

## Our Mission:

The International Vedanta Society is a registered charity. Our work is funded entirely by grants and donations. We have pledged to work for the benefit of mankind through both spiritual and welfare activities according to the ideal of Vedanta, to serve man as God, and responding to the need of the local community. To this aim your donations and support are greatly appreciated.



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# International Vedanta Society

For Self-Liberation and  
Welfare of the World

## How do we connect?

Enroll in a course or join a session online or in person. All sessions follow the ashram tradition of India, with the aim of supporting the cultivation of the mind for introspection, leading to realisation of the Divine Self. Ancient Sanskrit Mantras are taught as well as meditation, to make the mind one pointed. The sessions also include spiritual discourses to help understand the path and its challenges, questions are always welcome.



## Who is IVS ?

IVS provides a platform for men and women of all ages, ethnicities and cultures to celebrate the diversity of life by understanding the oneness of existence. In IVS we declare that the widely held concept that God resides in the heart of man, is only half the truth. God is in everything that exists, nay God IS everything that exists. Here, 'God' refers to the universal consciousness that is life. Realisation of that universal consciousness THE SELF is the key note of IVS.



## The practices:

A Mantra, spoken by an Enlightened Master is infused with the energy which is closest to the purity of the Self. Chanting the Mantra allows for the affirmation from the self within, "Yes I am!"

The traditional process of attaining enlightenment according to the Vedanta is by listening, contemplating and meditating on words of truth from one who has achieved that state.

## Sadhana

Meditate  
Read Vedanta  
Take care of thy health  
Avoid misuse  
Think of others  
Be Self-reliant and True  
Cultivate Love  
Expand thy heart  
Believe in God, Guru, Scriptures and Self  
Become perfect  
Give up spiritual ego at last  
Chant "Hare Krishna"

~ Sri Bhagavan ~

## Love and Oneness:

Sri Bhagavan founded the International Vedanta Society with the primary objective of spreading the message of Vedanta among the masses. Bhagavan says, the knowledge of oneness and the love that flows there from, is man's only hope for a better future.

