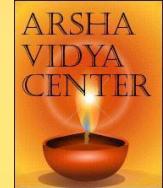


Arsha Vidya Center Bay Area presents discourses by

Swami Muktatmananda Saraswati



Ātma-Niṣṭhā:

Steady Abidance in Self Knowledge



Consciousness, our true 'I', threads through every experience like the string of a necklace. Even after scriptural study, bodily identification often persists, making regular contemplation essential to assimilate the truth. This two-day retreat focuses on correcting this orientation through meditation and the teachings of Drig-Drishya-Viveka, Mandukya Upanishad, and other sacred verses to help you realize the joyful fact: "I am Brahman."

Swami Muktatmananda is a disciple of Pujya Swami Dayananda and Swami Veditatmananda, Swamiji leads retreats and regular classes on the Gita, Upanishads, and Brahmasutras at Tattvathirth Ashram, Ahmedabad. In addition to participating in this year's Vedanta programs at AVG, Swamiji is also teaching ongoing weekend classes on Bhagavad Gita and engaging in community outreach. Swamiji wears his depth of scholarship with great lightness, delivering the teachings with clarity and ease.

Friday, April 24th (Topic: Sakshi Bhava)

Session 1: 10:00am - 12:00pm

Saturday, April 25th (Topic: Ātma-Niṣṭhā)

Session 1: 9:00am - 10:15am

Session 2: 10:30am - 11:45am

Lunch (included): 11:45am - 1:00pm

Sunday, April 26th (Topic: Ātma-Niṣṭhā)

Session 1: 9:00am - 10:15am

Session 2: 10:30am - 11:45am

Lunch (included): 11:45am - 1:00pm

Venue: 691 S Milpitas Blvd, (Main Hall)
Milpitas, CA 95035

Registration required at <https://arshavidyacenter.org>

Talks are in English. The Event is Free of Charge. Come meet Swamiji.

Contact: Latha@arshavidyacenter.org

Recordings via website links

