



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

**FESTIVAL:
GANEŚA CHATURTHI**

GANEŚA CHATURTHI

- Story of Lord Śiva and Ganeśa
- Why do we invoke Lord Ganeśa's blessings before we begin any task?
- What does Lord Ganeśa or Vinayaka represent?
- What are some other common names for Lord Ganeśa?
- How is Ganeśa Chaturthi celebrated in different parts of the India and the world?

GANEŚA CHATURTHI

- Hymns invoking the blessings of Lord Ganeśa
- “*Gajānanam bhūta Gaṇādhi.....*”
- Sixteen-name puja of Lord Ganeśa
- Symbolism
- Chanting Lord Ganeśa prayers
- Meditation on Lord Ganeśa’s form for 5 minutes

GANEŚA CHATURTHI



OVERVIEW OF VALUES

What are the types of values?

- What are the “types” of values?
 - Universal value
 - Personal value
- What is a universal value? Example?
- What is a personal value? Example?
- Do you need to be told what is the “right thing” to do?

Why are Values Important?

- Why should we have values?
- What is meant by “value of values”?
- Why does a conflict arise in the human mind?
- Why do “otherwise good people” commit acts of aggression or behave in a manner that violates *Ahimsa*?

Values in the Gita

- The values for living a life of purpose and contentment are described in Chapter 13 of the Bhagavad Gita

अमानिब्रमदम्भिब्रमहिंसा क्षान्तिरार्जवम् ।
आचार्योपासनं शौचं स्थैर्यमात्मविनिग्रहः ॥ १३-७ ॥

amānitvam adambhitvam ahimsā kṣāntir ājavam ।
ācāryopāsanam śaucam sthairyam ātmavinigrahaḥ ॥13-7॥

Humility, unpretentiousness, non-injury, forgiveness, uprightness,
service of the teacher, purity, steadfastness, self-control

Values in the Gita

- The values for living a life of purpose and contentment are described in Chapter 13 of the Bhagavad Gita

इन्द्रियार्थेषु वैराग्यमनहंकार एव च ।

जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम् ॥ १३-८ ॥

indriyārtheṣu vairāgyam anahaṁkāra eva ca ।

janmamṛtyujarāvyādhiduḥkhadoṣānudarśanam ॥13-8॥

Indifference to the objects of the senses, also absence of egoism, perception of (or reflection on) the evil in birth, death, old age, sickness and pain,

Values in the Gita

- The values for living a life of purpose and contentment are described in Chapter 13 of the Bhagavad Gita

असक्तिरनभिष्वङ्गः पुत्रदारगृहादिषु ।
नित्यं च समचित्तत्वमिष्टानिष्टोपपत्तिषु ॥ १३-९ ॥

asaktir anabhiṣvaṅgaḥ putradāragṛhādiṣu ।
nityaṃ ca samacittatvam iṣṭāniṣṭopapattiṣu ॥13-9॥

Non-attachment, non-identification of the Self with son, wife, home and the rest, and constant even-mindedness on the attainment of the desirable and the undesirable,



Values

- Noninjury
- Truthfulness
- Purity
- Friendship
- Attitude towards wealth
- Absence of six-fold enemies (desire, anger, greed, delusion, pride, jealousy)



Values

- Accomodation
- Straightforwardness
- Firmness in resolve
- Mastery of mind
- Absence of ego
- Respect



Values

- Attitude towards food
- Attitude towards parents and siblings
- Forbearance
- Charity
- Environmental awareness

ĪŚVARA

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- What are the two necessary elements for creation?
 - Material cause (Upādāna kāraṇa)
 - Intelligent cause (Nimitta kāraṇa)
- What is meant by Īśvara?
- How can we understand that Īśvara is both the material cause and the intelligent cause of creation?

ĪŚVARA

- We have probably heard this being said:
 - *“I am a good person*
 - *I do the right thing and do good deeds*
 - *Is it not enough that I am a good person?*
 - *Why should I pray?*
 - *Why do I need to recognize Īśvara as the creator?”*
- How can we answer this (first for ourselves and then maybe for others) using our understanding of Īśvara and universal values? Let us discuss!



Homework

- Each morning after you brush your teeth, bathe and put on your clothes for the day spend a few minutes in meditation before you eat breakfast

Chant “**Om! Namaḥ Śivāya...**” 11 times (chant slowly with your eyes gently closed)

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