

## Verbatim Reports from the Atmaswarupis after the first & second Atmajnana Yajnas:

1) “The analogies of Siva and Sakti were eye openers. Very hard hitting deep spiritual concepts presented with amazing simplicity. Every teacher has an objective which he wants to achieve in a class. Only the teacher knows the objective clearly. But as a student I feel that the objective was to awaken the quest in us to discover who we really are. There is a lot of distracting noise in all our lives and we tend to get involved with each distraction thereby losing sight of the main objective of life. This 2 day session cut through all the “noise” and held up a mirror to our lives. To this extent Guruji has achieved his objective.....”

-Sri S Gopalakrishnan, Dubai.

2) “Here, words do not help me to explain .... What appeared as the ‘other’ and guided me is my own beloved Atma (which only increases that love or bhakti, contrary to my earlier opinion). That ‘I Am-ness’ comes to the front and goes back at its will. Something has changed inside, marked with a deeper inner peace.. not tainted with excitement.”

-Sri B. Balaji, Chennai.

3) “The Atmajnana Yajna course helped me to identify the ‘real me’, which is Awareness. Being ‘aware’ has helped me deal more effectively with various situations. Many interesting and important topics were covered during the Yajna. The most important lesson that I learnt was ‘How I could be in touch with my soul all the time’.”

-Smt Padmapriya Ravichandran, Dubai.

4) “The Atmajnana Yajna has given me immense peace & clarity in thought. At the first instance, the conflict between the mind and the heart has reduced. I feel much relaxed in doing my daily chores. As we become true to ourselves, we are in touch with the Atma, which is always joyous. As soon as I returned from the Yajna, the following

week my younger daughter's marriage was finalized much to our and her wishes.”

-Smt Meenalochani Mahadevan, Chennai.

5) “After attending the Atmajnana Yajna, the lengths of silences have increased considerably & there is a marked increase in the occurrences of these incidences too. I get in touch with the Divine with ease regularly now days. The understanding that the end to suffering can only be the recognition of one's true nature & cannot be found in any material desires' fulfillment is also complete.”

-Sri Arun Krishnan, Chennai.

6) “After attending the Yajna I am able to sit for meditation for 20 minutes. Daily I am scolding at least ten persons; I am able to watch that (at the same time I am able to watch this, after scolding the concerned persons also). As per Guruji's words, in our mind we create two images; one is I and another is the 'other person'; I am able to understand that, in the sense the image created in our mind is not the actual I. In Siva-Sakti Tattva, if Sakti is not present then there is no place for Creation; that also I understood.”

-Sri P.V. Somasundaram, Bangalore.

7. “The 2 day spiritual retreat has really helped me to understand and self realise about the duality in life (happiness and sorrow).

It was an eyeopener for me when I learnt about the distinction between consciouness and awareness through various examples. My flow of thoughts got reduced considerably, once I became aware of my moving thoughts.”

-Sri Ravichandran, Dubai.

8. “Sri Sankara Bhagavadpada's Atmajnana sessions helped me to try to focus on my inner life and to be more philosophical with respect to external irritants.”

-Dr. Vasanthi Subramanyam, Chennai.

9. “The sessions by Sri Sankara Bhagavadpada were most useful for me. From both the Yajnas[I have attended two Yajnas], I am now able to face up to my problems (mostly due to my reaction to a situation), come face to face with the not so nice part of my nature, learn to accept that it exists and put an end to the incessant struggle within me. I'm not saying that I'm completely at peace with myself but I have come a very long way towards it.”

-Dr. Sudha Subramanyam, Chennai.

10. “To postpone is just another trick of the mind for its continued security. To postpone is the height of hypocrisy. To postpone is to be denied of freedom forever’ [Sri Sri Bhagavan]. Well these words have been ringing in my ears since I received your reminder. Well that’s my state of my mind after the Yajnas, my mind has turned inward. I know I have been putting off mailing my feedback, not giving any excuses here. BEING WITH WHAT IS.

“I want to just share what I have explored and experienced, though can’t be specific about actual, because it is of a personal nature. I have come to an understanding that when you experience something totally whether its pleasure or pain, u are set free. Have been enjoying that freedom in the past two weeks, life is beautiful. The experience of visiting a temple is different now, I now try to relate lessons taught by Guruji. Look at lord Ganesha and try to anchor myself to the ‘I Am-ness’. It is difficult to put in words certain experiences because this whole process of Atmavicharana is for each individual to experience for themselves. One has to experience it to believe it. It is difficult and easy at the same time. The Yajna helps the individual to start looking for answers and to not just find an answer, but to experience it.

“To prospective seekers I would like to say one must take the plunge with the feeling of nothingness, emptiness and total surrender. I feel it works best. As you go along things look clear,

sometimes distorted, sometimes it is happiness and most times when things look sad and u feel ‘I just can’t move a step further’, then is the time you have to stay with what is and the freedom thereafter is phenomenal. I personally have experienced this freedom. It is a beautiful feeling.”

-Smt A Meera, Chennai.

11. “I want to send my feedback: Atmajnana Yajnas that I have attended are helping me in my spiritual journey for which I am grateful. Atmajnana Yajnas are giving me a chance for cleansing my consciousness .This is helping me to observe my ego, selfishness, raga, anger. It is bringing my awareness to *what is* & not being concerned with *what should be*. I am reminded of the ultrasonic cleansing of various equipments. The vibrations & teachings are helping though not as fast or as complete as the ultrasound. I have observed that in addition to the above without much effort things are falling in place. Once again I want to thank Guruji for all this.”

-Dr Sudha Chadalawada, Vijayawada.

12. “The course has revealed to me various truths on the purpose of life. The vivid explanations, coupled with presentations, has given a better understanding of the truths of Gita( seems very very far but very very near) The subtle understanding has improved my thoughts on various perspectives and it calls for more and more such interactions to help me ripen and blossom in spirituality. Human birth is a boon meant to evolve. Understanding the purpose of our existence with such spiritual retreats and meditation throws more light on our mission here.

“We should not vegetate. All of us have to know the wonderful teachings of Hinduism. Books do give us an insight but the corrective understanding from a guru makes a vast difference.

Like Swami Vivekananda said “Arise awake and stop not till your goal is achieved” and “All the power is within you” So my journey has begun and definitely Guruji has helped to unleash the power within me. His presence makes the difference.

“Guruji’s teachings has brought about a shift in my consciousness and my acceptance level has increased remarkably. Thankyou Guruji, looking forward earnestly for the sessions to follow to help me move on the correct track in the right train.”

**-Smt Mala Balasubramanian, Trichy.**

13. “Actually I was amply rewarded for my attending an earlier Yajna conducted by you in 1994 in Mumbai, all the differences between my father and myself were sorted out. After attending the Atmajnana Yajna in July 2011, the High Court suit regarding my residence was disposed off. A long standing problem, in which I was threatened was settled and I got some money after I attended the Atmajnana Yajna in November 2011. These are the tangible gifts. It is difficult to describe in words tremendous gains to me since I have you as a friend and a Guru. You always had comforting words and blessings for Poorvi and myself.

“Your guidance has been enlightening and I long to gain more from it. My expectations and hopes from attending the Yagnas are best described by a bhajan sung to Sri Sri Amma and Bhagawan: ‘Parivartan ki asha me...’ which says ‘Gyaan, Dhyan, Bhakti ki naddiyan Satyalok le jayen is Parinam Yagna me’. You have guided me to music for Bhakti and Yoga for Dhyan and put me towards Jnana through these Atmajnana Yagnas. I hope to continue my journey towards self realisation with confidence and joy.”

**-Dr. Jyoti Chordia, Mumbai.**



# Dr.S. Bhagavadpada's Atmajnana Yajnas

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