



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

**VALUES
ABSENCE OF SIX-FOLD
ENEMIES**

SIX-FOLD ENEMIES

- Śad ripuḥ in Sanskrit = Six-fold enemies
- Śad = Six-fold
- ripuḥ = enemies
- Why should we learn about these six-fold enemies?
- So that we can be alert when they manifest in the mind
- When we are alert, we can deal with them appropriately

SIX-FOLD ENEMIES

- Kāma = Unfettered desire
- Krodha = Anger
- Lobha = Greed
- Moha = Delusion
- Mada = False pride
- Matsarya = Jealousy

SIX-FOLD ENEMIES: Kama

- A desire crops in our mind because of our inherent tendencies or vasanas
- If we are not alert and let the desire take hold, the desire becomes so strong and we can become helpless
- We can lose our sense of right and wrong
- With this attitude, we think “the end justifies the means” and we might go down the wrong path

SIX-FOLD ENEMIES: Krodha

- When the desire is not fulfilled, it results in frustration, anger, disappointment, etc.
- Actually all these are just some form of anger
- If this anger is unchecked, we can end up hurting others and ourselves through our thoughts, words and actions

SIX-FOLD ENEMIES: Lobha

- When the desire is fulfilled, it whets the appetite and we feel that we want more and more
- This is greed
- We think wrongly that by getting more and more we will gain happiness
- How much ever we have is not enough!
- Story of Midas and his golden touch

SIX-FOLD ENEMIES: Moha

- When our desires keep getting fulfilled, we sink deeper and deeper into delusion
- We think that more “stuff” will definitely bring us happiness
- We lose touch with dharma and become addicted to this feeling

SIX-FOLD ENEMIES: Mada

- When we see that we have more than others, we start controlling others
- This increases if it is unchecked
- False pride (dambhitvam) sets in and takes control of our personality
- If we are alert, we can recognize that we have difficulty controlling our own mind, much less other people!

SIX-FOLD ENEMIES: Matsarya

- If our desires do not get fulfilled, we start seeing that others have more than us
- We become jealous that somebody has what we desire
- Instead of the effort needed to get that object or experience, we start letting our mind have feelings of resentment and hatred towards the others
- If we are alert, we will recognize that this behavior and attitude is harmful to us and to others around us

SIX-FOLD ENEMIES

- It is said that of all the six-fold enemies, jealousy is the worst enemy
- Not only do we not make the effort to accomplish something because our mind is so disturbed, but we also create and sustain a harmful environment in our mind
- These negative tendencies will destroy the personality very quickly if they are not recognized and eliminated immediately

FROM THE GĪTĀ

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।

स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥ २-६३ ॥

**krodhāt bhavati sam-mōhaḥ
sam-mōhāt-smṛti-vibhramah
smṛti-bhramśād buddhi-nāśah
buddhi-nāśāt-pranaśyati**

Gita 2:63

THE MEANING OF OM

PART 2

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

Worlds of Experience

Experiencers

Experiences

Awake world

Waker

Waking

Dream world

Dreamer

Dreaming

Deep sleep world

Sleeper

Sleeping

OM in the Upaniṣads

- The Mandukya Upaniṣad discusses the meaning of Om in detail
- The Taittiriya Upaniṣad also says “*Om iti Brahma...*”



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

- Practice chanting OM for 3-5 minutes each morning and each evening at least one hour before you go to bed
- This week pay close attention to your mind and recognize when you get angry. Keep a journal and record the circumstances that led you to becoming angry. Reflect on those circumstances.

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