

अखण्ड शान्ति साधना शिविर

(Akhand Shanti Sadhana Shibir)

17-Day Residential & Non-Residential Vedanta Immersion Programme

Programme Overview

Akhand Shanti Sadhana Shibir is a 17-day immersive Vedanta programme designed to guide sincere seekers towards inner peace, self-discovery, and spiritual awakening through the timeless wisdom of Vedanta. Rooted in the traditional Guru-Sisya Parampara, the programme combines disciplined spiritual living, contemplative practices, reflective inquiry, systematic Vedantic learning through Swamiji's recorded discourses, guided clarification of doubts, and meditation. The objective is not merely to study Vedanta intellectually, but to assimilate its teachings into daily life.

The Four Pillars of Practice

साधन (Sadhana)

Spiritual Preparation

Meditation, prayer, pranayama, Vedic chanting, silence, mindful walking, and disciplined living prepare the mind to receive higher knowledge.

श्रवण (Sravana)

Listening to the Teaching

Participants systematically listen to Swamiji's Vedanta discourses, allowing the wisdom of the scriptures to unfold.

मनन (Manana)

Reflective Inquiry

Self-inquiry, scriptural reflection, contemplative writing, Karma Yoga (Sevaa), and introspection transform information into conviction.

निदिध्यासन (Nididhyaasana)

Deep Contemplation & Assimilation

Guided meditation and silent contemplation help internalize Vedantic wisdom into lived experience.

The Bridge: संशय-निवृत्ति (Samsaya-Nivrtti)

Between Manana and the next round of Sravana lies Samsaya-Nivrtti, the traditional process of resolving doubts. Participants interact with the Shibir Guruji to clarify conceptual, practical, and scriptural questions before the next discourse.

Programme Structure

Residential Participants:

साधन -> श्रवण -> मनन -> निदिध्यासन -> संशय-निवृत्ति

Non-Residential Participants:

श्रवण -> मनन -> निदिध्यासन -> संशय-निवृत्ति

This structure follows the traditional Guru-Sisya approach, where doubts are clarified by the Shibir Guruji before Swamiji's discourse, followed by contemplative assimilation.

Daily Schedule

Time	Activity	Phase	Residential	Non-Res.
5:30-6:15	ध्यान एवं प्रार्थना Meditation & Prayer	साधन	Guided Meditation & Prayer	-
6:15-6:45	प्राणायाम एवं वैदिक स्तोत्र-पाठ Vedic Chanting	साधन	Pranayama & Chanting	-
6:45-7:15	लघु विश्राम Short Break	-	Refreshments	-
7:15-8:15	मौन-विहार Silent Walk	साधन	Mindfulness Walk	-
8:15-9:00	प्रातः-भोजन Breakfast	-	Breakfast	-
9:00-10:30	आत्मचिन्तन एवं स्वाध्याय Self Reflection	मनन	Reflection & Study	-
10:30-11:00	लघु विश्राम Short Break	-	Refreshments	-
11:00-12:00	स्वाध्याय एवं लेखन Journaling	मनन	Reflection	-
12:00-1:00	सेवा साधना Karma Yoga	मनन	Seva	-
1:00-2:00	मध्याह्न-भोजन Lunch	-	Lunch	-
2:00-3:30	विश्राम एवं स्वाध्याय Rest & Study	मनन	Rest & Study	-
3:30-4:00	लघु विश्राम Short Break	-	Refreshments	-
4:00-4:45	प्रश्नोत्तर एवं संशय-निवृत्ति Q&A	संशय-निवृत्ति	Q&A with Shibir Guruji	Arrive & Join
5:00-7:15	स्वामीजी का वेदान्त प्रवचन Vedanta Discourse	श्रवण	Video Discourse	Participate
7:15-8:00	ध्यान एवं आत्मसात् Meditation	निदिध्यासन	Guided Meditation	Participate
8:00-8:15	शान्ति-पाठ एवं संकल्प Closing Prayer	निदिध्यासन	Closing Prayer	Concludes
8:15-9:00	रात्रि-भोजन Dinner	-	Dinner	Depart
9:00-9:30	मौन आत्मचिन्तन Silent Reflection	निदिध्यासन	Reflection	Home Practice
9:30	विश्राम Rest	-	Lights Out	-

Concluding Reflection

श्रवणेन ज्ञानम् । मननेन निश्चयः । निदिध्यासनात् अनुभूतिः ॥

May this Shibir inspire every participant to journey from knowledge to wisdom and from restlessness to Akhand Shanti.