



Weekend Retreat with Swami Bodhananda Saraswati Kaivalya Upanishad



The Kaivalya Upanishad teaches us ...

- the secret of enjoying aloneness without being lonely,
- the art of enjoying the world with out being guilty,
- the discipline of body-mind-spirit integration with out being suppressive, and
- the science of self realization while actively living in this world. Go beyond the world of objects and reach the summit of subjective bliss.

Swami Bodhananda Saraswati

"The study of Kaivalya Upanishad at the feet of an awakened Master will be an integrative healing experience - it cleanses the chakras, wipes off karmic negativities, deepens awareness and unleashes divine potentialities. This Upanishad gives instructions on the why and how of meditation, reveals the unity of all religions and validity of all religious paths. Wading through the three states of consciousness (dream, sleep and waking) the Yogi reaches the fourth state of bliss and beatitude."

Swami Bodhananda Saraswati

Chanting of Kaivalya Upanishad unfolds the knowledge of Brahman, the highest, the hidden, and is venerated by the wise for cleansing all sins and reaching the Highest.

Starts Friday, 7:30 p.m. to Sunday, 4:00 p.m. Venue: 1826 Charter Avenue, Portage, Mi Suggested Donation: \$75 (per person)

For Information or Registration Contact Ruth @ 269 327-3774

Registration Form Please fill out and mail this form along with your retreat donation by May 20^{th,} 2007 Too The Sambodh Society, Inc. 1826 Charter Avenue, Portage, MI Name: Email: Phone: Date of Registration: Current address: City: State: ZIP Code: Donation Amount (\$): Check Cash: Signature:

Make checks payable to The Sambodh Society, Inc. All Donations to The Sambodh Society, Inc are Tax Deductible

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"Clean and pure, in a mental attitude of renunciation, saluting one's own teacher mentally and in reverence, meditate within the lotus of the heart, the untainted, the pure, the clear and the griefless."