



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

VALUES
PURITY

ŚAUCA or Purity

- In Sanskrit, śuc (pronounced “shu-cha”) means to be pure; to be clean
- Bāhya-śauca = external cleanliness
 - Keeping your body (or surroundings, home) clean
- Āntara-śauca = internal cleanliness
 - Keeping your mind clean
- Examples: selfishness is aśauca and compassion is śauca

ŚAUCA or Purity

- Bāhya-śauca = external cleanliness
 - A clean body, room, desk (or desktop!) helps one to be organized, effective and productive
 - An unclean body, cluttered room, disorganized desk etc. does not help one to be effective in his/her work
 - Clean your desk or room at the end of each day – you will feel better next morning when you return to work in that space!

ŚAUCA or Purity

- Āntara-śauca = internal cleanliness
 - We constantly gather thoughts and feelings because of our dealings with others
 - We must learn to deal with these thoughts and feelings, especially anger, jealousy, hatred, greed, and lack of self-respect
 - Each evening spend a few minutes and review the day; let go of the thoughts and feelings that bother you

ŚAUCA or Purity

- Āntara-śauca = internal cleanliness
 - When we get an unpleasant thoughts and feelings (anger, hatred, jealousy, etc.) about someone, at that moment think of some good quality about that person – this will help bring perspective to your thoughts or feelings – this is called the technique of “pratipakṣa bhāvana”
- Rama used of pratipakṣa bhāvana Lakṣmana when Lakṣmana gets angry with his father and his step-mother Kaikeyī

ŚAUCA or Purity

- Lord Kṛṣṇa asked Duryodhana to find a good person in Hastinapura and asked Yudhistira to find a bad person in the same town
- They were gone for hours and they both returned empty-handed!
- What can we learn from this story?

PRAYER



REVIEW

- Forms of the Lord
- Iṣṭa Devatas
- Symbol Worship of Īśvara
- Devotion
- Surrender
- Now we are ready to understand the significance of prayer

Prayer: Why Pray?

- When we need help, we ask our parents, teachers, elders, wise people, and so on
- So when we need help, why not ask Īśvara, who is all-knowledge?
- Prayer is actually the highest form of communication which can be offered in simple words or an elaborate ritual

Prayer: Why Pray?

- The result of any action we take is dependent on three factors
 - **Kāla** or time
 - **Yatna** or effort
 - **Daivam** or grace of God (or “unknown factor”)
- We know from experience that even when we put the **best effort** for a long enough period of **time**, our project **might not succeed** – so we know that an “unknown factor” exists!

Grace: Story of Namdev

- One day, Namdev (a very stubborn man) listened to a discourse by a sadhu who said that “everything happens according to God’s will”
- Of course, Namdev did not agree! He said I will vow to fast and will not eat for a day no matter who asks me to eat (even God).
- He came home, refused food cooked by his wife and decided to get away and go on a walk.

Grace: Story of Namdev

- Namdev fell asleep at the outskirts of the village by a Kali temple. He woke up to find that an infamous and well-known gang of dacoits had surrounded him!
- The dacoits were hungry and wanted to eat the left-over prasada at the temple. However, they were afraid that the villagers had poisoned the food in order to kill them
- The leaders said to Namdev “eat the prasada to show us it is safe or be killed this instant”
- Namdev gave up his foolish vow, quickly ate the prasada and.....lived!

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Results from Prayer to Īśvara

- Seen results or **dr̥ṣṭa phala**
- Unseen results or **adr̥ṣṭa phala** OR **punya**
- Prayer is ALWAYS answered!
 - Discuss why this is true **even when we don't get a desired result after we pray**

Prayer to Lord Śiva

- Maha Śiva Ratri significance
- Meaning of Śiva (auspiciousness!)
- What can we pray for?
 - For something to help us in our everyday life
 - For a clear mind
 - For knowledge that helps us understand the equation between the individual (jīva) and Īśvara



Lord Śiva

- Lord Śiva dissolves creation through his third eye (eye of knowledge)
- What is dissolution? What is it that dissolves?
 - The apparent differences in forms dissolves to reveal that all that there IS is **Īśvara**
- How does this happen?
 - Though knowledge (significance of the third eye)



Homework

- Reflect on the following:
 - Do you think prayer is useful?
 - What do you pray for (make a list and review it for yourself – don't have to show anyone)?
 - How are surrender and prayer related?

Concluding Śānti Mantra

ॐ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

- Om pūrṇamadah pūrṇamidam pūrṇātpurṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ॥
Om śāntiḥ śāntiḥ śāntiḥ ॥

That is fullness, this is fullness. From that fullness this fullness came. From that fullness (when) this fullness (is) removed, what remains is fullness. Om peace, peace, peace