

‘Amanaska Yoga’ (Now, as a Home Study Course(HSC))

(*self* - Knowing Leading to Self - Realization)

Sankara Bhagavadpada

(‘Amanaska Yoga’, was offered at a Ten Day International Retreat)

(At Hotel Accord Metropolitan, Chennai, February, 2<sup>nd</sup> to 11<sup>th</sup>, 2017)

Page | 1

-----  
Q1: What is Amanaska Yoga?

A1: This information will be available, by clicking the Drop Box Link. You will also come across the same content in the early part of the Third Day of the Retreat. The Audio File (along with the three Slides) is of duration, 8Mts 40Secs.

The first DB Link, leads you to FAQs:

<https://www.dropbox.com/s/0ydtlv0pls3juuv/Amanaska%20Yoga-FAQs.pdf?dl=0>

Next, you will come across three slides along with an Audio Commentary. Click on the DB Link, to access.

<https://www.dropbox.com/s/zai03t1vg84z17f/Amanaska%20Yoga%5BIntroduction%202017%5D.pptx?dl=0>

The supporting Audio File which explains ‘Amanaska Yoga’:

<https://www.dropbox.com/s/htpuxycudyrov9i/DX3%28a%29%202017.mp3?dl=0>

As a rule, download all these Files from the DB, after you have accessed the Files through the above DB Links.

Q2: For whom is this Home Study Course on Amanaska Yoga?

A2: For many kinds of individuals, who missed the opportunity of attending the Ten Day International Amanaska Yoga Retreat, conducted in Chennai in February, 2017. Firstly, for *mumukshus* (seekers of *moksha*, or liberation); secondly for those seeking to be free of the burden of sorrow in their lives; thirdly for those who have been ‘struck down’ by some misfortune or the other, so that their lives no more have that *élan vital*; fourthly, for those who are 60 or 65, as they may be seeking to know the meaning of life, seeking to understand themselves and their relationship with the Divine. Importantly, also for Yoga teachers, for healers; for spiritual teachers, teaching *Dharma* and *Moksha*; and

lastly also for Indologists, philosophers, mythologists and all lovers of India and her ancient spiritual wisdom.

Q3: What are the Ten Stages of Amanaska Yoga, in this Home Study Course?

Pl see the Time Table for each of the ten days, by clicking on the DB Link below.. Read also the Notes-as to how the day's proceedings are to go. Then, you have all over again, the Introduction to Amanaska Yoga (as three Slides plus Audio Commentary). This ought to give you a picture of the Ten Stages. These Ten Stages will also be displayed in the PPT on the first day.

Page | 2

<https://www.dropbox.com/sh/xf58xa70cwgo41b/AAB0XIe5YFSC8p2yqi2iw7tZa?dl=0>

Q4: Is there a Book which will serve as a guide in this self-paced self-study of Amanaska Yoga at home?

A4: Yes, this can be purchased on line from [www.amazon.in](http://www.amazon.in) and the Book is called Self-Realization through *self*-Knowing, published jointly by the author, Sankara Bhagavadpada and the publishing house, Yogi Impressions Books Pvt Ltd, Mumbai. The Book also has a useful Sanskrit glossary and List of References.

The contents of this Book are the teachings given by Sankara Bhagavadpada at the Seven Day International Retreat in Feb 2016(Previous Year) at Pondicherry, India.

### **Organization of the Retreat Materials:**

The PPT will change from day to day. So, in all there will be Ten PPTs. These Ten PPTs, may be downloaded by clicking on the DB Links, which now appear serially. Each day, we also have two Meditations, so there will be Meditation Music Files, that correspond to each day. Also, as each Slide in the PPT, is supported by an Audio File, we have the foll picture.

For each of the ten days, you will have:

- (i) A PPT
- (ii) Some Meditation Music Files, needed during Meditation Time.
- (iii) A number of Audio Files, one per Slide, etc. (i) and (ii) may be lumped together in each DB Link. Whereas, all the Audio Files for the complete Ten-Day Retreat, will come together in a Single DB Link. You will need a good headset to listen to the Audio Files. When you dedicate yourself for this learning task, you are sure to find these Audio Files very enjoyable.

### **First Day of Amanaska Yoga Retreat:**

By clicking on the DB Link below, you will access all the Files and they can then be downloaded into your Laptop. First Link, for the PPT:

[Dropbox Link1: DDDDDDDDDDDDDDDDDDDDDDD1](#)

For Accessing the Meditation Files for the First Day, Click:

[Dropbox LinkM1: MMMMMMMMMMMMMMMMMMM1](#)

**Second Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link2: DDDDDDDDDDDDDDDDDDDDD2](#)

Click below for the Meditation Files:

[Dropbox LinkM2: MMMMMMMMMMMMMMMMMMM2](#)

**Third Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link3: DDDDDDDDDDDDDDDDDDDDD3](#)

Click below for the Meditation Files:

[Dropbox LinkM3: MMMMMMMMMMMMMMMMMMM3](#)

**Fourth Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link4: DDDDDDDDDDDDDDDDDDDDD4](#)

Click below for the Meditation Files:

[Dropbox LinkM4: MMMMMMMMMMMMMMMMMMM4](#)

**Fifth Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link5: DDDDDDDDDDDDDDDDDDDDD5](#)

Click below for the Meditation Files:

[Dropbox LinkM5: MMMMMMMMMMMMMMMMMMM5](#)

**Sixth Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link6: DDDDDDDDDDDDDDDDDDDDD6](#)

Click below for the Meditation Files:

[Dropbox LinkM6: MMMMMMMMMMMMMMMMM6](#)

**Seventh Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link7: DDDDDDDDDDDDDDDDDDDDD7](#)

Click below for the Meditation Files:

[Dropbox LinkM7: MMMMMMMMMMMMMMMMM7](#)

**Eighth Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link8: DDDDDDDDDDDDDDDDDDDDD8](#)

Click below for the Meditation Files:

[Dropbox LinkM8: MMMMMMMMMMMMMMMMM8](#)

**Ninth Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link9: DDDDDDDDDDDDDDDDDDDDD9](#)

Click below for the Meditation Files:

[Dropbox LinkM9: MMMMMMMMMMMMMMMMM9](#)

**Tenth Day of Amanaska Yoga Retreat:**

Click below for the PPT:

[Dropbox Link10: DDDDDDDDDDDDDDDDDDDDD10](#)

Click below for the Meditation Files:

[Dropbox LinkM10: MMMMMMMMMMMMMMMMM10](#)

-----

### **DB Link to the Audio Files:**

There will be many sub-folders, all holding many Audio Files-for covering, the Ten PPTs. So patience is called for in the Downloading and Saving of these Audio Files.

[Dropbox LinkAF: Filesxx](#)

### **Brahma Tat Tvam Asi Sanskrit Meditational Chants, from Adi Sankaracharya's Viveka Chudamani.**

Uma Mohan is singing the Chants, Prema Shanker, renders the meaning into the English language. These Chants were used in the Amanaska Yoga Feb 2017 Retreat(Chennai) and also in the Feb 2016 Retreat.

[Dropbox LinkBTTA:BTAMMMMMMMMMMMMMMMMM](#)

### **Concluding Note:**

If some file is missing, do let us know:

[bhagavadpada@gmail.com](mailto:bhagavadpada@gmail.com) and we will make that missing file available.

This completes the list of the Amanaska Yoga (Home Study Course) materials.

[www.tat-tvam-asi.org](http://www.tat-tvam-asi.org), [www.amanaska.yoga](http://www.amanaska.yoga),

**||Aum Tat Sat||**