

Awakening with the Acharya

Life Positive | April 2020

The organisation that helped Dr Anupam Chatterjee turn over a new leaf in his life was PrashantAdvait Foundation, founded by Acharya Prashant, who bid goodbye to corporate life with the aim to create a new humanity through intelligent spirituality. As the world is suffering from materialism and a lack of a bigger purpose in life, the foundation's vision is to make people understand how our minds are conditioned by others.

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Ten years ago, when I was in college, I always felt there was something incomplete. I would not socialize easily and was labeled as a misfit. As a result, I used to feel lonely and was looking for something more in life. Upon my family's suggestion, I tried various meditation techniques. But all this would only give me only temporary relief. A lot of my effort, time, and money were spent in doing this but no visible change could be seen. Then one day, as I was browsing on YouTube, I came across a video of Acharya Prashant on loneliness. I felt an instant connection and watched at least a dozen of his videos at a stretch. Here was someone who was brutally honest in his approach. He wasn't speaking to impress the audience or sugar-coating his words. Instead, he seemed to be speaking from his personal experience. Intrigued, I found out more about him and his organisation on their website and made up my mind to attend the sessions personally. Little did I know at that time that magic was in store for me. It was pure grace! From corporate life to spreading consciousness Prashant Tripathi, known as Acharya Prashant, fondly called by all of us as Acharyaji, is the founder of the PrashantAdvait Foundation (PAF). He is a spiritual teacher (perhaps the most contemporary representative of all the spiritual traditions of the world) rooted in Advaita Vedanta and breathtakingly original. Leaving the corporate life behind when he was just 28 years old, he founded Advait LifeEducation for the 'creation of a new humanity through Intelligent Spirituality.' Two years later, Acharyaji started speaking in his ShabdYoga Sessions—Samvaad or clarity sessions. These were in the form of open discussions, essentially pure Satsang. This was the time when I got associated with Acharyaji. Soon it became clear to me that these sessions were deeply meditative, brought my mind to a strange peace, and had a miraculously curative effect upon my psyche. Acharyaji's voice and videos were being recorded and uploaded on the Internet. Around the same time, he started organizing Self-awareness camps or Aatmsmaran-shiver. He would take true seekers with him to the Himalayas, in groups of around 30 each, for periods of around a week.

Clarity camps

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I too got an opportunity to attend one such camp in Shivratri, Rishikesh. This camp turned out to be a deeply transformational event in my life. The moment the camp began, our phones were taken away from us for the next five days. I also didn't speak to my parents during this period. We were totally immersed in the activities, the readings, and the sessions by Acharyaji. Complete strangers became the best of friends, and we were sharing our deeprooted tendencies. I got a glimpse of a new way of looking at myself. The old afraid self was slowly disappearing. Soon after the learning camp was over, a thirty-day tracker task was given to us by the volunteers to help us stay connected to the teachings. Gradually, the frequency of the camps increased and so did my involvement with Acharyaji's mission.

Being a philanthropic initiative to bring about a socio-spiritual revolution, Acharyaji's work is quite simple and transparent. Every month, volunteers like me organize various programs including learning camps, online courses on saints and scriptures, personal one to-one counseling sessions, Holistic Individual Development Programmes for students and young working professionals, and many more. People register for these programs and donate for the greater cause.

Advait Learning Camps

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