

Ātmajñāna - Āyurvedajñāna Yajña*

July 16th & 17th, 2011, Chennai, India

Yajna-Acharyas: Dr Sankara Bhagavadpada Ayurvedacharya Dr Sunil Joshi

Meeting Ground between the two Acharyas: In 1999, Dr Sankara Bhagavadpada underwent a 22-day Panchakarma treatment at the Vinayak Panchakarma Clinic of Dr Sunil Joshi in Nagpur, India- because of his ill-health due to acute allergic bronchitis. On the 15th day of this treatment, he 'suddenly crossed' a very momentous milestone in his spiritual life through an illuminating *Advaitic* insight. It then occurred to him that Panchakarma could also be for Self-Realization, meaning, *Ayurvedic Panchakarma* held a profound 'spiritual possibility' far beyond its primary goal of creating good health. He dialogued extensively with Dr Sunil Joshi & this unusual confluence of the *Atmajnana Yajna* & *Ayurvedajnana Yajna* took birth during those momentous Panchakarma weeks.

Dr S Bhagavadpada's Research, his Spiritual & Astrological Work: In his younger years, Dr S Bhagavadpada, was a researcher in Theoretical nuclear Physics [doctoral research from TIFR (1971-1979), Mumbai; & Alexander Von Humboldt Researcher in Germany (1980-1982)]. These were also meditative & introspective years, which resulted in *Atmaprasannata*. Thus, he had the inner calling to serve his philosopher-friend, who later became known as the Spiritual Master Sri Sri Bhagavan - as a *Karmayogi* & later as an *Acharya* in his mission- all of which he did for 16 long yrs

(1983-1999). During the following *Antarmukha* years [1999-2011], he devoted his undivided attention to *Jyotisha* [Vedic Astrology], *Atmavichara* & *Atmajnana*, through an inner calling once again, & after he had withdrawn from an active involvement in the mission work of his Spiritual Master. Some four years ago, Dr S Bhagavadpada was conferred the title of *Jyotish Ratan* by Professor V K Choudhry, the renowned Vedic Astrologer & Founder of the Systems Approach to Vedic Astrology, in recognition of his significant contributions to this discipline of learning.

The Tenor of the *Atmajnana Yajna*: In the *Atmajnana Yajna*, Dr Bhagavadpada shows the path of *Atmajnana*, which he points out to be the 'Yoga of Understanding' and not the 'Yoga of Knowledge'. *His aim is to awaken us to our true nature, the Atma, the Imperceptible Inner Self.* Many great Spiritual Masters have also deeply addressed this question, in every age. Dr Bhagavadpada approaches this time-honored problem of 'awakening & Self-Realization' in the spiritual life, in his inimitable, direct & systematic manner, using the Hindu scripture of the *Bhagavad Gita*, but now, in an original way as a '*Moksha Shastra*' & blending this with the teachings of all his Spiritual Masters, and also illustrating the same with astounding examples from his own life. Thereby, he has kindled a bold new line of enquiry [*Atmavichara*] in this *Atmajnana Yajna*.

In breaking this new ground, he has moved away from the approach of the *staunch religious traditionalist*, who, though happily walking on the path of devotion, is nevertheless also hemmed in, intimidated & constricted by the authority of lofty traditions; as much as he has also rejected

the much more dangerous approach of the *modern, faithless, skeptical, rational enquirer*, who, bereft of devotion & sensitivity to Atmic Reality, veers headlong towards religious heterodoxy, and ultimately even towards *Maya*. He has intelligently steered clear of both pitfalls, to which the orthodox and the heterodox seekers are respectively prone, and asks us to choose our own path for an auspicious spiritual fulfillment, taking full cognizance of our innate inclinations. This *Atmajnana Yajna* will be a real feast for those still enquiring, and in search of 'That Light' - which they themselves, already are.

'World-Wide Ayurvedic Panchakarma Mission' of the Ayurvedacharya Dr Sunil Joshi: *Panchakarma* is the field of specialization of the *Ayurvedacharyas*, Dr Sunil Joshi and Dr (Smt) Shalmali Joshi. Both of them have been very devotedly involved in pioneering *Panchakarma* work in Nagpur, India, as well as in several continents of the world, in the course of the last 25 yrs: In California, as Ayurvedic advisors on the Board of Dr Deepak Chopra's Wellness Clinic; in Albuquerque, New Mexico, where they have an established Ayurvedic practice; in Europe, as the directors of the Ayurvedic programme of Pandit Vamadeva Shastri's European Institute of Vedic Studies; as well as in London and in South Africa. Dr Sunil Joshi had also given a series of lectures to the medical fraternity of Wittenberg University of Spring Field, OH, and also at the Wright State Medical University, Ohio. *In 1993, Dr Joshi was a recipient of Maharshi Annasaheb Patwardhan Award, in the name of the famous Panchakarma Physician Vaidya Lavgankar Shastri for outstanding work in the field of Panchakarma and was the youngest recipient of this prestigious Award.*

The Tenor of the *Ayurvedajnana Yajna*: Through this *Ayurvedajnana Yajna*, the renowned *Ayurvedacharya* & Ayurvedic Physician, Dr Sunil Joshi gives an astonishing 'Ayurvedic world-view' [*'darsana'*], so enormously different from our modern perceptions of the body & health. As he explains brilliantly, taking arresting examples from his own life, the *Atma* [Inner Self as 'the unseen director'] & the *Manas* [our feeling nature, our consciousness], are central to an *Ayurvedic 'darsana'*. Then, he goes on to a systematic unveiling of the world of Ayurvedic healing, beginning with the *Sutras* of the founding fathers of *Ayurveda*: *Maharshi Charaka*, *Maharshi Sushruta*, *Bhagavan Atreya*, and *Acharya Vagbhatta*, etc.

He stupefies our modern intellects, with the *Charaka Sutra*, on the Ayurvedic definition of *Ayu* (complete health): '*Ayu* is the result of a harmonious unison between the four components of: the *Atma*, the *Manas*, the *Indriyas* [senses], and the *Sharira* [body]'. Then follows his exposition on the *Trigunas*, *Tridoshas*, *Dhatus*, & *Malas*. Finally, he goes on to introduce us to the many profound healing aspects of *Ayurvedic Panchakarma*, which is an Ayurvedic process of detoxification, cleansing and rejuvenation. People, who are open to the world of Ayurvedic healing, will take delight in this thought-provoking *Ayurvedic darsana* of the *Ayurvedacharya*, and especially, in *Panchakarma*, which is one of Ayurveda's priceless jewels.

This set of 3 DVDs, is a carefully edited abridgement of the original set of 13 DVDs. The running sub-titles make it so easy for us to follow closely, all the changing themes.

**'Yajna'* means self-abnegation, used here, in the sense of the 'self' being used as a 'sacrificial oblation' into the fires of *Atmavichara*, *Atmajnana* & *Ayurvedajnana*.