased opportunities to be with and interact with gurus clarifying one's understanding and doubts. Clarity makes us happy.
- Being away from the usual routine adds a fresh and an expansive perspective to life. Big issues appear small and small ones collapse into no issues.
- The sangha of *mumukṣu*-s share laughter, experiences, and learn from each other forming a strong support network of lasting friendships.

If the *mokṣa* pursuit is as important to you as taking time off for a weekend break or attending a destination wedding or attending some other engagement, then factoring the time for a retreat is a choice that you must consider.

Hope to see more Vedanta students making this choice and treating themselves to retreats!

May Ganesha's blessings continue to be with all as we celebrate Ganesh Chaturthi this month.

With love and prayers,

Brahmavidananda
Brahmaprajnananda