



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

THE PLANETARY DIETIES



Values

- **What are Universal Values?**
- **What are Cultural values?**
- **What are Personal Values of Universal Nature?**
- **What are Universal values of Universal Nature?**
- **Why should have a Value for Values?**
- **Should you compromise a Value?**

Review

अमानित्वमदम्भित्वमहिंसा क्षान्तिरार्जवम् ।
आचार्योपासनं शौचं स्थैर्यमात्मविनिग्रहः ॥ १३-७ ॥

amānitvam adambhitvam ahiṃsā kṣāntir ārjavam ।
ācāryopāsanam śaucaṃ sthairyam ātmavinigrahaḥ ॥13-7॥

Absence of conceit, absence of hypocrisy, harmlessness,
accommodation, straightforwardness, reverence for the teacher,
cleanliness, steadfastness, self-discipline

Amānitavam

- *Amānitavam* means absence of *mānitvam* or self-praise
- *māni* = one who has *mānah* (“*mānaḥ asya asti iti māni*”)
- A *māni* is one who makes his virtues known to others and then demands to be respected for these virtues
- Is this necessary? Why should others acknowledge your skills? Why do you want others to acknowledge your skills?

Adambhitvam

- *Adambhitvam* is demanding respect from others without even having the necessary qualifications!
- This is done in small ways and big ways to make others aware of one's imagined glories and virtues!
- If *amānitavam* is not necessary, what can one say about *adambhitvam*?
- This is done by someone who constantly seeks others' approval

Amānitavam and Adambhitvam

- **Amānitavam**

- I just fasted for two straight days without water! Am I not so great?

- **Adambhitvam**

- Did you say you can fast for two straight days without water? I have actually done this for 30 straight days!



Review

- Who is Īśvara? Where is Īśvara? Is Īśvara a man or woman?
- What are the three forms of the Lord? What is the symbolism and significance of these forms?
- What is the story of the Śiva Linga?
- What is the story of the Śaligrama?

THE PLANETARY DEITIES

- Isvara is worshipped in the form of the nine planetary deities
- What is the difference between astrology and astronomy?
- Comparing the work of an astrologer and a doctor
 - Doctor – tells you condition of your body and if you are sick what medicine is needed to get better
 - Astrologer – tells you condition of your fortune and prescribes specific prayers to help neutralize ill-effects

THE PLANETARY DEITIES

- Astrology or *Jyotiṣa* is based on the *nava-grahas* or planetary deities that are associated with different aspects of our life
- What are the nine planetary deities?

THE PLANETARY DEITIES

- Surya Devatā – Light; Leo; Eyes; Sunday
- Chandra Devatā – Feelings; Cancer; Mind; Monday
- Kuja Devatā – Courage; Aries & Scorpio; Health; Tuesday
- Budha Devatā – Intelligence; Gemini & Virgo; Spiritual and religious pursuits; Wednesday
- Guru Devatā – Prosperity (also Guru of the devas); Sagittarius and Pisces; Married life of women; Thursday

THE PLANETARY DEITIES

- Śukra Devatā – Art, culture & beauty; Taurus & Libra; Love; Friday
- Śani Devatā – wisdom to overcome obstacles in life; Capricorn & Aquarius; Wisdom; Saturday
- Rāhu Devatā – worldly desires
- Ketu Devatā - mokṣa



Homework

- Find out if your family members have an Iṣṭa Devata
- In which chapter of the Bhagavad Gita are the two values of *amānitvam* and *adambhitvam* presented? What do they mean – give an example based on your experience at home, school or elsewhere.

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