

Śankara Bhagavadpāda's

|| 'Tat Tvam Asi' Meditations ||

A week-long meditative journey into the knowing, calming and silencing of the *self*, leading to Self-realization

Being the heart of a longer 'Tat Tvam Asi' *Yatra* in South India



“I worship the two Divine Swans, *Śiva* and *Śakti*; who reside in the lake of consciousness of the illumined sages; the two Swans, who ever delight in the nectar of the fully blossomed lotus of the *Anāhata Chakra* of Divine Knowledge; the two Swans from whose *samvāda* (conversations) arise the 18 *Vidyās* (sacred disciplines of learning); the two Swans, who distill *Brahman* from *Māya*, even as milk is separated from water with which it is often mixed.”

- Ādi Śaṅkarāchārya [509 BC to 477 BC] (Sloka # 38, in 'Soundarya Lahari')

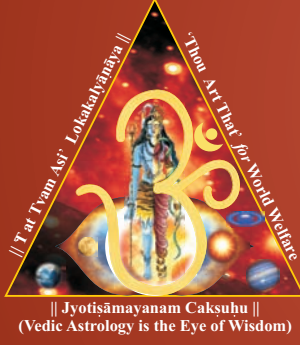
Part II (abridged version)

|| ‘Tat Tvam Asi’ Meditations ||

Under the Aegis of

|| ‘Tat Tvam Asi’ ||

(An Indian Charitable Trust for Dharma & Moksha)



|| Vedic Flower ||

(A Latin American Foundation for Vedic Teachings)



and

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Śankara Bhagavadpāda's

|| ‘Tat Tvam Asi’ Meditations * ||

A Meditative Journey in *self*-Knowing & Self-Realization
With Simultaneous Spanish and Portuguese Translations

Venue: The Beach Resort, *Le Pondy*, in Pondicherry, South India

Dates of the Retreat: February 15th to 21st, 2016

Part II : ‘Tat Tvam Asi’ Retreat and *Yatra* Scope and Content (abridged version)

* We should pay close attention to some important Sanskrit terms. *Yajña* is used here in the sense of an auspicious sacrifice or ‘negation’ of the ‘*self*’, for the ‘Ātmic’ welfare of the individual and the world and this is done through the offering of the ‘*self*’, into the fire of *Ātma Jñāna* [Self-realization]. *Ātma* is of course, *the imperceptible Inner Self*, nameless, formless, Presence of the Unmanifest Divine as Truth (*Sat*), Awareness (*Chit*), Joyful Fullness (*Ānanda*). *Yatra* means inner pilgrimage. For want of a more effective word, ‘Meditations’ has been used, rather than *Ātma Jñāna Yajña*.

‘Tat Tvam Asi’ [India] & ‘Vedic Flower’ [Latin America] Join Hands:

This retreat is an outcome of a *continuing fruitful collaboration between the Indian spiritual master Sankara Bhagavadpada and the Chilean spiritual master (life-coach) Ricardo Bravo in the last three years. ‘Tat Tvam Asi’ Meditations is the heart of the ‘Tat Tvam Asi’ India Yatra 2016.* This was envisioned by Ricardo Bravo and his wife, Natalia Isekzon way back in 2014 during Sankara’s visit to Latin America. Thus, the *samkalpa* of Ricardo and Natalia is now manifesting as the reality of this ‘Tat Tvam Asi’ India Yatra.

‘Tat Tvam Asi’ Meditations will have an International character, as the participating seekers will be drawn from Latin America, United States, other Eastern and Western nations and India. It is an especially marvelous opportunity for Spanish and Portuguese speaking Latin American seekers to participate in Sankara’s week - long ‘Tat Tvam Asi’ retreat, as the intuitive, faithful and ‘magical’ translations of Ricardo Bravo (Spanish) and Marcos Woortman (Portuguese), bring home these teachings in these two European languages.

In addition to ‘Tat Tvam Asi’ Meditations, which is the heart of the ‘Tat Tvam Asi’ India Yatra, Latin American seekers will also have the timely opportunity to imbibe the Hindu spiritual ethos of ancient India, especially, as exemplified by the life and teachings of two illustrious departed Indian spiritual luminaries:

- Sri Ramana Maharshi
- Sri Aurobindo and the Mother.

Though both masters and the Mother have long since shuffled off their mortal coils, the spiritual fragrance of their life and teachings have left their indelible impression on countless human hearts the world over.

The ‘Tat Tvam Asi’ India Yatra 2016:

- Week-long ‘Tat Tvam Asi’ Meditations (as an *Atmajnana Yajna**) by the master Sankara Bhagavadpada in English. This will be translated into Spanish and Portuguese for the benefit of seekers from Latin America.
- Yoga Sessions every morning offered by Subramanian M. Kumar, during the retreat to cleanse the five sheaths (*pancha koshas*), thereby facilitating the spiritual transformation envisioned in the retreat.
- Visit to Aurobindo Ashram & Auroville

- Two days *Yatra* to Tiruvannamalai, for *Atmadarshan* of Sri Ramana Maharshi.
- One day visit to renowned spiritual centres in Chennai

‘Tat Tvam Asi’ Meditations (15 - 21 Feb 2016):

By ‘Meditations’, what we have in mind is: ‘*Atma Jnana Yajna*’*. The week-long retreat will be of an intense nature, centered on *self-knowing* and *self-purification*, as a necessary preparation for Self-realization (*Atma Jnana**).

Underlying ‘Tat Tvam Asi’ Meditations is *the path of understanding* that Sankara is opening up for us. In truth it is actually, *Atma Jnana*. In other words, it is a spiritual path, centered on the ‘discovery’ of the *Atma (the Unmanifest Divine)*, and then going on to recognize our oneness with it.

For whom are the ‘Tat Tvam Asi’ Meditations? :

- ‘Tat Tvam Asi’ Meditations are firstly for *mumukshus*, i.e., those spiritual seekers who are actually seeking *moksha or liberation from all sorrow*.
- For all spiritual teachers, healers and *yogis*, for those fascinated by the spiritual ethos of Hindu India, and for those who are seeking to understand the Divine in their lives.
- For those searching for inner peace and contentment, those who are exploring in earnestness - they are the ones who may substantially benefit from ‘Tat Tvam Asi’.
- However, as the whole process of spiritual seeking is itself triggered only by misfortunes, all the people who have had misfortunes in their lives and who have at least intermittently, turned inwards, because of these blows of fate, they too will have a marvelous opportunity to build their spiritual life further, in accordance to their temperamental inclinations.

‘Tat Tvam Asi’ is absolutely open to people of all religions, all faiths, all nationalities, all languages.

The Seven Stages of the ‘Tat Tvam Asi’ Meditations:

The week-long retreat is structured as a progression of seven stages. Each day of the retreat will be devoted to covering the ground of one stage.

Stage I: Introduction, Framework, Scope & Bird’s Eye View

The next three stages are centered on the *self*, and devoted to *self*-Knowing

Stage II: Identifying, Observing & Understanding the *self*

Stage III: *self*-knowing & Taming the *self*

Stage IV: Calming & Silencing the *self*

The next three stages are centered on the Unmanifest Divine (Self), and devoted to Self-realization.

Stage V: The Awakening of Intelligence (*Sthitha Prajna’s State*).

Stage VI: ‘Discovery’ of the Unmanifest Divine (the Self).

Stage VII: *Vedic* attestation of the ‘Discovery’ of the Divine (the Self).

Salient Features of ‘Tat Tvam Asi’ Meditations:

Seekers will have the opportunity to question and understand, then and there as Sankara is teaching. The path of understanding is Sankara’s path, but instead of shepherding all the seekers to walk on that one path that he shows, he urges us to discover our own path and start walking on it. With his penetrative astrological knowledge, he will be able to tell us, which among so many varied paths, may be our natural path.

Sadhana (spiritual practice) as a means of further cultivating the spiritual life will be recommended for each participant, in tune with his/her spiritual inclinations. This will be deciphered by Sankara, by a careful examination of the *Jyotish* Chart of the seeker in question.

Another very unusual feature of these ‘Tat Tvam Asi’ Meditations is that Sankara will be keeping a watch on the Transits in their *Jyotish* Charts, to better understand their blessings as well as the obstacles they are facing, as the retreat progresses day after day.

Spanish and Portuguese Translations of the Teachings:

Simultaneously flowing Spanish and Portuguese translations will be provided by Ricardo Bravo and Marcos Woortman respectively, in perfect synchrony with the original teaching which will be in English. The Spanish and Portuguese translations will be ‘rolling out’ at the same pace as the original teaching. *This miraculous translation - feat is possible only because both Ricardo Bravo and Marcos Woortman are deeply in empathy with the special spiritual Sanskrit vocabulary that Sankara uses, and also thoroughly conversant with the concepts, metaphors, sutras, intricacies and the general tenor of Sankara’s path of understanding.*

Retreat Empowered by Two Meditations in Each Stage ‘A Garland of Meditations for Parabrahma’:

On each of the seven days of the retreat, there will be two meditations each of duration 30 to 40 minutes. Thus for the entire retreat, there will be a garland of 14 Meditations (lotuses), which each seeker will offer to the Divine, which in this path of ‘Tat Tvam Asi’ is the Unmanifest Divine, namely, *Parabrahma*. The corresponding Christian, Judaic, Islamic, names for this Highest Deity are respectively, Father in Heaven, *Yahweh* and *Allah*. The meditations on the first three days will be devoted to *self*-knowing, i.e., knowing our *self*, how it works, it’s mischief, its hypocrisy, it’s deceptions, fears, it’s aspirations, it’s *self*-seeking, etc. The meditations on the last four days will be devoted to ‘the discovery’ of the Unmanifest Divine.

The New Teaching Method in this Retreat:

Unlike the earlier two-day retreats (for seekers who have attended earlier sessions) where the entire teaching took the form of an ex-tempore delivery by Sankara, punctuated by Qs & As; in the present week-long retreat he has come up with an entirely new method of teaching, more challenging, more thought provoking and more aesthetic, and confluent with the unfolding of the teachings with every passing slide of the PPT (Power Point presentation).

The sessions will have the following new ingredients:

- A PPT will be unfolding on the screen, supported by a soothing and calming music in the back ground and in harmony with the topic (Classical Hindustani and Carnatic Ragas played on the North Indian Flute (*Bansuri*), *Sitar*, and *Veena*, to emotionally enliven the unfolding spiritual themes.)
- There will be an ongoing audio dialogue illustrating and illuminating the content in every slide of the PPT. It takes the form of a *samvada* (conversation) between the master Sankara and Premaji (as the questioning seeker).

- Apart from this, Sankara will directly inspire the seekers through an address for 40 mts in the forenoon and then again for 40 mts in the afternoon.
- Throughout the seven days, seekers will have the freedom to interrupt the progressive flow of the audio-dialogue and raise Qs. Sankara will answer these Qs, then and there.
- Most importantly, the silent presence of Sankara with all his energy gathered up, will now come to seekers as an invisible silence from within themselves, so that they can all sink deeper into the silence during meditation sessions, and even while the retreat is in flow.

Superior Benefits of this New Method of Teaching:

- The energy & intensity of Sankara is utilized for silently ‘covering and drawing’ seekers into deeper contemplative moods, thereby creating an opportunity for faster and greater learning.
- Secondly, as part of his new teaching method, he will be able to speak to us from the new position of inner silence, compassion and great responsibility - with a deep appreciation of all our troubles.
- Thirdly, the presence of Sankara in our midst during the whole day will provide more opportunities to intensify our learning, *by asking questions, then and there.*

Yoga Session, Conducted by Sri Subramanian M. Kumar:

The *yoga* teacher, Subramanian M. Kumar (living in the US) will offer a *yoga* session, for 1hr 15mts every morning, for preparing and purifying the physical, *pranic* and *manasic* bodies for the day long spiritual *sadhana*. This *yoga* session is an integral part of the ‘Tat Tvam Asi’ retreat. After the *yoga* session, participants will adjourn for a bath and then break-fast.

A Hindu *Homa* [Fire Ritual], Part of the ‘Tat Tvam Asi’ Retreat:

This will be performed by a traditional Hindu priest. Kannanji will give an introduction, so that all seekers may emotionally participate, understanding the inner meaning of the *Homa*. The ‘*self*’ sacrificing itself is called *Yajna* [Sacrifice]. For whom is the *self* doing this *self*-sacrifice? It is for the Unmanifest Divine [*Parabrahma*], and for world welfare [*Lokakalyana*].

Yatra Schedule & Venue of the ‘Tat Tvam Asi’ Retreat:

February 13th to 24th , 2016.

Commencement: February 13th arrival in Chennai.

Conclusion: February 24th in Chennai.

The venue for the retreat will be the idyllic Beach Resort, *Le Pondy*, in the spiritual city of Pondicherry, on the East Coast of India, some 155kms from Chennai city.

Tiruvannamalai: 22 & 23 Feb’16 ‘Akaash Inn’ in Tiruvannamalai.

Chennai: 24 Feb’16, at the Rain Tree Hotel in Chennai.

‘Tat Tvam Asi’ Team, ‘Vedic Flower’ Team, the Hosts and Organizers:

The ‘Tat Tvam Asi’ core-group under the leadership of Sankara, consists of Premaji, Devikaji, Kannanji, Kumarji Shreenivasji, Balaji and Gayatriji. They have all put this retreat together for the welfare of the world. There are many more supporters, and well-wishers of ‘Tat Tvam Asi’ but their names are not mentioned here, even though their contributions have been significant. The core-group worked hard for a full year to make this retreat and *yatra* a reality.

At the other end, under the leadership of Ricardo, many serious *mumukshus* (seekers of *moksha*) in several countries in Latin America have worked together for the fruition of this ‘Tat Tvam Asi’ India *Yatra* in February 2016. Special mention must be made of: (i) the silent contribution of Natalia Isekzon (Lakshmi Shambhavi) from Santiago; (ii) the consistent and tremendous support from Maristela (Sivatmika) and Marcos Woortman from Brasilia; (iii) consistent tremendous support from; Juan Pablo Diaz and Sylvia (Punta Del Este in Uruguay) and also Pauliana Fuentes (Chillian) and Anlaia Suarez (Punta del Este).

Our Event Managers DMC Leisure Private Limited:

Mr Shamnad and Mr Kumaran have worked hard with our team to organize this event. They need to be congratulated for their seriousness, commitment, spirit of service, alacrity and for their efficiency and quality control.

Registration, Payment of Retreat Tariff, All Other Information:

For registration, tariff information and other details, the following organizers of ‘Tat Tvam Asi’ and ‘Vedic Flower’ may be contacted via e-mails or on the mobile(cell) phones. The registration forms will be available on the ‘Tat Tvam Asi’ website: www.tat-tvam-asi.org

‘Tat Tvam Asi India Yatra 2016’ - Event Schedule - 13 Feb’16 - 24 Feb’16					
Arrival, Aurobindo Ashram & Auroville					
Date	Itinerary for the day			Stay at	
13 Feb	Arrival & Rest		Arrival of Guests and drive to the Venue at Pondicherry		Le Pondy
14 Feb	Auroville & Mother’s Ashram		Complete registration by 11: 00 am and leave for Mother’s ashram & Auroville		Le Pondy
‘Tat Tvam Asi’ Meditations (Ātma Jñāna Yajña) - 7 day Residential Retreat					
	Days	Milestones	6:00 - 7:15	9:00 am - 6:00 pm (9 hours)	
15 Feb	Day - I	Introduction & overview on the Ātma Jñāna Yajña	Yoga	Stage I: Introduction & ‘World-View’	Le Pondy
16 Feb	Day -II	Three stages are centered on the <i>self</i> , and devoted to <i>self</i> -Knowing.	Yoga	Stage II: Identifying, Observing & Understanding the <i>self</i> .	Le Pondy
17 Feb	Day -III		Yoga	Stage III: <i>self</i> -knowing & Taming the <i>self</i>	Le Pondy
18 Feb	Day -IV		Yoga	Stage IV: Calming & Silencing the <i>self</i> .	Le Pondy
19 Feb	Day - V	Three stages are centered on the Unmanifest Divine (Self), and devoted to Self-Realization.	Yoga	Stage V: The Awakening of Intelligence (<i>Sthitha Prajna’s State</i>).	Le Pondy
20 Feb	Day - VI		Yoga	Stage VI: ‘Discovery’ of the Unmanifest Divine (the Self).	Le Pondy
21 Feb	Day - VII		Yoga	Stage VII: <i>Vedic</i> attestation of the ‘Discovery’ of the Divine (the Self).	Le Pondy
Pilgrimage to Tiruvannamalai					
22 Feb	Pilgrimage to Tiruvannamalai by bus. 1. Meditation at Sri Ramana Maharshi’s Samadhi sthal & at the Mother’s Temple at the Ashram.			Akaash Inn	
23 Feb	2. To worship & have Darshan at the ancient Arunachaleswara Temple (Lord Shiva)			Akaash Inn	
Pilgrimage to Chennai					
24 Feb	Pilgrimage to Chennai includes visit to: 1. Theosophical Society - Adyar 2. The Master Sri J. Krishnamurti’s Center - Adyar 3. The Sri Ramakrishna Temple - Mylapore 4. Visit to Sankaraji & Premaji’s residence			Rain Tree Hotel	
End of South Indian Yatra - Yatra continues however for all the Mumukshus					
25 Feb	Delegates depart to their next destination - Check out before 12 noon from Rain tree				

In India and Asia:

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In Latin America, Spain and Italy:

Director of ‘Vedic Flower’: Ricardo Bravo, may be contacted for registration, schedule of the tariff payment for the retreat, flight bookings, and all other details.
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Other relevant ‘Tat Tvam Asi’ documents you can ask for:

- ★ ‘Tat Tvam Asi’ Meditations, Part I (full version)
- ★ ‘Tat Tvam Asi’ Meditations, Part I (abridged version)
- ★ ‘Tat Tvam Asi’ Meditations , Part II (full version)
- ★ ‘Tat Tvam Asi’ Meditations, Fruits and Blessings
- ★ ‘Tat Tvam Asi’ Meditations, Safety and Security Guidelines

Śankara Bhagavadpāda Clarifies the Origin of his Name:

“The name, Śankara Bhagavadpāda was bestowed on me by my master Śri Śri Bhagavan, as a spiritual blessing. This happened, as far back as in 1991- some two years after the commencement of his spiritual mission. My responsibility in his mission during those early years was enormous. This bestowed name actually happens to be that of the highly venerated historical figure of *Ādi Śaṅkarāchārya* [509 BC to 477 BC]. In my view, my master selected this name because, ever since his younger years, the illustrious, historical figure of *Ādi Śaṅkarāchārya* was very beloved to him. My master’s compassion for me was also very extraordinary, so he gave this name as a blessing.

“Now that I am in public life again as an independent teacher (since 2011), I felt morally obliged to make it known to those who have taken a serious interest in my ‘Tat Tvam Asi’ mission; that neither now, nor at any time in the past, have I ever staked any claim, overtly or covertly, to being connected to the illustrious historical figure of *Ādi Śaṅkarāchārya*, through past-life *samskaras*. To my mind, any such claim would be wholly repugnant and also morally indefensible. Importantly, I feel so deeply self-composed within myself that even a single flutter of thought in that obnoxious direction would not even occur to me. On the contrary, I am very deeply moved by the historical figure of *Ādi Śaṅkarāchārya*, in just the same devotional way in which I have always been moved by my many masters.

“The name change from Shanker Ramachandran to Śankara Bhagavadpāda was published in the Tamil Nadu Government Gazette, dated September 18th, 1991, that is, almost 24 years ago.”

-Śankara Bhagavadpāda, Chennai, India, on June 13th, 2015.
www.Hinduworldastrology.net, www.tat-tvam-asi.org

For more information see these websites :

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|| Aum Tat Sat ||