



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

**VALUES
REVIEW OF FRIENDSHIP**

Friendship

- Mitratvam in Sanskrit = friendship
- What are the qualities you would like to see in a friend?
- 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



Friendship

- Panchatantra Stories
- Jataka Tales
- Amar Chitra Katha

**VALUES
ATTITUDE TOWARDS MONEY**

Attitude Towards Money

- Money is a means by which people conduct trade and acquire various objects
- It is important to have a proper relationship with money
- Money can become an object of desire by itself!
- Trying to get more and more money can become an obsession

Attitude Towards Money

- Why does a person require money?
- Can money provide comforts?
 - Yes
- Can money provide happiness?
 - No
- Does anyone need money for money's sake?

Attitude Towards Money

- If you buy an expensive violin, will it make you an expert violinist? What else do you need to be able to play the violin?
- If you buy fancy computer, will you become an expert in computers?
- If you buy an expensive house, will it become a great home by itself?

Attitude Towards Money

- If you buy an expensive violin, will it make you an expert violinist? What else do you need to be able to play the violin?
- If you buy fancy computer, will you become an expert in computers?
- If you buy an expensive house, will it become a great home by itself?

Attitude Towards Money

- Does having a lot of money make one a rich person?
 - What happens if a rich person is also a miser?
- What is meant by “inner riches”?
 - Have you heard of the six-fold wealth?
 - Why is it important to have this type of wealth?
- Will money cure the need for emotional security?
- Will money make a person happy?

Attitude Towards Money

Na karmaṇā na prajayā dhanena tyāgenaike amṛtatva mānaśuḥ (from the Mahanarayana Upaniṣad)

- Amṛtattvam (immortality) cannot be gained:
 - By action (karmaṇā)
 - By progeny or children (prajayā)
 - By wealth (dhanena)
- Amṛtattvam is gained by renunciation (tyaga). What does this mean?

Attitude Towards Money

- What does tyaga mean?
- Giving up something out of fear or frustration is not “tyaga”
- It (tyaga) should be understood as a value, as an attitude one has towards any object or comforts
- Enjoy the object or comforts but know that you don't need that object or comforts to be happy!

Attitude Towards Money

- Having the attitude of “tyaga” towards money means:
 - Understanding that money has some value and power to buy objects and comforts
 - Understanding that money does not have the capacity to make us happy within; this happiness is always within us because it is our nature
- When we have a proper attitude towards and relationship with money we will know how to handle it wisely

THE MEANING OF OM

PART 1

The Meaning of OM

- OM is a sound symbol (**pratīka**) that represents Īśvara
- OM is used to indicate the infinite
- The sound symbol OM is used in meditation
- In japa, OM reveals the nature of the truth of the universe and oneself
- OM represents everything there is: the experienced, experiencer, and the experience

The Three Worlds of Experience

- What are the three worlds of experience?
- *Awake world*
- *Dream world*
- *Deep sleep world*

The Three Experiencers

- What are the three experiencers?
- Waker
- Dreamer
- Sleeper

The Three States of Experience

- What are the three states of experience?
- Waking
- Dreaming
- Sleeping

The Meaning of OM

- Sounding out “A” “U” and “M”
- The sound “A” represents the experiencer, experienced, and the experience in the physical world or awake state
- The sound “U” represents experiencer, experienced, and the experience in the dream state
- The sound “M” represents the experiencer, experienced, and the experience in the unmanifest condition or the deep sleep state



The Meaning of OM

- The waking state, dreaming state and the sleep state constitute everything that is “here”
- OM is complete



Chanting OM

- Our mind becomes focused on Īśvara when we chant OM with devotion and attentiveness
- Continuous chanting of OM relieves the burden on the mind to think and keeps it engaged
- When the mind knows that it will go from one “OM” thought to another “OM” thought, then it relaxes and does not wander



Chanting OM

- The silence between the “OM” chants is the “**amātra**” which is awareness or consciousness
- This awareness or consciousness is the basis for the three worlds, the three experiencers, and the three states of experience



Meditation on OM

- Sit comfortably and take a few deep breaths gently
- Let your breathing become calm and even
- Take stock of your body and relax each part consciously
- With a relaxed body bring your attention to OM and think of Isvara
- Start chanting OM continuously and become aware of the pause between successive OM chants



Homework

- Make a list of those you consider to be good friends. What are the qualities that make you think they are good friends? Write these qualities down.
- Practice chanting OM for 3-5 minutes each morning after you brush your teeth and before you eat breakfast

Concluding Śānti Mantra

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

- Om pūrṇamadah pūrṇamidam pūrṇātpūrṇamudacyate
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