



Tavamithram Sarvada

"Where Knowledge leads, peace follows." – Tavamithram Sarvada

Awaken to Vedanta, Awaken to Freedom

AN INTRODUCTION TO THE VEDAS AND VEDANTA

(includes brief intros to 10 Upanishads)

To learn an organised religion, you must read its scriptures, memorise its rules, believe in its deities, and pledge allegiance to the religion and its clergy.

In contrast, studying the Vedas requires only an open heart and mind. The journey is spiritual and intellectual, guiding seekers from early learning to Self-realisation. Unfortunately, various practices over time have led seekers away from the Vedas and their core non-dualistic philosophy found in the Upanishads.

Given the busy lives people lead today, finding the time or the right teacher can be challenging. This programme aims to provide an overview of non-dualistic philosophy, the Vedic and Upanishadic concept of 'god,' and the advanced thinking of ancient sages, helping seekers take the first step towards realising their own innate Divinity.

I wish you a spiritually enriching and enjoyable journey through this programme.

(Click on the titles to watch the respective videos on YouTube)

1. [The Vedas and 10 Upanishads: A Short Intro](#)
2. [Arise! Study VEDANTA - PART1/2 RISE ABOVE SUPERSTITION](#)
3. ['An Intro to THE VEDAS and 10 UPANISHADS' - Fundamentals. PART2/2 - 'AHAM BRAHMASMI'/'TAT VAM ASI'](#)

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Tavamithram's UdeMy Learning Centre

Free Course available on UdeMy

1. [An Intro to the Vedas and 10 Upanishads by Tavamithram](#)

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ।

तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति ॥ ४ ३८ ॥

na hi gnyaanena sadrisham pavitra-miha vidhyathe

tath-svayam yoga-samsiddhah kaalenaath-mani vindati ([SBG 4:38](#))

"There is certainly nothing more purifying than knowledge. He who is perfect in Yoga finds it in the Self in due course of time."

बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते ।

वासुदेवः सर्वमिति स महात्मा सुदुर्लभः ॥ ७ १९ ॥

bahoonaaam janma naamante

jnaana-vaan-maam prapadyate

vaasudevah sarvamiti

sa mahaatmaa sudur-labhaha ([SBG 7:19](#))

"Therefore after innumerable births, the one who has perfected his or her wisdom, understanding fully My universal reality, surrenders to Me and such an individual is very rare."

अहमात्मा गुडाकेश सर्वभूताशयस्थितः ।

अहमादिश्च मध्यं च भूतानामन्त एव च ॥ १० २० ॥

ahamaatmaa gudaakesha

Sarva-bhootaa-shayas-thitaha

ahamaadish-cha madhyam cha

bhootaa-naam-anta eva cha ([SBG 10:20](#))

"I am the Self, O Gudakesha (Arjuna), situated within all living entities. I am the origin, the middle and also the end of all beings."

tavamithram@gmail.com

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