



SaptaSvara

The Path of Karma Yogi



Each one of us is on a quest to gain a deeper meaning to our existence. This program is designed to assist you in discovering your highest potential.

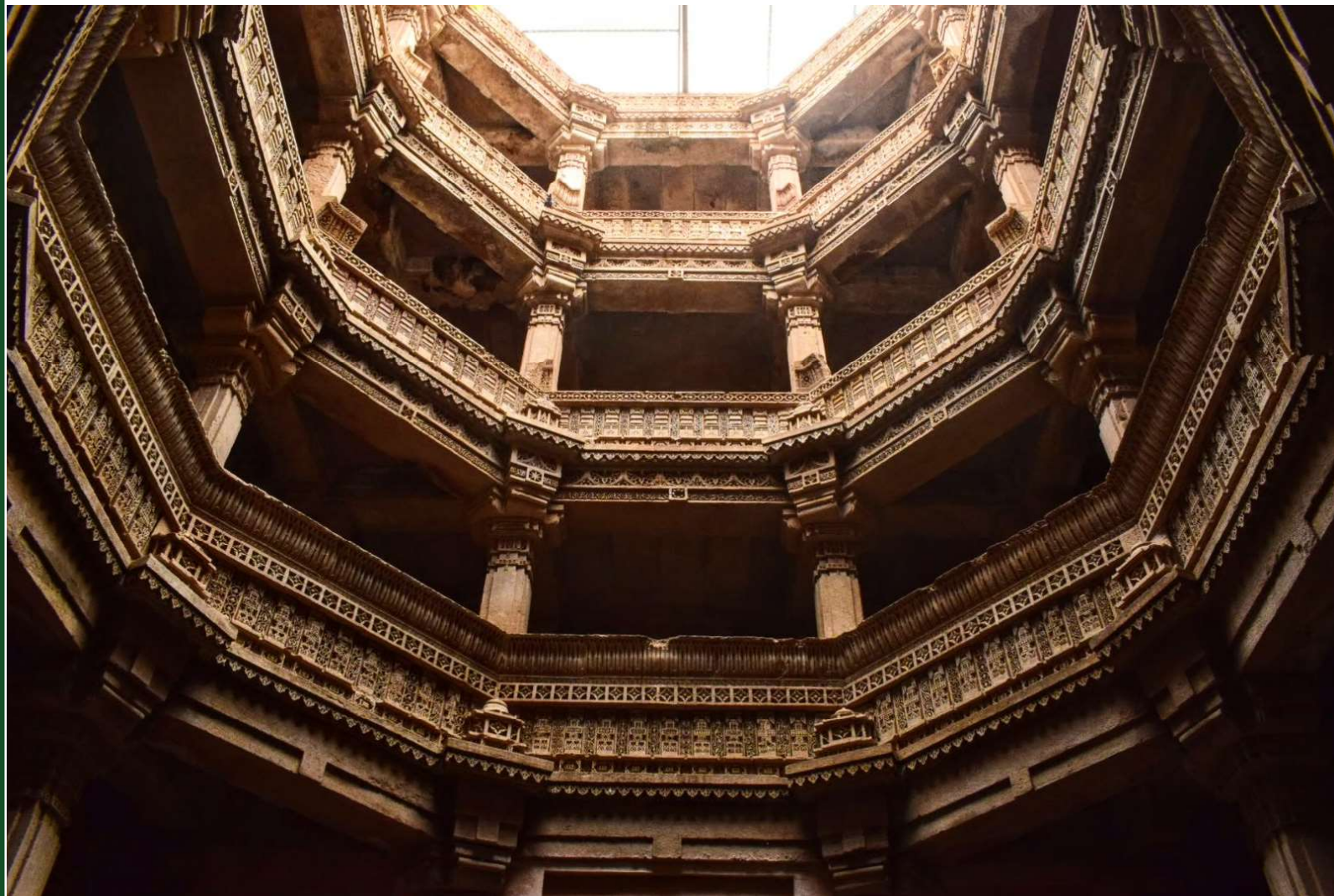
Ritambhara



In the Mahabharata (Adi Parva), Veda Vyasa had conceived the whole poem in His mind, but He was in anxiety regarding how to propagate it to his disciples. Brahma seeing Vyasa's anxiety came to Vyasa and said: *"There shall be no poets whose works may equal the descriptions of this poem, even, as the three other modes called Ashrama are ever unequal in merit to the domestic Ashrama. Let Ganesha be thought of, O Muni, for the purpose of writing the poem."*

The concept of the Ashramas, beginning with Brahmacharya and ending with Sannyasa, is also a concept of the gradual growth of the human mind in its maturity of experience. These classifications into the stages of life are more psychological and spiritual than social and external. Grihasthashrama (Household) is regarded as a pivotal stage in the sadhana of a Karma Yogi. A household is the fundamental unit of the society. In order to maintain dharma in the larger context of society and the world, it is important to observe dharma in the household.

Each of us is on a journey, a quest for a deeper meaning to our existence and a higher truth to be understood that reveals the nature of life. To comprehend the totality of existence or to have all of reality revealed to us is an impossible hope. The nature of reality is too vast and incomprehensible to be fathomed by the limited brain and the sense organs. It is to be able to stretch and extend our frontiers of experience that we begin the practice of Asana and pranayama and invest in various ways to become more sensitive and aware.





We offer this process called the Saptaswara to assist you in this path and help you to bring out your highest potential. It is also to help you to comprehend the nature of your reality in rhythmic steps that can take you along the path that's unique to yourself. The seven steps are called Saptaswara.

There are some key words to explore to understand the *Saptaswara*. The first word to explore is *Satvikam*. This word is often used in the context of Indian Art, and it is a widespread concept. *Satvikam* is a state of mind that resonates with others and with the context. In this state the senses are open, and the mind and heart of the person is resonating. This happens when the mind is capable of resonating and the collective vision is deeply evocative. *Satvikam* or 'resonant inner harmony' is often perceived as the end point of an artistic journey. Learning how to discover this state within oneself is an interesting and exciting endeavour and there lies the essence of *Saptaswara*. The practice of *Saptaswara* is designed to help a person achieve *Satvikam* in the self and experience the rasa of life. To get to the state of *Satvikam* one has to put into practice the steps recommended in *Saptaswara*: the seven key values and practices that can provide the foundation for a beautiful life.

Faculty team led by Sri Raghu Ananthanarayanan

Date : June 5th, 2021 onwards (9 Saturdays) | Time : 7 AM - 11.30 AM IST (GMT+5.30 hrs)

Registration Link - <http://bit.ly/ssimmersion> | Enquiries - saptaswara@ritambhara.org.in