
**Amanaska Yoga, Feb 14th, 2017:
These 15 VCs (Video Clips) were shot at ‘Ashirvad’,
Chennai:**

Sub Title for VC #1(Introduction). [2:20Mts]

Theme: The Intl ‘Amanaska Yoga’ Retreat on *self*-Knowing, leading to Self-Realization was conducted in Chennai at the Accord Metropolitan Hotel between Feb 2nd and 11th, 2017. This informal discussion between the participants of the Retreat happened on Feb 14th, at the home of Dr. Prema Shanker and Sri Sankara Bhagavadpada. Subramanian M Kumar (Tampa, Florida), introduces all the participants.

PI Click the Dropbox Link below and then download the Video Clip:

https://www.dropbox.com/s/7qywm0ttlymgki2/VC%201%20%282017_03_06%2011_46_50%20UTC%29.mp4?dl=0

Sub Title for VC#2 (on ‘Amanaska Yoga’). [3Mts]

Theme: Amanaska Yoga.LaMor Silas (Florida, USA), raises the Qs: i) What is ‘Amanaska Yoga’? ii) For whom is this ‘Amanaska Yoga’ intended? iii) What are the benefits of ‘Amanaska Yoga’?

Kannan Subramanian answers and LaMor Silas comments again.

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Sub Title for VC #3 (Is Amanaska Yoga a religion?).[8Mts].

Theme: The religious nature of Amanaska Yoga.

Question is raised by Maggi Jackson (Florida, USA)-as a spiritual seeker. Sankara Bhagavadpada answers. Maggi Jackson

is a Business Administration professional in the Telecom Industry in the US.

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Sub Title for VC #4 (Amanaska Yoga and Seekers from the Christian Faith?). [5Mts].

Theme: LaMor Silas raises the pertinent question whether seekers from the Christian Faith are likely to have a conflict with Amanaska Yoga. Sankara Bhagavadpada answers, stressing on the importance of ‘home coming’ to one’s ancestral religion.

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Sub Title for VC # 5 (The Fruits of ‘Amanaska Yoga’?)[4Mts].

Theme: How can Amanaska Yoga be helpful? Dawn Giel(Colorado, USA), raises this question. LaMor Silas answers, stressing on seeking the Divine within, rather than from the outside. S.M. Kumar stresses on the superficiality of Bhakti Yoga, where, there is no *self*-Knowing. Subramanian Kannan stresses that true Bhakti will definitely bestow moksha. Sankara speaks on ‘Nirguna Bhakti’ - devotional anchorage to the Unmanifest Divine.

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Sub Title for VC#6 ('Amanaska Yoga' vis-à-vis 'Conventional Counselling & Psychotherapy').[8Mts].

Theme: Dawn Giel (Colorado, USA) raises the probing question how Amanaska Yoga goes beyond conventional counselling? Sankara answers this question, emphasizing that 'Amanaska Yoga', does not admit any 'secret agenda' of the *self*, nor any 'distractions'(as emphasized by J. Krishnamurti), and that one ought to go 'till the very end'-whereupon the problem would reveal itself. S.M. Kumar makes the point that *self*-Knowing is inward perception, whereas all counselling is on an outer plane. Maggi Jackson, Prema Shanker comment further.

'*self*-Knowing' is the greatest diamond jewel.

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Sub Title VC# 7('Amanaska Yoga', Krishnamurti's *self*-Knowing and Patanjali's Yoga Sutras).[7Mts].

Theme: S.M. Kumar asks the important question as to how 'Amanaska Yoga', Krishnamurti's *self*-Knowing and Patanjali's Yoga Sutras, differ from each other. Sankara clarifies, explaining how 'Amanaska Yoga' differs from Krishnamurti's *self*-Knowing; that he was looking for the 'completeness' of Krishnamurti's *self*-Knowing. That 'Amanaska Yoga' means negation of the mind, and this implied understanding, calming, taming and silencing of the *self*.

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Amanaska Yoga: [VC # 8, 14th, Feb, 2017] 16 Mts.

Theme: Kannan Subramanian, who has been helping Sankara Bhagavadpada in his spiritual, Vedic astrological work, since the last 23 years, raised the disturbing question, as to whether the master J. Krishnamurti's revolutionary approach to the religious life, through *self*-Knowing, may not be perceived by Indians and Hindus (who belong to a traditional society), to be very disturbing and therefore distasteful? Sankara answers this question and goes on to stress that the J. Krishnamurti's *self*-Knowing is entirely unknown in the 10, 000 year old Vedic-Hindu tradition.

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Amanaska Yoga:[VC # 9, 14th, Feb, 2017]5:30Mts.

Theme: Subramanian M Kumar, an engineer(Retd from the Times. Inc.) and a dedicated Yoga teacher in the US, asks, who the beneficiaries of 'Amanaska Yoga', are going to be? Sankara Bhagavadpada, identifies four kinds of seekers. (i) Mumukshus, or seekers of moksha. (ii) Those who have suffered a breakdown in life through the precipitation of misfortunes. (iii) Those who have crossed 60 or 65 years of age and are still looking for meaning and soul-fulfilment in life. (iv) Yoga teachers, spiritual teachers and healers.

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Amanaska Yoga: [VC # 10, 14th, Feb, 2017]5 :40Mts.

Theme: LaMor Silas is an American spiritual seeker, who retired as a high profile Information Technology professional. Currently, she teaches Yoga and Meditation to groups of seekers. LaMor poses to Sankara, a question of great contemporary relevance. “What significance can Amanaska Yoga have for the youth of today—who seem to be sadly, tremendously extroverted? Sankara answers with the definite conclusion that *self*-Knowing is the biggest jewel and treasure in the spiritual life and that therefore...it is this, which will prove to be the medicine for modern ills.

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Amanaska Yoga:[VC # 11, 14th, Feb, 2017] 5Mts.

Theme: Two serious American spiritual seekers, who experienced the healing power of Amanaska Yoga, discuss the important question pertinent to countless married men and women—as to how, Amanaska Yoga, may bring light and peace into the hearts of married people, when they are agonized by marital disharmony? Marsha Dawn Giel is a dedicated Yoga teacher, Financial Administrator and a passionate spiritual seeker. Maggi Jackson, is a Business Administration professional in the Telecom Industry and a passionate spiritual seeker. Both answer this question, drawing from their own life experiences. Dawn Giel is from Colorado and Maggi Jackson is from Florida.

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 Amanaska Yoga:[VC # 12, 14th, Feb, 2017]5 Mts.

Theme: A small group of seekers, who had emerged afresh from a ten day Amanaska Yoga Retreat, take up the question, as to whether, Amanaska Yoga would be better appreciated, if the existing 'barriers' of Sanskrit terminology and Hindu spiritual vocabulary are minimized or simplified even further? Dawn Giel and Maggi Jackson, two serious American seekers posed this question. Prema Shanker, is seen to add a further pertinent observation.

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 Amanaska Yoga:[VC # 13, 14th, Feb, 2017] 7Mts.

Theme: Kannan Subramanian raises the vexing question, as to whether, AmanaskaYoga', which is now only a nascent movement, could ever turn into a cult in the future? Sankara Bhagavadpada, clarifies his position as the founder of this new esoteric movement. Kannan Subramanian has been helping Sankara in his spiritual mission in the last 23 years.

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 Amanaska Yoga:[VC # 14, 14th, Feb, 2017] 9Mts.

Theme: Subramanian M. Kumar, Dr. Prema Shanker, Marsha Dawn Giel, discuss, Sanskrit vocabulary in Amanaska Yoga-whether, this could be a possible obstacle for seekers? Kumar raises a question on the usefulness of Sankara's new book: 'Self-Realization through *self*-Knowing', for those, intending to prepare for Amanaska Yoga? Prema and Dawn, delve deeper, pointing out that the usefulness of the book will be for those

who have already sat through an Amanaska Yoga Retreat. Prema Shanker, enquired further, in the light of the good understanding of Amanaska Yoga, shown by Latin American Christian seekers; whether a small introductory preparation in Sanskrit, for Western seekers, is really called for at all?

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Amanaska Yoga:[VC # 15, 14th, Feb, 2017] 15Mts.

Theme: KannanSubramanian, Maggi Jackson, Subramanian Kumar, LaMor Silas and Sankara discuss many nuances of Amanaska Yoga. Kannan, reveals his discoveries in *self-Knowing*, very candidly. Sankara poses a vexing question, regarding the conspicuous lack of 'understanding' it in 'religion'. Subramanian Kumar and Maggi Jackson, answer Sankara's questions. LaMor Silas, was thoughtful in mentioning that Sankara, was serious, compassionate, humorous, learning-centered, and has opened a huge door for all. LaMor was liberal in her expression of gratitude. Sankara, going back to Subramanian Kannan's question, regarding Amanaska Yoga becoming a Cult in the future, clarified that, he is no founder, but only a 'compiler', in the sense in which Vyasa and Panini were 'compilers'. He stressed that, in Amanaska Yoga, every seeker has to flower into an original 'Tattva Darshin', a Seer of the Eternal Light.

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Amanaska Yoga: [VC # 1(AMH 1.mp4), 11th, Feb, 2017, Accord Metropolitan Hotel(AMH)] 7:35Mts.

Theme: Subramanian Kannan and Devika Dorai are Trustees of Tat Tvam Asi, the Organizing Group. Kannan, introduces the background of Amanaska Yoga, he then also introduces, Dr. Raju Rao (an American Oncologist from Florida) and Anita Rao, Dr. Raju's wife (she is a Yoga teacher in Florida). The Rao couple then go on to spell out, what they learnt in Amanaska Yoga, during the ten day Retreat. Devika Dorai is seen co-ordinating in the background.

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Amanaska Yoga: [VC # 2(AMH 2.mp4), 11th, Feb, 2017, Retreat Venue]8Mts.

Theme: Seekers are assessing their own learning, in the wake of a ten day Amanaska Yoga Retreat. Kannan Subramanian, raises a question. Sambasiva Ramanananda, a small-scale industrialist, a Vedic astrologer, and an ardent spiritual seeker, speaks about the purification of his Bhakti. Dr. Anand Murugaiah, a researcher from the US, also emphasizes the purification of his Bhakti; whereas, Subramanian M. Kumar, stressed that his own 'take away', was *self*-Knowing, and understanding of Advaita. Marsha Dawn Giel, a passionate seeker from her teens, as well as a Financial Administrator and Yoga teacher, clearly articulated, as to how her learning enabled her to make a huge shift from being a 'controller' in life to being a 'detached observer'. She stressed that this was a huge happy shift for her.

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Amanaska Yoga: [VC # 3(AMH 3.mp4), 11th, Feb, 2017, Retreat Venue]8Mts.

Theme: Dr. P. Ramakrishna, a Homeopathic physician and spiritual teacher(Andhra Pradesh), speaks honestly about his long 'spiritual-mystical journey'-which passed through the influences of the Theosophical Society, J. Krishnamurti, other spiritual missions, and Sri. Nisargadatta Mahraj, The young Chemical Technologist, Rohini Gopalakrishnan (from Singapore), explained how Amanaska Yoga, helped her 'to understand' a grievous misfortune which had come upon her family, and understand sorrow in a new light. Maggi Jackson, a Business Administration professional (Florida), presents her position as a true Christian spiritual seeker from the West and speaks about her deep *self*-Knowing and the freedom from sorrow that came with it.

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Amanaska Yoga: [VC # 4(AMH 4.mp4), 11th, Feb, 2017, Retreat Venue]8Mts.

Theme: Seekers sharing their discoveries, after a ten day Amanaska Yoga Retreat. Dr. Jyoti Chordia, a former research scientist, speaks of her spiritual journey through Classical Music, Yoga,Bhakti and now, Amanaska Yoga. LaMor Silas, an American seeker, Information Tech professional (Retd) and Yoga teacher, says, she has had both successes and also sorrows in life. Here in Amanaska Yoga, she 'Understood' the Divine and, said, she had learnt a lot. Saraswathe Srinivasan, stressed that, in all of her sorrows, confusions, she had had a hand, which *self*-Knowing, enabled her to face up to. She held that from outer seeking, she was able to at last, start looking at herself. Thanked everyone warmly.

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Amanaska Yoga: [VC # 5(AMH 5.mp4), 11th, Feb, 2017, Retreat Venue] 13Mts.

Theme: S. Chandrasekar, a young computer engineer, said, he had all along lived life, without any awareness of what the purpose of life was. His discovery in Amanaska Yoga was that integrity between inner and outer life was the most important thing for a human. Dr. Anand Murugaiah, a research scientist from the US, sketched his 'profound learning' and 'life-changing' experiences in the Retreat. Maggi Jackson (Florida, USA), spoke about her, 'AaHa' moments and her leap of faith. She discovered (so she said), that she was the architect of her own suffering and this led to another discovery, till she was free, finally. She could drink her pain, and thus set herself free. As she put it, this gave her a 'second life'. Rohini Gopalakrishnan (Singapore), a young Chemical Technologist, raised a very pertinent question-as to how the youth of today may be saved? Taking up this question, Kannan Subramanian, told Rohini, that she would be able to directly give good guidance to her young friends, if only she approached their problem, from her own understanding of life-that she secured here in the Retreat. Dr. Raju Rao (American Oncologist from Florida, spiritual seeker and Yoga therapist), citing the live example of their two grown up young daughters, put forth his stunning realization that as, Amanaska Yoga, has given the realization to all seekers that each is himself or herself, the Eternal Light; he now sees no difference at all, between himself, his wife, Anita Rao (Yoga teacher) and his two grown up daughters. This therefore becomes another real-life 'decisive' answer to Rohini's question, regarding the 'way to help the youth of today'. Gayatri Shanker is seen co-ordinating among the seekers.

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 Amanaska Yoga: [VC # 6(AMH 6.mp4), 11th, Feb, 2017, Retreat Venue] 12Mts.

Theme: Seekers sharing their perceptions after an Amanaska Yoga Retreat. LaMor Silas, an Info Tech professional (just retd) and a dedicated Yoga and Meditation teacher, stressed that, after so many years of being very engrossed in her busy professional life, she came upon, for the first time, the good realization, that Amanaska Yoga has opened a new door, but from within and, not certainly from the outside. Anita Rao, a dedicated yoga teacher, since the last two decades, pointed out that while the general Yoga culture, had led to an overemphasis on 'asanas' and 'body-centeredness' in the mainstream, it was only now through Amanaska Yoga, that she had discovered the hidden dimension. She said she now feels more peaceful and made good suggestions, as to how Amanaska Yoga can further help humanity. Dr. P. Ramakrishna, a Homeo physician and spiritual teacher from Andhra Pradesh, pointed out that Amanaska Yoga was 'unique', because it makes a confluence of J. Krishnamurti's profound *self*-Knowing,' and Sanatana Dharma, with the time-tested 'Atma Tattva'. In this way, he said, both approaches to the religious life have been benefitted. Devika Dorai, a high profile Banking professional, and closely associated with Tat Tvam Asi since 2011, explained her remarkable, 'Aa Ha' moment through her painful discoveries, that her *self*-Knowing had thrown up. She came upon a shocking pattern in her life, through her penetrating *self*-Knowing.

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Amanaska Yoga:[VC # 7A(AMH 7A.mp4), 11th, Feb, 2017, Retreat Venue] 20 Mts.

Theme: Several Yoga teachers from America, share their insights and understanding of Amanaska Yoga and pose various questions to Sankara Bhagavadpada. Subramanian M. Kumar raised the question, as to whether, the Yoga Sutras of Patanjali, have some common ground with *self*-Knowing? LaMor Silas, Marsha Dawn Giel, Anita Rao, start discussing. Dr. Raju Rao, an Oncologist and spiritual seeker, who has been using Yoga and Dhyana, in his medical therapies, shared from his experience. LaMor raised the pertinent question: 'How may we integrate traditional Yoga with Amanaska Yoga?' She also enquired, as to how, 'we may overcome the obstacle that Yoga may be perceived as a 'religion' like Hinduism? Sankara Bhagavadpada gave his answers.

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Amanaska Yoga: [VC # 7B (AMH 7B.mp4), 11th, Feb, 2017, Retreat Venue] 30 Mts.

Theme: 'Integrating traditional 'Yoga' with Amanaska Yoga'. It so happened that there were five experienced and trained Yoga teachers from America-at this ten day Amanaska Yoga Retreat. Subramanian M. Kumar, Marsha Dawn Giel, LaMor Silas, Anita Rao, Dr. Raju Rao(Oncologist, as well as a Yoga therapist), discuss the possibility of 'bridging the gulf', between traditional, 'Yoga' and the present, Amanaska Yoga?

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Amanaska Yoga: [VC # 8 (AMH 8.mp4), 11th, Feb, 2017, Retreat Venue]
27 Mts.

Theme: A small cohesive group of serious long-standing spiritual seekers discuss among themselves and with Sankara Bhagavadpada, the scope and fruitfulness of Amanaska Yoga, as seen from their own nascent *self*-Knowing, in this ten day Retreat. Dr. Raju Rao (Oncologist, Yoga therapist and spiritual seeker, Florida, USA), Dr. Anand Murugaiah (Research scientist in the US), Dr. P. Ramakrishna (Homeo physician and spiritual teacher from Andhra Pradesh), Sambasiva Ramanananda (Small-Scale Industrialist, Vedic astrologer, Chennai), Kannan Subramanian (Ex-Army Capt, Chennai), Subramanian M. Kumar(Engineer (Retd from Times. Inc; USA) and Yoga teacher, share their perspectives.

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Amanaska Yoga: [VC #9(Video Clip Group Photo), Feb 11th, 2017, Accord Metropolitan Hotel]

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