



Dr. Sankara Bhagavadpada's Ātmajñāna Yajñas *

Next Yajña: Jan 28th & 29th, 2012, Chennai.
at Hotel GRT Grand, T Nagar. (9 am to 6 pm)

Tenor of the Yajñas:

These Atmajnana Yajnas address the universal problem of the 'inner suffering' [dukha] in human lives and lead to the peaceful ending of such suffering through the insightful understanding of the self (anātma), māyā (primordial illusion of duality), karma (good and bad effects of our actions, which are the causes), destiny, Ātma (imperceptible, unknowable, inner Self) and Ultimate Reality as Śiva-Śakti.

In the first stage, the Yajña results in the 'Awakening of Intelligence' [Sthitha Prajñatva = consolidation of this Awakened Intelligence] and in one's inner well-being and tranquility [Ātma Prasannata].

In the second stage of the Yajña, Sthitha Prajñatva and Ātma Prasannata lead firstly to a spontaneous perceptual discovery of the Divine, as both the imperceptible inner Self, the Ātma, and also as the Ultimate Reality Śiva-Śakti. In fact, in this second and final stage, the Divine is discovered firstly, as our eternal, unmanifest, but infinitely benevolent refuge, the Paramatma and secondly we also come upon a state of devotional adoration of the Divine, in both its formful [Saguna] and formless [Nirguna] aspects. These fruits thereby become the perfectly enduring solutions to the universal problem of the 'inner suffering' [dukha] in human lives.

* Yajna is used here in the sense of an auspicious sacrifice or 'negation' of the ego and/or the self, for the 'Atmic' welfare of the individual and the world and this is done through the offering of the ego and the self, into the fire of Atmajnana [Self-Realization].

Fruits of the Yajñas

Ātmaswa rūpis [i.e.; participants] travelling in the mundane spheres of Artha and Kama will have the golden opportunity to secure one or several of the following fruits from among the total list[Red Dots]; whereas, if they are travelling in the spiritual spheres of Dharma and Moksha, they will have the golden opportunity to secure several of the following fruits, from among the total list[Green Dots].

1. ● ● Learning about the self, understanding the self [self - knowing], through the dispassionate watching & the acceptance of *what is* at every moment - as, this *what is*, is the manifestation of the Divine Will at that moment.
2. ● ● Understanding & pacifying the *ahamkara* & *maya*, which leads to the complete cessation of inner conflict.
3. ● ● Understanding how *karma* & destiny operate.
4. ● ● *Atma prasannata* [inner contentment, peace, inner well being, state of innocence, thereby an inability to be judgmental, inability to be calculative and cunning], reached through detachment and renunciation of motives.
5. ● ● Freedom from hurts in relationships. Seeing 'self' and the 'other' as masked manifestations of the Divine.
6. ● Greater self - confidence & courage.
7. ● ● Understanding the outer life and consciousness of the 'self' and the 'other' as the manifestation of Siva-Sakti in relative proportion.
8. ● ● *Sthitha Prajnatva* [Awakened Intelligence and inner well being become stabilized].
9. ● ● Awakened Intelligence [*Buddhi Yoga*], hallmark of *Sthitha Prajnatva*.

10. ● Freedom from past burdens, future obsessions, because of *Stitha Prajnatva* and *Atma prasannata*.
11. ● Freedom from pain, suffering and negativity (jealousy, anger, violence, lust, greed, fear, guilt, arrogance, pride, malice) consequently, forgiveness of self and others.
12. ● ● Surrender to the Divine.
13. ● ● A new life based on: watching & understanding the self and on inner & outer integrity.
14. ● The *prasada* of *swadharma*, consequent to the attainment of *Stitha Prajnatva* and *Atma prasannata* .
15. ● ● Freedom from 'the pain of duality'. Acceptance of 'self' and the 'other', as the manifestations of the Divine.
16. ● Devotion [*bhakti*] to the Masters & to the Divine, as the Unmanifest Infinite Intelligence.
17. ● ● Fulfillment in *Dharma*, *Artha*, *Kama*, *Moksha*.
18. ● Self Realization or *Moksha*, through the cessation of all seeking.



First Day: Emerald Hall at Hotel GRT Grand, Chennai



Second Day : Orchid Hall at GRT Grand, Convention Centre

*For further details, contact the organizing Secretary &/or
The co-ordinating Atmabandhus*

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Dr.S. Bhagavadpada's Ātmajñāna Yajñas

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** Previous Ātmajñāna-Āyurvedajñāna Yajña
(with Ayurvedacharya Dr.Sunil Joshi)*

July 16th & 17th, 2011, Chennai. At Hotel GRT Grand, T Nagar.

** Last Ātmajñāna Yajña*

Nov 5th & 6th, 2011, Chennai. Also at Hotel GRT Grand, T Nagar