



**Sambodh Foundation Bangalore announces the programmes organized in connection with the visit of HH Swami Bodhananda-Ji to Bangalore**  
[www.sambodh.org](http://www.sambodh.org); [www.sambodh.com](http://www.sambodh.com); [info@sambodh.org](mailto:info@sambodh.org)



Swami Bodhananda a renowned teacher of Vedanta and meditation (see [www.sambodh.com](http://www.sambodh.com) and [www.sambodh.org](http://www.sambodh.org)) will teach Kaivalya Upanishad (note below), one of the most important Upanishads, from 2-7 May, 2009. The format will be a verse by verse teaching followed by a few minutes of guided meditation.

Date and Time: 2-7 May, 2009, 7.30 to 8.30am  
Venue: "Residence – Ravi Subrahmanyan"  
Raman Research Institute,  
Sadashivnagar, Bangalore

If you would like to attend these classes please send a confirmation to [<prajnana@yahoo.com>](mailto:prajnana@yahoo.com) and [<rsubrahm@rri.res.in>](mailto:rsubrahm@rri.res.in) in advance since this is open to only a small group of people.

### **About Kaivalya Upanishad**

The Upanishadic wisdom is the foundation of Indian culture and our understanding of the ultimate meaning and purpose of life. Mainly there are thirteen Upanishads that discuss different aspects of human's relationship with his/her self, environment and with the great Ground of everything. Of these, the Kaivalya Upanishad, though outside the main classical Upanishads, is a synthesis of all the main ideas in the major Upanishads.

Kaivalya Upanishad, which discusses the nature of Kaivalya or Inclusive Oneness or Boundless Consciousness, unfolds in terms of a dialogue between Ashwalayana – a great householder of his times, and Parameshti – the celebrated teacher of the Upanishadic lore. The very recitation and listening of

this beautiful Upanishad verses which flows easily in poetic flourish is soul-stirring and elevating of the spirit.

Swami Bodhananda will teach this Upanishad in his 6 days discourse from 2nd - 7th May 2009, 7.30 to 8.30am.