



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

REVIEW OF ESSENTIALS



STRUCTURE

- Chanting “Om! Saha na vavatu...”
- Why do we chant this mantra at the beginning of class?
- Meaning of “Saha na vavatu...”

Why should we learn about our religion and culture?

- Sanatana Dharma or Hinduism is a religion
- It is also called the Vedic religion
- Helps us to connect to our roots (tree/plant example)
- Preserves our culture and tradition
- Allows us to speak intelligently about our religion and cultural heritage to those who are curious

What are the three fundamental values?



- Satyam
 - Value for the truth in what we think, say and do
- Brahmacharya
 - Moderation and self-control
- Ahimsa
 - Non-injury (needs to be carefully understood)
 - Does not mean we should not protect ourselves

What is the source?

- Veda or Vedas
- Significant contribution by Veda Vyasa
- Also known as Krishna Dvaipayana
- Four Vedas
 - Rg Veda, Sama Veda, Yajur Veda & Sama Veda
- Easily remembered as “RAYS” – source of knowledge and light!



Bhagavad Gita

- Why is it so important to every Hindu?
- Contains the essential knowledge in the Upanisads
- Studying and practicing the Gita can help one lead a fulfilling life and seek the answer to the fundamental question “Who am I?”
- What is Karma Yoga?
- Why is the path of Karma Yoga important?

Value of Teacher or Guru

- Why is the Guru (teacher) valued so greatly in the Vedic religion?
- What does the word Guru mean?
- Who are the different types of Gurus?
- Who is called a Sadguru?

Lord Dakṣināmurti

- Story of Lord Dakṣināmurti
- Four Sanatkumaras (progeny born of Brahma's thought)
- Only interested in Truth (Self-knowledge)
- They approached Lord Śiva

Lord Dakṣiṇāmurti

- They approached Lord Śiva
- After a lot of penance Lord Śiva was pleased and asked them what they wanted
- They asked that the Truth be revealed to them
- Lord Śiva appeared in the form of Dakṣiṇāmurti, and is considered to be the first Guru

Why should we pray?

- What are three things essential to the success of any activity?
- What variables does prayer address?
- How can prayer help us become mature?
- What happens when prayer does not seem to work?

Importance of our Temple

- Why should we come regularly to the temple?
- Is there any benefit in praying together with other people?
- Does the atmosphere have any impact on the quality of concentration and prayer?

Importance of Meditation

- What is meditation?
- How can it help us in our life?
- How often should we meditate?
- How should we meditate?
 - Where?
 - What are suitable conditions for a beginner?
- Is there a higher purpose in meditating?

Meaning of “Puram adah...” mantra

- What is a mantra? What is a śānti mantra?
- Why do we chant this concluding prayer?
- Where does it come from (i.e., source)?
- What does it mean?



Homework

- What does your name mean?
- Sit in a quiet place for five minutes and chant “Om Namah Śivaya” (loud enough that you can hear yourself)

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