



|| ‘Ātmajñāna - Āyurvedajñāna Yajñas*’ ||

[Spiritual Retreats as ‘An Interwoven Confluence of Two Yajñas’], For:
Atmaprasannata, Atmajnana; Ayurvedajnana & Arogyakshema
Acharyas conducting the Yajñas:
Sri Sankara Bhagavadpada and Ayurvedacharya Dr Sunil Joshi

1. *Atmajnana-Ayurvedajnana Yajnas:*

These will be two-day ‘spiritual retreats’ structured as ‘a confluence of two streams of Yajnas’: *Atmajnana Yajna & Ayurvedajnana Yajna*. They are open to all earnest seekers, who though travelling on their self-chosen spiritual paths, may nevertheless be also open to explore & discover that one & only Truth, which liberates, namely, *Atmajnana* [self-knowing, Self-Realization]. It now comes to them in the form of these *Yajnas*, which offer afresh, the two-fold pristine teachings of *Sanatana Dharma*, for receiving the *two prasadas of Atmaprasannata & Atmajnana on the one hand, and Ayurvedajnana & Arogyakshema, on the other*. The retreats would also vastly benefit people, who may have been yearning for the ending of their sufferings, but whose conflict & agony may not have come to an end as yet. A comprehensive picture of the Yajnas is also available as a longer 28 page PDF Doc, which can be had upon request.

2. *The Acharyas conducting the Yajnas:*

The *Atmajnana Yajna* stream of the retreat will be conducted by the *Acharya*, Sri Sankara Bhagavadpada from Chennai, and the *Ayurvedajnana Yajna stream* of the retreat, by the *Ayurvedacharya*, Dr Sunil Joshi, from Nagpur India, and also from Albuquerque, New Mexico, USA. The life-missions of the two *Acharyas* may be found in the following paragraphs.

Ayurvedacharya, Dr Sunil Joshi is one of the renowned *Ayurvedic* physicians of our times, with a practically world-wide presence. He has been practicing as a pioneering *Ayurvedic Panchakarma* Physician since 1983 in India[at Nagpur] and outside India, in the US since 1992[at Albuquerque, New Mexico], and holds the record of having treated more than 25,000 patients through *Panchakarma* at his clinics in India and USA.

**Yajna*: Meaning ‘sacrifice’ or ‘self-abnegation’. Used here in the sense of the ‘self’ being offered as a ‘sacrificial oblation’ into the fires of *Atmavichara, Atmajnana & Ayurvedajnana*.



Significantly, he has been on the clinical board as an advisory and faculty member of Dr Deepak Chopra's Wellness Center, in Sandiago, USA. He was also involved in research work on *Panchakarma* with Dr. Gabriel Cousins, MD, Arizona, USA. [Apart from all these clinical involvements, Dr Sunil Joshi, as an Ayurvedacharya, has been conducting Ayurvedic Courses in Europe, Affiliated to the EVIS, and at Durban, Johannesburg, South Africa, and even at Prana Centre, Costa Rica. He was a Key Note speaker in South West Yoga Conference in Austin, Texas USA, in 1999. In 1994 he was invited as a guest speaker at the world congress held in Washington DC by NIH on: Sustainable Future of Alternative Medicines in the World.](#)

[Dr Sunil Joshi authored a book on **Ayurveda and Panchakarma** which was already published in 1998 by Lotus Press, America and reprinted in India in 1999, in Italy in 2000, and the French edition is currently under print. He has also presented a series of workshops on *Panchakarma* in National College of Naturopathic Medicines, Portland OR, USA. \[Since 1990, he has travelled extensively in USA thrice a year for doing consultations, seminars and *Panchakarma* in ten states of the USA.\]\(#\) There were also a couple of workshops in Columbia University, New York. He has given a series of lectures to the medical fraternity of Wittenberg University of Spring](#)

Field OH, and Wright State Medical University, Ohio. In 1993 he was a recipient of *Maharshi Annasaheb Patwardhan Award in the name of famous Panchakarma Physician Vaidya Lavgankar Shastri* for outstanding work in the field of *Panchakarma* and being the youngest recipient of the prestigious award.

In the beginning, **Sankara Bhagavadpada** qualified himself as a doctor of research studies [PhD] in Theoretical Nuclear Physics, by choice and by destiny. However, because of a radical spiritual shift in his life, he left the halls of scientific research [in 1983], to serve his philosopher-friend and Master Sri Bhagavan, as a *Karma Yogi & as an Acharya* - as an expression of his abiding gratitude towards this Master, for the blessings of the *Sthitha Prajna's Atma Prasannata*, which he secured as a result of turning inwards and watching the 'self' at work and as a result of taking to heart the *upadesa* of this beloved Master. Thus he served the **Master Sri Bhagavan**, as a completely self-less *karma yogi* for seventeen long years [1983-1999].

Second Period of 'Antarmukha' [1999-2011]: Thereafter, watching his Master's growing spiritual mission steadying itself firmly on its own feet; in 1999, he withdrew fully from an involvement in his Master's mission work and has been, since then responding to a new inner calling – *Advaita Jnana & Vedic Astrology [Jyotisha]*, for which he has also had his Master's blessings in sumptuous measure.



Study & Research in Jyotisha [Vedic Astrology]: In the last twelve years, his learning and research has been in the spheres of *Advaita, Vedic Astrology & the Systems Approach in the four spheres of Artha, Kama, Dharma & Moksha*. In February 2007, 'The Systems Institute of Hindu Astrology' under the chairmanship of Prof. V. K. Choudhry conferred on him the honorary title of '*Jyotish Ratan*', '*in appreciation of his meritorious services, towards the cause of Hindu Astrology*'. Since March 2006, every year, he has been presenting his astrological research work in the spheres of *Dharma & Moksha*, at the Annual International

Astrological Conferences in Gurgaon, India; under the chairmanship of Prof. V. K. Choudhry, and organized by the *International Institute of Predictive Astrology [IIPA], Fairfield, USA*.

He presented much of his new astrological research in his first work: '*Sri Ramana Maharshi's Moksha - A Hindu Astrological Pilgrimage into the*

Life and *Moksha* of Sri Ramana Maharshi'. This work was published by Yogi Impressions, Mumbai, in Mar 2009. At the present time, he is offering *Vedic* astrological consultations [in person, and on the net], for all the four spheres of life, from his home in Chennai [since 2003]. Since a year, he has also commenced teaching an interactive 'Course in *Vedic Astrology*', through e-mail lessons.

3. An 'Interwoven Confluence' of Two *Yajnas*:

Atmajnana Yajna: In this stream of the *Yajna*, each seeker would enquire, learn & understand at his own pace. Seekers will be required to contemplate & internalize every *sutra* which will be given to them as part of the whole teaching. It is only after a seeker genuinely secures a breakthrough in the first *sutra*, that he/she will be encouraged to move on to the next *sutra*, and so on. Apart from coming from the timeless spiritual treasure of *The Bhagavad Gita*, Sankara Bhagavadpada, would also use the teachings given to him, either by his *Master Sri Bhagavan*, or directly imbibed by him from the written or spoken versions of the teachings of his other three *Advaitic Masters* - as the situation demands.

Ayurvedajnana Yajna: This stream of the *Yajna* will be conducted by the renowned *Ayurvedacharya Dr Sunil Joshi*. As a highly respected *Ayurvedacharya* of India, known in the West, Dr Sunil Joshi brings in his vast clinical experience and profound understanding of *Ayurveda*, for the benefit of all seekers. He will be well supported in this *Yajna*, by his spouse *Dr. Shalmali Joshi*, who is also an *Ayurvedic Vaidya*, practicing in Nagpur, India, as well as in Albuquerque, New Mexico, USA.

4. Importance of Whole Hearted Participation:

In the timeless tradition of *Sanatana Dharma*, the *summum bonum* of life is to 'come back home' to the *Atma*. The vast majority of us need the guidance & close attention of one or more masters, who have reached the other shore, and who are therefore fully capable of guiding us, step by step in this arduous journey of our 'returning back home' to the *Atma*. In the beginning of this self-paced journey, all that is required of us is attentive listening, uninhibited emotional participation, understanding the teachings by the process of enquiry - so that we may reap the varied benefits of the *Yajna* in full measure. For those of us, who have been pursuing various types of *sadhana*, and yet have been feeling that the final fruit is still beyond our reach, this *Yajna* may well be that unpremeditated opportunity for that final fulfillment.

5. Salient Features of the Two Confluent *Yajnas*:

The most significant thing is the profound clarity & depth of understanding, the two *Acharyas* bring to these *Yajnas*, enlivened by their

dedication to their respective disciplines over the last three decades.

In the Atmajnana Yajna, The Bhagavad Gita will be the main source of the teaching. Some *slokas* of *The Bhagavad Gita* will be so lucidly explained that they would automatically become *our own sutras* in our day-to-day living moments. The potent teachings of the other *Advaitic* Masters, *Sri Ramana Maharshi, Sri Nisargadatta Maharaj & Sri J Krishnamurti* would also be given, as also the priceless wisdom of Sankara Bhagavadpada's *Spiritual Master, Sri Bhagavan*.

The Ayurvedajnana Yajna which will be expounded by the *Ayurvedacharya, Dr Sunil Joshi, will help us to grasp 'the profound Ayurvedic understanding of the body'* and how we may prevent the abuse of it, through changing our unhealthy life styles & unhealthy habits. He will also usher us into the marvelous *Ayurvedic world of purification & rejuvenation of the Panchakoshas & Saptadhatus, and will show us thereby, how such purification and rejuvenation of the Annamayakosa, Pranamayakosa & Manomayakosa, leads to the spiritual fruits of Atmaprasannata & Atmajnana, apart from bestowing us with Arogyakshema & enhanced Pranashakti.*

6. Benefits Accruing to the Participants during the Yajna:

Depending on the intensity of yearning, sincerity & openness to learning; participating seekers, will straightaway receive the following benefits.

i) With *The Bhagavad Gita* as the guiding light, how, one may actually enquire into, understand & practice *observation of oneself & the world; practice withdrawal of the senses from their pursuit of sense-objects; and in this way, through the appeasement of extroversion, come upon the meditative-introspective discovery of the Atma, with the concomitant priceless blessings of Atmaprasannata [imperturbability and serenity of the self] & Atmajnana [consummate understanding of the Atma].*

ii) Learning, understanding & applying selected *sutras* from *The Bhagavad Gita*, to our day to day problems, thereby securing the keys for eliminating conflict in life, & thereby awakening intelligence, which is sourced in the *Atma*, the ultimate Divinity.

iii) Enquiring into pleasure & pain, understanding bondage & freedom, nature of Reality, *and in this way, allow feeling, sensitivity & intelligence to awaken.*

iv) Devotional feeling for & 'Understanding' of *Isvara* through the teaching of *The Bhagavad Gita* - as the Supreme 'External' Deity, the 'objectified form' of the *Atma*, the ultimate Divinity. Learning and cultivating devotion to this ultimate Divinity. Learning the way of renouncing the *ahamkara* [sense of individual, body-centered self], and cultivating the spiritual life in the spheres of *Dharma & Moksha*.

- v) Insights of *Ayurveda* into the physical & spiritual potentials of the human body, grasping an Ayurvedic understanding of *Prakruti, Vikruti, Trigunas, Tridoshas, Panchabhutas, Panchapranas*.
- vi) Understanding the importance of 'balance' & *shuddhi* [purity] of the *Panchakoshas*, & the *Saptadhatus*, & *understanding how modern excessively extroverted life styles, destroy this balance and purity*.
- vii) Understanding how the *Panchakoshas* may be kept purified, by right diet, right exercise, right life style, right use of sense organs.
- viii) Finally, understanding the great therapeutic & spiritual value of *Panchakarma*, in cleansing & rejuvenating the body, understanding how 'ama' is removed from the body by the *Ayurvedic* purificatory practices, & how all this results not only in sound health, but also in robust *Atmaprasannata, & Atmajnana*.

7. Benefits Accruing to the Participants, *after the Yajna*:

The benefits already received during the *Yajna*, through intense learning & understanding of the inner life & the *Atma*, may be further consolidated in our day to day life, by applying the *sutras* of *The Bhagavad Gita* [these are immensely potent 'precision tools', which were already received and even applied on the spot, during the *Yajna*] in our day to day life situations. *In this way, the Atmajnana, imbibed during the Yajna will through the application to the baffling situations in our daily life, be transformed into fruitful Atmavijnana*. Thus, we start sure-footedly walking on the path of self-knowing [*Atmavichara*], and work our way, through right understanding & insight, to *Atmaprasannata* and *Atmavijnana* [Self-Realization, applied fruitfully in daily living].

This leap from *Atmajnana* to *Atmavijnana*, is much like the conversion of the 'raw' discoveries of science, into the fruits of technology, which alone are of unquestionable utility value in life. Such a 'transformation' will naturally be self-paced, progress and results, depending crucially upon the individual's devotion, faith, sincerity, and eagerness to continue learning. The *Yajna* was intended to be a 'flying start', for such a pilgrimage into the spiritual life. *If one is sensitive at all, a new life would bloom into existence in due course, bringing forth sensitivity, deep feeling & awakened intelligence, all of which are the varied fruits of Atmavijnana, arising from that well-spring of Atmaprasannata, Isvarabhakti, & Atmajnana. The Ayurvedajnana gained during the yajna, is best practiced on a day today basis. There are highly intelligent Ayurvedic health care measures & yogasanas & herbal preparations which may be followed for our own good.*

8. In Retrospect:

In a nutshell, the compassionate & knowing approach of the *Acharyas* helps us to cleanse our inner life, our hearts. We will notice, as we intensely participate in these *Yajnas* that *we come to accept life the way it has been*

given to us by the Divine. Step by step, at our own pace during this pilgrimage, we will come to understand & treasure our life, *as it is*.

The supreme blessing of understanding ourselves, through the intense participation in these *Yajnas*, ushers us into a life which is now a delight by itself, without the necessity of seeking some extraordinary delight, beyond the day to day moments. *Our mind becomes quiet and peaceful and there will be abundant energy at our command. The harmony and integrity in our 'Thought-Word- Deed' brings our body into a natural state of equipoise, and we become connected to the Atma, without our even knowing it.* We start paying more attention to our body from the understanding, that it is a temple for that *Atma*. We understand the importance of paying sufficient attention to our body, through our choice of the right food, right exercise, right massage, effective cleansing etc. *At the subtler level of consciousness, feeling, sensitivity and intelligence become sharp and heightened.*

9. Cost of Participation:

The participants/seekers are required to pay a sum of Rs.5000/- [either in cash or as a crossed DD (or a Banker's Cheque), favoring 'Dr Sankara Bhagavadpada'], for meeting the enumerated expenses connected with the two-day retreat. Receipts will be issued for the amounts received. *The bookings for the Yajna will be on a 'first come, first served' basis.* The sum remitted, will cover on each day of the retreat: proper vegetarian lunch and refreshments twice a day, in the form of some beverages, and cookies. Fairly comfortable seating arrangements in an AC lecture theatre, with excellent mike system, Laptop-LCD Projector facility for viewing the PPPs [which will be used as teaching aids by both *Acharyas* throughout] will be available at the pleasant venue of the *Yajna*. In addition, a note pad, for taking down notes during the sessions, and a brand new copy of *The Bhagavad Gita* [English Edition, published by The Ramakrishna Mission, with Swami Tapasyananda's *Bhashya*], will be offered to each participant, as a memento, to serve as a reminder that each has a *Dharmic* obligation to make this sacred *Vedic* knowledge come alive, in our day to day life.

Seekers, who wish to work intensely, looking at the *sutras* of *The Bhagavad Gita* in minute detail, are encouraged to bring their Lap-Top computers, to facilitate their documentation and learning. If seekers, from outside Chennai [or other metropolises] wish to attend these retreats, which are usually held in metropolises only, they are hereby being kindly requested to make their own arrangements for lodging in the city, as we will have to concentrate entirely on the *Yajna* as such, ensuring that its fruits reach every seeker, within the limited time span. *The detailed programme or time table for the Yajna* will be made available, a few days before the commencement of the *Yajna*, or this can also be perused on the morning of the first day of the retreat.

10. Rules of Discipline, to be observed *During the Yajnas*:

Participants are hereby informed that, they should conform to the disciplinary code that is being laid down here. These rules will ensure that the *Yajnas* will run smoothly, without unnecessary distractions and difficulties. The occasion is a serious one, it is indeed a happy one too, but this 'happiness' should not slip into frivolity, lack of decorum, or, misuse of freedom. Seekers are not permitted to smoke, or drink alcoholic beverages, or chew tobacco, or consume narcotics, during their hours of participation-in fact not even during the breaks. Likewise, seekers are not permitted to eat non-vegetarian eatables, during their hours of participation. Participants are also hereby being urged to wear traditional clothes, as would befit this serious occasion, and come to the retreat, feeling fresh after a morning bath. During the sessions all cell phones should be switched off.

11. Registration for the *Yajnas* and Further Information:

For registration and all further information on the *Atmajnana Yajnas*, please contact: **Sri S Kannan**, the organizing secretary. You can request Sri Kannanji, for '*A Comprehensive Picture of the Yajnas in 22 Sections*', and the same will be e-mailed to you.

Sri Subramanian Kannan, Secretary, www.Hinduworldastrology.net

E-mail: skannan1944@gmail.com Mob: 98403 08087.

Address of Sri Sankara Bhagavadpada: 'Ashirvad', No: 2/507, III Cross St, Sunrise Avenue, Neelangarai, Chennai - 600 041. Tamil Nadu, India.

Phone: 044-2449 1233. E-mail: sankara@hinduworldastrology.net,

Website: www.Hinduworldastrology.net

12. Ayurvedic Panchakarma:

For all further information on '*Ayurvedic Panchakarma*' at *Dr Sunil Joshi's Clinic in Nagpur*, please contact:

Sri Mukul Joshi, Vice-President of Operations,

Vinayak Panchakarma Chikitsalaya [Dr Sunil Joshi's Clinic].

No: 18, West High Court Road, Civil Lines, Nagpur-440 010,

Maharashtra, India. Tel:(Clinic) 91-712-2537721; Fax: 91-712-2552409,

E-mail: vinayakpanchakarma@gmail.com.

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