



ISHWAR ASHRAM TRUST

(FOUNDED BY SHAIVACHARYA ISHWARSWAROOP SWAMI LAKSHMANJOO MAHARAJ)

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Kashmir Shaiva Institute

(Ishwar Ashram Trust- 108, NAL Layout 4th T Block, Jayanagar ,Bangalore 560041)

Shiva Sutras - The Supreme Awakening and its Commentarial Tradition (First Awakening)

(27th July to 29th July 2018)

Course information and necessary details

The aim of the course is to instruct students of all ages to be educated in Kashmir Shaivism, its philosophy, ethics and meditation. Various aspects of Kashmir Shaivism shall be taught by senior scholars in the Ashram as well as by visiting Professors.

The course is open to all people above the age of 20 yrs. Applicants should be able to understand Hindi and be of good health. Knowledge of Sanskrit is desirable but not compulsory.

Over the three day duration of the course, the students will have a comprehensive course of study including classes in the History of Kashmir Shaivism, its philosophy, and other related issues. The focus of the workshop shall be on the text of Shiv Sutras.

Applications are hereby invited from individuals, nominees of university students , Institution nominees for undergoing the residential Course in Kashmir Shaivism of three days duration..This Course will be held in the Ashram premises at the Bangalore Kendra of the Ishwar Ashram Trust.

Course Details

1. The course is open to all. The classes are for admitted applicants who have been duly registered as students for the course. However only limited seats (approximately 15) are available.

2. Age Group: Above 20 yrs

3. Qualifications:

(a) Preferably Graduate with keen spiritual aspiration and interest in the practice of Kashmir Shaivism.

(b) Should have sound health.

(c) Must be able to understand and converse in Hindi.Knowledge of Sanskrit is desirable but not compulsory.

(d) The medium of instruction shall be Hindi

4. Duration of the Course:-Three days

5. Syllabus Details : Please see the “Course Syllabus”for detailed syllabus for the course.

6. Registration for course: Please see the “Application Form” for all details of the registration process. Registration Form and all supporting documents, complete in all aspects should reach the Ashram office by **30th June 2018**.

Scope and syllabus of the Course:

(a) An outline study of History of Kashmir Shaivism including tracing of the lineage from Svacchandana to His Holiness Swami Lakshmanjoo Maharaj.

(b) Audio study of Revelations of Text: Shiv Sutras by Shaivacharya Swami Lakshmanjoo Maharaj

(c) Distinguished faculty of Kashmir Shaivism shall take classes on the above text throughout the three days

(d) Group discussions, Questions and Answers and final day paper presentation with evaluation will form part of the Course.

(e) Reading: Suitable time in the evening shall be kept for study in the ashram library.

6. Fees: As stated in the registration form.

7. Food: Pure vegetarian food will be provided (three meals a day). No outside food is allowed in the ashram premises. Smoking, drinking and use of intoxicants are strictly prohibited.

8. Application form duly filled in should reach the undersigned by **30th June 2018**. Written confirmation shall be sent to selected candidates. The selected candidates should report to the ashram complex at Bangalore on the evening of 26th July 2018

9. The aim of the course is to emphasise the practical nature of Kashmir Shaivism, a philosophy that can be practiced by all humanity irrespective of caste, creed and color.

Components of course

The three day course shall have the following components

1. Audio/Video lectures by His Holiness Shaivacharya Swami Lakshmanjoo Maharaj
2. Lectures by learned scholars of Kashmir Shaivism
3. Group Discussions

Text to be studied

The texts that shall be studied in the course will be:

- a) Shiva Sutras, The Supreme Awakening – By Swami Lakshmanjoo: This shall be the main text for the course.
- b) Shivasutra-vimarsini and Shivasutravartika
- c) Self Realization in Kashmir Shaivism – By Swami Lakshmanjoo, chapters 2 and 4 ‘Practice and Discipline’.
- d) Kashmir Shaivism, The Secret Supreme –By Swami Lakshmanjoo

Daily schedule

Typical Schedule for all days

Time	Activity	Venue
5.30 AM	Getting up/Freshening up	
6.00 AM to 7.00 AM	Meditation	Prayer Hall, 2 ND Floor
7.00 AM to 7.30 AM	Yogic Exercises and Asanas	2 ND Floor
7.30 AM- 8.30 AM	Free time (Personal chores,Laundry etc)	
8.30 AM- 9 .00 AM	Breakfast	Ground Floor
9 .00 AM – 10.00 AM	Recorded Lecture – His Holiness Swami LakshmanjooMaharaj	Prayer Hall , 2 nd Floor
10.15 AM to 12.45PM	Lectures	Prayer Hall , 2 nd Floor
1.00 PM – 1.45 PM	Lunch	Ground Floor
2.00 PM – 4.45 PM	Lectures	Prayer Hall , 2 nd Floor
4.45 PM – 5.15 PM	Tea	Ground Floor
5.15 PM – 6.00 PM	Group Discussion/Bhajan/Satsang/	Prayer Hall , 2 nd Floor
6.00 PM – 7.15 PM	Library time	Prayer Hall , 2 nd Floor
7.15 PM – 7.45 PM	Evening Pooja and Aarti	Prayer Hall , 2 nd Floor
7.45 PM – 8.30 PM	Dinner	Ground Floor
8.30 PM- 9.00 PM	Free time	
9.00 PM	Retire to bed	Respective Rooms in Ashram first floor/Guest House

Course Evaluation

All the candidates shall be doing a presentation at the end of the course and shall be evaluated by the same. In addition, the candidate shall fill in the self- assessment forms as well. The books designated as the core texts shall constitute the syllabus for the written text. The candidates shall be presented with a certificate at the conclusion of the course.

General Information

Ashram Location

The course shall be conducted at the Ishwar Ashram Trust complex located at Ishwar Ashram Trust , Kashmir Bhawan 108, NAL Layout 4th T Block, Jayanagar, Bangalore 560041.

Food

Simple vegetarian meals shall be served during the period of the course. Strict adherence to the timing of the meals is expected. No meals shall be served beyond or before the designated hours. No outside food is allowed to be brought in the ashram premises. Daily utility items are readily available outside the Ashram.

Accommodation

Sharing accommodation shall be provided to the selected candidates (2 students would be accommodated in one room). Beds, bedding and basic furniture shall be provided by the ashram. However the candidates are expected to keep their rooms clean and tidy at all times.

Personal belongings

Candidates are advised to take care of personal belongings at all times during their stay at ashram. The ashram would not be responsible for misplacement or theft of articles during the stay of the candidates.

Important Note:-

(i) The selected student alone is expected to come. He is not permitted to bring along any other family member or relative with him.

(ii) The syllabus is subject to slight alterations without previous notice, in case such a need arises.

All communication to be addressed to:

The Course Director,

Kashmir Shaiva Institute,

Kashmir Bhawan 108, NAL Layout 4th T Block, Jayanagar Bangalore 560041.

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