

Śankara Bhagavadpāda's
|| 'Tat Tvam Asi' Meditations ||

(A 'Homeward bound' Meditative Journey into *self*-Knowing and Self-Realization)

Dates: Oct 3rd and 4th, 2015 (Sat 9:00 am to 6:00 pm & Sun 10:00 am to 7:00 pm), Tampa, FL, USA

Part II : Content and Scope of 'Tat Tvam Asi' Meditations



“Meditation, certainly surpasses intelligent perception. The earth seems to be meditating. The space between earth and heaven seems to be meditating. Heaven itself seems to be meditating. Water too seems to be meditating. The mountains seem to be meditating. Devas and humans also seem to be meditating. Those who are truly great are so, only because of their meditations. So, worship Meditation as the ultimate Brahman”

- Chandogya Upanishad [Ch.7, Sec.6.1, Sanatkumara's teaching to Narada]

|| 'Tat Tvam Asi' ||

(An Indian Charitable Trust for Dharma & Moksha)



|| Jyotiṣāmayanam Cakṣuḥ ||
(Vedic Astrology is the Eye of Wisdom)

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(A 'Homeward bound' Meditative Journey into *self*-Knowing and Self-Realization)

Dates: Oct 3rd and 4th, 2015 (Sat 9:00 am to 6:00 pm & Sun 10:00 am to 7:00 pm)

Venue: Marshall Student Centre

4202, East Fowler Avenue, MSC 2708*

Tampa, Florida 33620

Programme Organized and Hosted by : Sri Subramanian M. Kumar

Part II :

Content and Scope of 'Tat Tvam Asi' Meditations

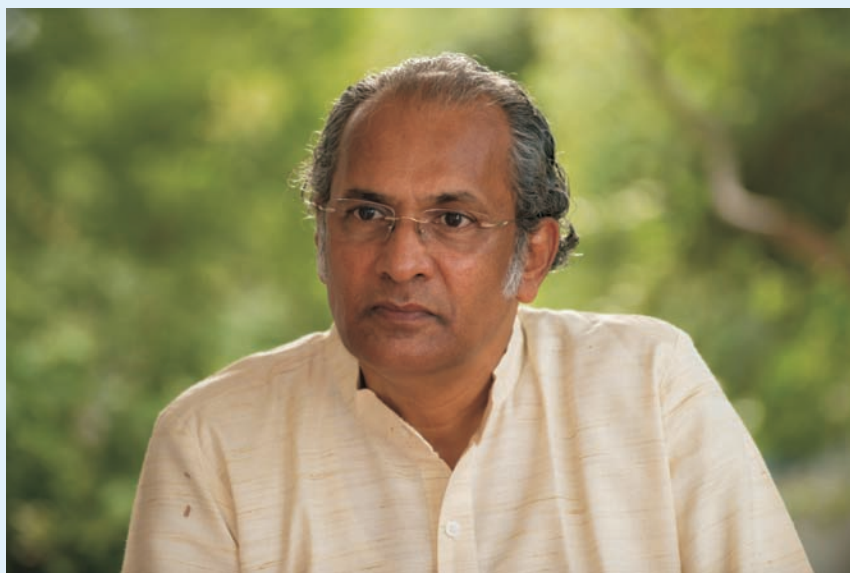
* 2708 is the Class Room No., in Marshall Student Centre.

Parking is in front of MSC, in any spot that is not marked "Reserved".



The Tenor of the Retreat and the Sources:

The teaching is fundamentally from Sankara Bhagavadpada's (hereafter, Sankara for short) own realizations. The retreat content, which is an expanded version of the teaching, is sourced in what he imbibed from the teachings of the Master, J. Krishnamurti, from the Bhagavad Gita, from several Upanishads, and Advaitic scriptural classics. He uses the metaphors of Hindu mythic pictures to convey the *sutras*, pertinent to *moksha*. His has been *the path of understanding (Jnana Yoga)*, further empowered by *Bhakti Yoga* but he does not insist that all of us must walk on the same path. *Instead, he asks us to choose our own path, and build it in a systematic way. According to him, for million seekers there are million paths.*

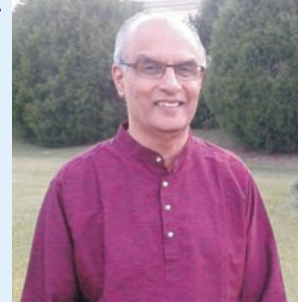


His 'master key' is the calming and silencing of the *self*. 'Master Key', because, without this key in hand, it is impossible to fathom the Divine-Who the Divine is? Where the Divine is? And what is our relationship with the Divine?

He repeatedly emphasizes that each one of us in this retreat is the most important focal point for the entire retreat. He asks us not to focus attention on him, instead we are asked to focus our total attention on the goings on in our own consciousness, for this is how the process of self-knowing can be set-a-going.

Yogasanas on Both Days Taught by Sri Subramanian M. Kumar:

All participants will have the special advantage of learning and practising some *asanas* and some *pranayamas* for some 30 mts on both days, prior to the commencement of Sankara's teaching. Sri Subramanian M. Kumar will offer these *yogasanas*, with the specific intention of purifying the three sheaths (the physical, the *pranic*, the *manasic*) of all the participants.



Questions and Answers During the Retreat:

Though Sankara teaches *the path of understanding*, he insists that each one of us cut our own path, in tune with our innate temperament. To help us achieve this, he invites questions from seekers as the retreat continuously unfolds. He encourages us to enquire and learn, and this is a rather unique feature of his 'Tat Tvam Asi' Meditations.

Knowing, Calming and Silencing of the self:

In 'Tat-Tvam-Asi' Meditations, Sankara offers *the highly systematic path of understanding*, which consists of *self-knowing* (in the sense meant by the Master J. Krishnamurti), and leading up to *the calming and silencing of the self*. *It entails, inward dying which will be possible through detachment, and turning away from our customary life of sensory gratification, and self-gratification.*

The Awakening of Intelligence:

An important milestone in this meditative journey is the *awakening of Intelligence*, which in the language of the Bhagavad Gita is the *Sthitha Prajna's State* - one in which the *awakened Intelligence does not any more flicker, but acquires stability and durability*.

Of what use is such awakened Intelligence? It is another name for an awakened heart, and without it man is dead to our mysterious world, which is also the world of the Divine. It is the awakened intelligence which has the innate capacity to resolve any problem in life, without making it an ego battle between the self and the 'other'. Importantly, it is the awakened Intelligence alone which can pursue the Divine and ascertain for itself, Who the Divine is? And What lies beyond the self? And how does the self, differ from Self, the Divine, the Atman?

With the ending of sorrow, and the awakening of Intelligence, man enters the realm of the Divine-but this he has to discover, and not believe as he formerly did, because of his fear and desire. For those who take Sankara seriously, it will be the beginning of a new life of authenticity, one in which fear and 'self' have no place. Life then becomes a mysterious journey into unknown depths.

For Whom are these Meditations?

For spiritual seekers (irrespective of the tradition and faith to which they may belong), healers, *yogis*, those grappling with misfortunes of every kind, young men and women on the threshold of adult life, those smitten by sorrow and loneliness, those who have crossed 60 or 65 and still feel unfulfilled, those who are devoted to the Divine, for all of them; Sankara's Hindu medicine of 'Tat Tvam Asi' will have an incomparable efficacy and potency - *for 'Tat Tvam Asi' is going back to our Divine Heritage, not through belief, nor even through faith, but through the right royal authentic road of understanding and original discovery.*

Discovery of the Divine Nature:

This is an individual affair, and the timing of this in the Hindu view of life is usually after 60 or 65 years-as by this time, the pull of the senses (human nature) would have largely subsided. Only after *self*-knowing, and after the *self* has fallen silent, begins the meditative journey that is 'Homeward bound'. The destination is 'Tat Tvam Asi'. All participants will be initiated into this quest.



The two 'Tat Tvam Asi' Birds of the Mundaka Upanishad :
The Witnessing Bird signifies our Divine Nature, the eating bird signifies our human nature

Part I: The Larger Picture

This has been prepared as a separate document.
Ideally, it must be read, before one comes to Part II.

All Other Details Regarding the Retreat:

Venue:

Marshall Student Centre, 4202, East Fowler Avenue, MSC 2708
Tampa, Florida 33620

Organizer's Address:

Sri Subramanian M. Kumar,
1135, Anolas Way, Lutz, FL 33548. Cell # : (813) 679 4237

For more information / bookings / consultations:

Sri Subramanian M. Kumar's Email: smkumar3591@gmail.com

Vedic Astrology and/or Private Consultations with Sankara Bhagavadpada:

Sri Subramanian M. Kumar, the Organizer must be contacted,
as he gives these appointments.

Sankara Bhagavadpada's Websites:

www.tat-tvam-asi.org, www.hinduworldastrology.net

Completion of Registration Forms:

Participants are requested to fill in the registration forms, sign them and e-mail them to the organizer well in advance. These registration forms can be downloaded from the website: www.tat-tvam-asi.org

Fee for Participation:

\$300/- per participant (\$500/- for a couple; \$150/-, for a student).

Mode of Payment:

Please send your cheques in favor of 'Subramanian Kumar' to the above address.

Lunch & Beverages:

Apart from Lunch, a refreshing beverage with some cookies will be provided in the fore-noon and also in the after-noon on both the days.

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

