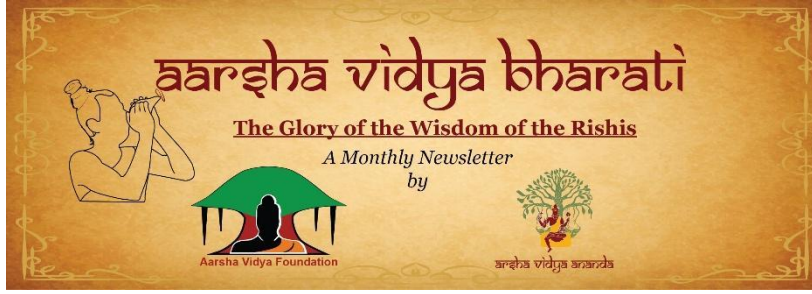


Aarsha Vidya Bharati - Jan 2024

Pausha - Magha 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 [jan 2024 issue](#) or read any of [the articles](#).

Vedic Wisdom Festival 2nd & 3rd Dec 2023

By Rashmi Kaikini, Mumbai

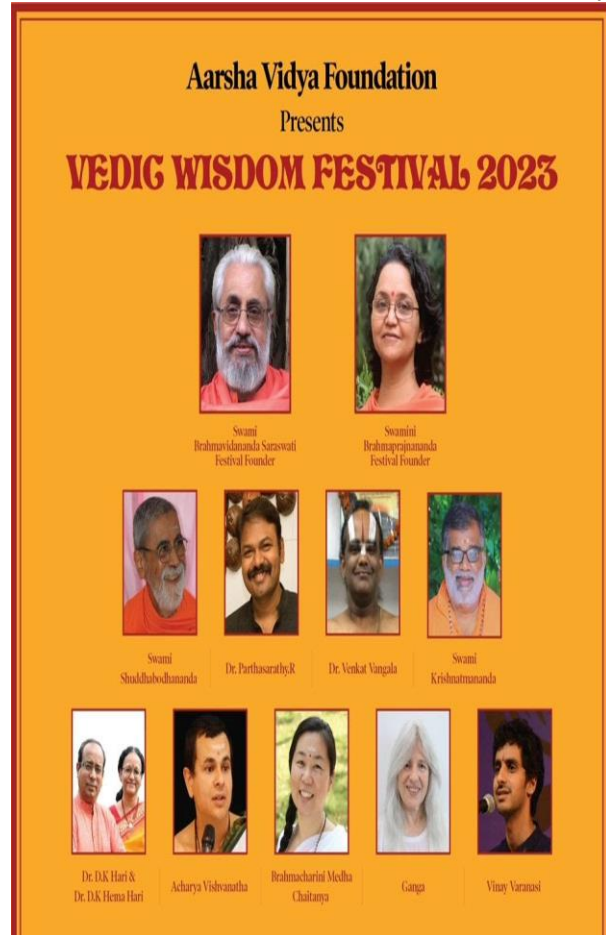
In the sixth year of the Vedic Wisdom Festival organized by the Aarsha Vidya Foundation, Mumbai, spiritual masters from across the country and globe over two full days gave a glimpse of the richness of the Vedic Wisdom for an audience of over 350. Vedic Wisdom Festival is one of our annual events of trying to preserve and perpetuate this Vedic wisdom.

The festival was inaugurated by Swami Brahmanidananda Saraswati, Founder and Trustee by lighting of the lamp. Mr. Suresh Balakrishnan being the ever loved compere made sure that the audience imbibed and got the most from of all sessions.

[Swami Brahmanidananda spoke on 'Vedanta-Finding fulfillment beyond Success'](#). He pointed out that nobody defines success. As a process of socialization we think having a nice house, good job, career, money, name and fame are some of the elements of success. What is success really about? Over an hour he spoke elaborately how Vedanta tells us that you are limitless consciousness. This limitless consciousness manifesting in your mind is fulfillment. But we normally associate fulfillment with doing something or the other. Everything you do is to find this fulfillment and once you discover, you go beyond success and failure.

[Dr Parthasarathy R, a practicing Ayurveda Vaidya currently heading, SDJ Ayurvedalaya as a Director & Chief Medical Officer spoke on 'Aligning Ahara with Rtu: Ayurvedic insights on seasonal food wisdom'](#). He began by

asking, do we have different food preferences in different seasons? Seasons create a nutritional demand and we have to satisfy this demand. Our dietary regime has to be based on the digestive power of the person and this digestive power is variable in different seasons. Then



over an hour, Dr Parthasarathy elaborately explained these factors and gave the audience the much needed clarity.

The post lunch session of Day-1 began with the video of our beloved [Pujya Swami Dayananda ji on the topic of ‘Completeness \(Purnam\) is Ishvara’](#).

The next session of the festival had [Mr. Raghuvir Srinivasan, Editor of Business Line in conversation with Dr. Venkat Vangala, a scientist turned philosopher on ‘Tirumala-Kaliyuga Vaikuntam’](#). Dr. Venkat posed some well-crafted questions like - Why is Tirumala known as Kaliyuga Vaikuntam? What are the protocols that the devotees need to follow while visiting Tirumala? Who are the Acharya purushas? Which Tirthams can be visited by an ordinary pilgrim? Dr Vangala having meditated on the Tirumala hills for several years also spoke on some unknown facets of Tirumala which is not available to the public realm.

[Swami Shuddhabodhananda Saraswati, Founder of Sri Visweswar Trust & Vedanta teacher spoke on the topic, ‘You are Ananda’](#). Do we feel like we are Ananda? What is that entity which denies us the limitless happiness that we are? While the root cause is the ignorance of our true nature but at the practical level it is the mind which is pre-occupied in the world of objects. Quoting the Taittiriya and Brhadaranyaka Upanishad he said we get a statistical analysis of the brahmananda which is our true nature.

[Swamini Brahmajnananda PhD., the co-founder of the Vedic Wisdom festival and a Vedanta teacher spoke on ‘Freedom in relationships’](#). Life involves relating all the time to the other person, object, and situation and also to ourselves in the context of the way we talk to ourselves. And as we relate we go through a roller coaster of emotions. She spoke of moving through 'wanting freedom from relationships' to 'living free in relationships' and 'discovering a freedom to relate with everyone', born of the Vedanta vision.

As per the sankalpa of Pujya Swami Dayananda Saraswati, a gurukulam is coming up two hours away from Mumbai in Birwadi. Suresh Balakrishnan gave an update on the progress of the preparation for construction.

[Dr.D.K. Hari & Dr.D.K. Hema Hari, Founders of Bharath Gyan spoke on ‘Hindu contribution to Science’](#). Hindu contributions to science have left an indelible mark on the world's intellectual heritage. From ancient times to the present, Hindu scholars have made significant advancements in mathematics, astronomy, medicine, and various other scientific fields. Their discoveries and innovations, such as the concept of zero, the decimal system, and profound insights into the cosmos, continue to shape modern science and our understanding of the universe.

Pujya Swami Dayananda Saraswati's students are spread across the world. We witnessed the esteemed Vedanta teachers, [Acharya Vishvanatha from Brazil, Brahmacharini Medha Chaitanya from Japan and Gangaji from Scotland discuss ‘Vedanta beyond cultural boundaries’ in conversation with Swamini Brahmajnananda, India](#). Swamini began with congratulating them all for completing 10 years of teaching Vedanta across the world and asked a few questions like, What about Vedanta struck them so much that they committed their lives to it? What was one challenge that they faced culturally and how they overcame it? In teaching for 10 years now what might be the cultural practices of their own indigenous tradition that people found helpful to them bring into the teaching of Vedanta? What do they find that works in addition to shraavanam? etc. etc. Their answers and generous tips helped the viewers, who can now look at the many areas that require attention.

The post lunch session of Day-2 began with the video of [Pujya Swamiji on the topic of 'Acharyopasana, Reverence to the teacher who gives the vision.'](#)

[Swami Krishnatmananda Saraswati, Founder of Arsha Theertham & Vedanta teacher enlightened us with his profound wisdom of the 'Bhagavatam-A complete book for humanity', often referred to as the 'Bhagavata Purana.'](#) He began with unfolding the meaning of the word 'Bhagavata' and gave an overall view of all the 12 cantos. It is indeed a profound and comprehensive text that encapsulates invaluable wisdom and guidance for all of humanity.

The last speaker of the festival was [Vinay Varanasi, an Artist & Storyteller par excellence, who has dedicated himself to bringing alive the ancient tales of the Puranas that resonate through time. He spoke on 'Kshetras and Bhaktas-Sacred spaces and devotees of Bharat'](#). A prolific speaker, enthralled the audience from all walks of life who seek to connect with the divine, reflect on their inner selves, and find a sense of peace and inspiration in the rich tapestry of India's spiritual heritage.

The event ended with thanking the enthusiastic participants, the technical team and particularly the dynamic couple, Suresh and Sunitha who work hard to make the festival happen every year.