

A Weekend Retreat with Swami Bodhananda Saraswati

Founder, The Sambodh Society Inc, and Sambodh Center for Human Excellence



Swami Bodhananda is a gifted teacher and engaging speaker with a great sense of humor and a keen sense of observation. He has the unique gift of being able to translate the ancient wisdom of India for the needs and interests of the modern individual and the changing society. A master of Vedanta and meditation, Swamiji adeptly blends his personal experience and knowledge of India's ancient wisdom tradition with modern studies in consciousness and psychology. Swamiji exemplifies the highest Vedantic ideals- outwardly active in the world while remaining inwardly detached.

Topic

TATVAMASI - Chandogya Upanishad 6th Chapter

"**Tattvamasi** is one of the greatest statements or Mahavakyas found in the sixth chapter of Chandogya Upanishad. Rishi Uddalaka while teaching his scholar son Svetaketu the secrets of the supreme self makes this statement. 'Tat' represent the supreme self or paramatman and 'tvam' indicate the conditioned self or the jivatman. It is ignorance that separates jivatman from paramatman causing all existential anxieties and suffering. Through a process of listening to the scriptures and meditating on their deeper meaning the cloud of ignorance is dispelled letting the sun of self knowledge shine forth in full splendor. This teaching is considered the greatest blessing by seekers of enlightenment".

Date and time: Saturday, August 23, 2014, 9:30-4:00

Place: Home of Swarna Shah, 993 Walker Ave SE, Atlanta GA 30316

Phone: 404-663-9818, swarna.shah@gmail.com