

With the Divine guidance of
Jagadguru Parama Pujya
Sri Ganapati Sachchidananda Swamiji



Avadhoota Datta Peetham

Organises

GNAA. NAA. BHA. YOGA SAMMELANAM

A conference to disseminate knowledge
about Philosophy, Music, Devotion and
Yoga

- ज्ञानादेवहि कैवल्यम्
- नादानु सन्धान नमोस्तु
- भक्तिरेव गरीयसी
- योगः चित्तवृत्ति निरोधः

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Jaya Guru Datta



Concept and Vision of Gnaaa. Naa. Bha. Yoga Sammelanam

1. Introduction:

Parama Pujya Sri Ganapati Sachchidananda Swamiji, a great Mahaatma and Pontiff of Avadhoota Datta Peetham, Mysore is widely known as a luminary in spiritual sphere and charity domain. Many of His programmes are successfully launched and effectively functioning to provide succour and solace to innumerable people all over the globe. Gnaa. Naa. Bha. Yoga conference is the latest programme of Sri Swamiji, to be conducted under the auspices of Avadhoota Datta Peetham.

2. What is new?

Any substance, hitherto unknown to the human mind is construed as new. In fact, Indian tradition guided by its philosophy emphasizes that there can be nothing new, as every thing is the representation of Omni present Almighty.

However, exposure to unknown facets of Knowledge and wisdom refreshes the mind and inspires guidance to self. Hence, Sri Swamiji intends to bring these realms of insurmountable heights of knowledge, closer to populace thru this program, as a mirror represents the reflection of the great peaks of mountains.

3. What is it?

Gnana is wisdom; **Aabha** is effulgence; **Yoga** is alignment. Gnaanaabha Yoga is the ALIGNMENT with the EFFULGENCE of WISDOM. This is effectively portrayed in the nomenclature. Thus the purport of this program is to align the Self in each person (Jeevaatma) with the self illuminating radiance of Paramaatma.

4. What is in the Emblem and what does it signify?

The emblem conveys the purpose and goal of the conference. The Emblem consists of the following:



- (1) The Circle in the centre - Represents Poornatva (fullness) of Gnana (Wisdom)
- (2) ॐ (Symbol) Om (in the centre) -The Embodiment of Para Brahman, the source of all Knowledge and wisdom. (As explained in Upanishad)
- (3) **Four Facets** - Gnana, Naada, Bhajana, & Yoga In fact the name is also an acronym for Gna - Gnana, Naa-Naada, Bha - Bhakti and Yoga)
- (4) **Four directions** represent the spread of wisdom to all the four directions around globe.
- (5) **External Ring** symbolises the sphere of Maaya, which veils aspects of eternal wisdom.
- (6) **Four Slogans in the external circle;** characterize the four features of wisdom to be discovered, to reach the Para Brahman.

a) ज्ञानादेवहि कैवल्यम्

(Gnaanaadevahi Kaivalyam - Eternal solitude (salvation) is possible thru Wisdom only.) There may be many other pantheons, which offer direction towards the God, but all of them lead to Gnaana as this is the only avenue for emancipation (Moksha).

b) नादानु सन्धान नमोस्तु

(NaadaAnu Sandhaana Namostu)

Naada is the primordial sound, often represented by music. By understanding the purpose and practice of music, a practican can reach the source. Alternatively, through yogic practices such as *Praanaayaama*, One can discover the innate sound of eternity. This discovery is called Nadaanusandhaana. Let us salute!

c) भक्तिरेव गरीयसी (Bhaktireva Gareeyasee)

Devotion towards the Almighty is the easiest and best path to achieve the above mentioned. This is the time tested path traversed by legendary personalities to achieve the ultimate goal. Hence, Bhakti Maarga (Pantheon of devotion) inspires us to follow the simple principle of development of selfless love towards the God.

d) योगः चित्तवृत्ति निरोधः

(*Yogah Chitta Vrutti Nirodhah* - Tranquil mind is the purpose of Yoga)

Control of mind is the key to all the success in life. How can that be Practice of the above methods, should not be misunderstood as a preaching to shun domestic responsibilities. Yoga is nothing but to harmoniously blend the philosophy with daily chores. Discovery of Yoga in the deeds - is the essence of Kriya Yoga, propagated by Sri Swamiji. Performance of acts and deeds without an expectation to enjoy the fruits is the basic philosophy of Bhagavad Geeta. Mastery of this methodology is Yoga.

(7) **Two Lights** symbolise the Guru Tattwa, which is necessary to kindle and sustain the quest for wisdom in mortals. First flame is the eternal preceptor, Aadiguru Lord Dattatreya Swamy and Second Flame is Sadguru Sri Ganapati Sachchidananda Swamiji, contemporary representative of the Guru Tattwa.

(8) The **Pedestal with the inscription of Avadhoota Datta Peetham** connotes that the program is based on the platform of this illustrious institution.

5. What is the format?

- Distinguished speakers broach on a single subject every day for four days
- Practice Sessions (Such as meditation, music, Praanaayaama)
- Panel Discussions
- Question and Answers (Inter Active Sessions)
- Publication of the Annual Journals
- Compilation of articles on these subjects
- Exhibition of various aspects of theme, by photos, power point presentation etc.

6. What are the topics??

The following scriptures, commentaries and related texts would form the nuclei of the conference.

A) Gnaana :

- 108 Upanishat Texts (Vedaanta)
- Brahma Sutras of Sage Veda Vyasa
- Bhagavad Geeta
- Bhagavata Mahaa Puraanam
- Eminent Texts of philosophy
 - Viveka Chudamani (Aadi Sankara Acharya)
 - Vairaagya Satakam (Bhartruhari)
 - Vedanta Panchadasi (Vidyaranya)
 - Sarva Darshana Sangraha (Vidyaranya)
 - Upadesha Saahasri
 - Adhyaatma Patalam (Aapastamba)
 - Aspects of Philosophy in Dharma Sutras & Puraanas

B) Naada:

- Sangeeta Ratnakara
- Musicology Archives
- Music Therapy Research Archives
- Aspects of Music in Puraana/ Vedic Texts
- Demonstration of Music Patterns

C) Bhakti:

- Naarada Bhakti Sutra
- Bhaagavata Bhakta Vijayam
- Siva Bhakta Vijayam
- Devi Bhaagavatam
- Puranas
- Paanduranga Bhakta Vijayam
- Traditions such as Hari Katha etc.

D) Yoga:

- Kriya Yoga as propagated by Sri Swamiji
- Patanjali Yoga Sutras
- Hatha Yoga Pradeepika by Swaatmaaraama Yatindra
- Raja Yoga based on Yoga Taaraavali by Aadi Sankaraacharya
- Yoga Aasana (Practice of Yogic Postures)
- Surya Namaskaara
- Allied texts such as Gheranda Sutra, Yoga Sikhopanihat etc.

7. Who can organise?

Any group or Gnana Bodha Sabha can host the event, if:

- Interested in the concept,
- Has firm belief in the merits of the program
- Enthusiastic to ensure its success
- Willing to follow the guidelines of Avadhoota Datta Peetham.

One shall write to Avadhoota Datta Peetham, at least 3 months in advance. The host will be responsible for invitation, travel, accommodation and food for the speakers and delegates, arrangement of hall with audio and video system and adequate publicity.

Peetham representatives will manage the event with the cooperation of the Host.

9. What is the frequency?

- An annual convention will be conducted by Datta Peetham in Mysore.
- Gnana Bodha Sabhas and other groups can periodically organise the programme at their places as per mutual convenience.

10. When is the launch?

The program is launched during Dattatreya Jayanti Celebration (December 2008) on the occasion of Third Decennial anniversary of Sri Dattatreya Temple Consecration (which formalised the institution of Avadhoota Datta Peetham). In Sanskrit - Thirty is called as Tri Dasha (Three Tens). Three is Trinity. Dasha is the State. It connotes the state of Trinity, that is Dattatreya.

Tri Dasha is also a synonym for Deity. In order to deify the path to the supreme goal of divinity, Sri Swamiji has decided to launch the program on the 30th Anniversary of Dattatreya Temple.

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