

**Arsha Vidya Gurukulam, Saylorsburg**  
**Presents an Online Vedanta Retreat, August 17-27, 2020**  
**with Sri Swamini Svratmavidyanandaji**

**A DIALOGUE FROM THE BRHADĀRAṆYAKA-UPANIṢAD  
WITH SELECTED VERSES FROM SRI SURESVARACHARYA'S VĀRTIKA**

**Daily 8-9 am and 8-9 pm Eastern US Time**

The Yajnavalkya-Maitreyi dialogue is a shining jewel in the crown of self-knowledge. As Sage Yajnavalkya prepares to leave for the forest to pursue a life of renunciation, he has to reckon with his wife, Maitreyi, who requests instruction in self knowledge, and in whom he finds a fitting candidate for brahmavidyā. The dialogue that follows is an instructive teacher-student interchange that is timelessly pertinent for all seekers. Acharya Suresvara has written a delightful commentary in verse for this Upanishad, which we will selectively study to illumine our understanding, so that the knowledge gained is free of all doubts, vagueness, or errors.

**To access the Upanishad text, click [HERE](#). To download the vārtika, click [HERE](#)**

**DOṢAPARIHĀRĀṢṬAKAM BY ACHARYA SRIDHARA 'AYYAVAL'**

**Daily 4:00-5:15 pm Eastern US Time**

The doṣa-parihāra-aṣṭakam is a 300 year old Sanskrit composition of the scholar-saint of Tanjavur, Sri Sridhara Venkateshacharya 'Ayyaval'. The word "doṣa" means defect, and "parihāra" means removal. In this aṣṭaka, octet, presented creatively as a conversation with Lord Shiva, Ayyaval invokes the Lord's grace to rid himself of the habit of constantly complaining about situations and finding faults in others. He concludes that this tendency poses a big hindrance to *sarvātmabhāva*, the blessing of the vision of oneness. As long as one is finding fault in others and trying to "fix" them, one can never fully assimilate the truth of the oneself as *Īśvara*, as limitlessly whole and free. This text is a hidden gem in the treasure-chest of Vedanta, whose luminescence is a guiding light for all earnest seekers.

**To download the text, please click [HERE](#)**

**TO JOIN THE ONLINE  
CLASSES, CLICK [HERE](#)**

**OR GO TO [zoom.us](#) AND  
USE MEETING ID: 835 9574 1746  
PASSCODE 963196**

**All Are Welcome to Attend**

**Tips to Reduce Distractions  
During Online Śravaṇam:**

- 1. Please plan to attend all sessions. You can catch up on missed sessions at the [Arsha Vidya Youtube Channel](#).**
- 2. Please log in a few minutes before the class starts.**
- 3. Please refrain from browsing the web, multitasking, checking email or social media, while listening to the talks.**
- 4. Please wait until the end of each talk to ask questions.**
- 5. Please download the class texts in advance by clicking on the relevant links.**

**–OM TAT SAT–**