



# ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

**VALUES  
REVIEW OF PURITY AND  
PRAYER**

# ŚAUCĀ or Purity

- What is Bāhya-śauca?
- What is Āntara-śauca?
- What is pratipakṣa bhāvana? How did Lord Rama use it in the Ramāyaṇa?
- How can prayer be used as a purifier?
- What is dṛṣṭa phala and what is adrṣṭa phala?

**VALUES**  
**FRIENDSHIP**

# Friendship

- Mitratvam in Sanskrit = friendship
- Root word in sanskrit is “mid” (soft “d” sound) meaning “to feel affection for”
- Qualities of a friend
  - Consistency
  - Honesty
  - No room for pride, jealousy, anger, etc.



# Friendship

- Example of Sugrīva and Rāma in the Rāmayaṇa
- Example of Karṇa's friendship for Duryodhana in the Mahabharata
- Marriage and the ritual of “*sapta padī*” or “seven steps” — the seventh step is a pledge to remain friends while the husband and wife walk through the journey of life

LORD APPRECIATED THROUGH  
UPĀSANĀS

# Upāsanā

- Upāsanā literally means “to sit near” or “to think of the Lord”
- Upāsanā is generally translated as worship or meditation
- When done exclusively in the mind, it is called meditation
  - Japā
  - Mental puja
  - Any thought centered on the Lord



# Pratimā Upāsanā

- Superimposition of a superior object on an inferior one
  - Superimposition of Lord Viṣṇu on the saligrama stone to be meditated upon
  - Superimposition of Lord Śiva on the liṅga
  - Superimposition of Śri Devī on the yantra
  - Superimposition of Brahman on the sun

# Pratīka Upāsanā

- Meditation based on a sound symbol like the name of a deity, a mantra, syllable or Vedic hymn
  - Vyāhṛti upāsanā described in the Upaniṣads
  - Meditation on Om sound symbol
- Śri cakra upāsanā (Śri Devi is superimposed on a tantric symbol)
- Ahamgraha upāsanā (One meditates upon oneself as Brahman)

# Why Practice Upāsanā?

- To gain a tranquil mind
- Recall that a calm and tranquil mind is best suited for making good decisions
- The tranquil mind helps one develop an appreciation for Īśvara
- The tranquil mind helps one discover Īśvara all around us including our own self



# Homework

- Reflect on the following:
  - What are the qualities of a good friend?
  - What is an upāsanā you have practiced this week?

# 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