



Insights from *Śrī Rudram*

A retreat to unfold the meaning of its *mantras*

Sat, June 18 - Sat June 25, Arsha Vidya Gurukulam, Saylorsburg

Śrī Rudram, also known as *Śatarudrīyam* or *Rudropaniṣad*, is one of the most revered *mantras*, found in most *Vedas*, for instance, in all 100 branches of *Yajurveda*. No wonder, then, that it is invariably chanted on all *Vedic* religious occasions.

Yet, despite its universality, its meaning is not generally taught, and much less understood. Some of us were fortunate to learn about its meaning directly from *pūjya* Swami Dayanandaji. Later, this teaching was brought out as a book. I have been fascinated by it. I chant it often, of course, but more than that I aspired to apply its insights in my own life. My understanding of *Śrī Rudram* was augmented by an excellent commentary on it, in Hindi, by Swami Maheshanandaji, the founder of *Śaṅkara Maṭha* in Mt Abu. His public talks on *Śrī Rudram*, in New Delhi in 1975, were also later transcribed into a textbook. I also taught it at the Arsha Vidya Center in 2008.

Recently, when Swami Veditatmanandaji gave me the honor of holding a retreat at Saylorsburg, I decided to base the teaching on unfolding the meaning of the sacred *mantras* from *Śrī Rudram*. I feel if it helped me in gaining clarity and attaining peace, it would equally apply to those who take the initiative to attend this retreat. I invite householders like me to join the retreat. The immersive dose of daily chanting followed by its meaning will be a good recipe for accelerating our journey toward a peaceful life.