

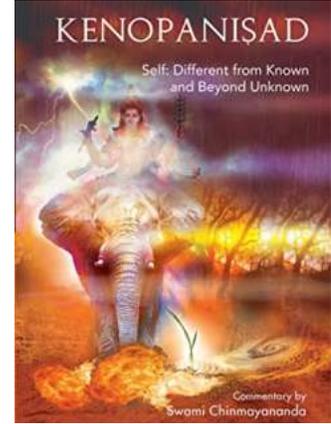
# Vedanta Class Schedule

*Fall 2022*

## Kēnōpaniṣad & Guided Meditation

Saturdays, 6:30 - 8:00 am, all ages, CMSJ

Kēnōpaniṣad guides a seeker to know oneself as that Truth which is different from the known and is beyond the unknown. This Upanishad outlines key meditation pointers; pitfalls and possible misunderstanding of Self-knowledge; and concludes with an in depth enquiry into the nature of Bhagawan. The session will start with a 30 minute guided meditation, followed by the discourse. We will be referring to the commentary of Bhagawan Adi ShankaracharyaJi.

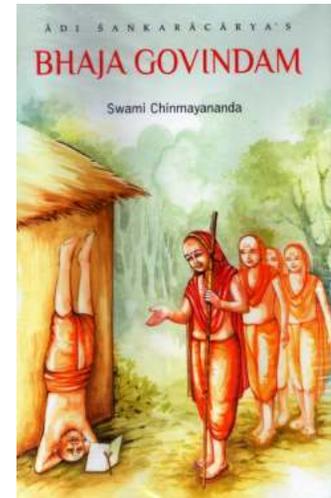


## Bhaja Govindam

Saturdays, 2 - 3 pm, all ages, Fremont

Sundays, 10:30 - 11:30 am, all ages, Lincoln High

Bhaja Govindam is one of Adi Sankaracharya's most beautiful works, composed in clear and effective language and addressed to simple folk struggling with the demands of life but also giving rich food for thought. The fundamentals of Vedanta are indicated in 31 simple but powerful verses. Adi Sankara ruthlessly dissects the shell of thoughtlessness veiling the glory of man. He points to the limitations of the state of one who is spiritually ignorant and shows the path to redemption.

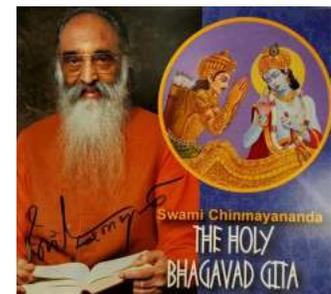


## Bhagavad Gītā

Chapter 3, Thursdays, 7:30 - 8:30 pm, only for CHYKs and CSK (age 18-40), Online

Chapter 4, Sundays, 9 - 10 am, all ages, Lincoln High

Bhagavad Gītā is the eternally divine song sung by Bhagawan Krishna. It reveals the essence of the Upanishads along with guidance on how to live an inspired life.



## Hanuman Chalisa

Saturdays, 5-6 pm - noon, all ages, San Ramon

This is a popular text which extols the greatness of Sri HanumanJi and is chanted every day by several devotees. In this session we will reflect on the qualities of HanumanJi and also their application to our daily lives. Knowing the meaning of Hanuman Chalisa makes the chanting even more meaningful.



## Śrī Rāmacaritamānasa

Wednesdays, 8:00 - 9:00 pm, for all ages, CMSJ

Śrī Rāmacaritamānasa is a devotional text that turns an inquisitive seeker into a devotee of Bhagawan. Goswami TulsidasJi also weaves in words of wisdom to help us live a happy life.



## Vēdānta-Sāra

Tuesdays & Thursdays, 6:30 - 7:30 am, for all ages, CMSJ

Vēdānta-Sāra literally means the essence of Vedanta, composed by Acharya SadanandaJi. This is a preliminary text where the student is taken through precise definitions of Vedantic terminologies, with an aim of bringing precision in the knowledge of the Self. The steps to self-realization are also systematically laid for the student to start walking on the path of bliss.

## Sanskritam Class

Tuesdays, 8:00 - 9:00 pm, for all ages, attending at least one of the weekly classes, online

This is an intermediate level class focused on getting familiar with Sanskritam in Vedantic texts. The goal is to be able to read shlokas, put them in prose order and understand their basic meaning. Attendees should be able to read and write in Devanagari. We will broadly cover varnamala (vowels/consonants), Maheshwara Sutrani, Pratyahara, Vibhaktis (declensions) and Sandhi. The class will be interactive and we will also get to learn new vocabulary in a fun way.