



# ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

**VALUES  
REFLECTION ON AHIMSA**

# TRUE OR FALSE

- One can hurt a person as much by talking as through silence
- It is OK to tell someone the truth if doing so does not hurt him
- Yelling at someone is hurtful
- Tearing off a leaf does not hurt the bush or tree
- If your younger sibling hits you, it is OK to hit him/her back
- Crying is a way of showing that one is in pain



# DISCUSSION

- What are 3 ways one can hurt another person?
- Give 3 reasons for becoming vegetarian
- How do you practice noninjury towards other living beings?



# SITUATION

- A jealous classmate teases you about your last name. You feel hurt and want to hurt him back by calling him a name
  - Should you hurt back?
  - Is there a different way to handle the situation?
  - What would you do?



# JOURNAL WRITING

- Write down three instances in which you hurt someone by your action or by your speech.
- Write down three instances where you were hurt by someone.

**DEVOTION**



# Types of Devotion: Śrāvana

- Śrāvana is listening to the *śruti* and to listen to the stories of the Lord in *smṛti* and the *purāṇas*
- Let us enjoy the story of Ramsukh the story teller as he narrated stories from the Ramayana to an audience including an old man who was a special bhakta of Rama and Sita
- Read the story



# Types of Devotion: Śrāvana

- King Parīkṣit's devotion and the Bhāgavata Purāṇa
- Bhāgavata Saptāha

# Types of Devotion: Kīrtana

- Singing bhajans to express our devotion to the Lord
- Mirabai story (great devotee of Lord Krishna)
- Kanikannan's story (great devotee of Lord Vishnu) and how the Lord reciprocated

# Types of Devotion: Smaraṇa

- Remembering the Lord through prayer
- Story of Bhatta (great devotee of Goddess Pārvati) and the Raja of Tanjavūr

# Types of Devotion: Pādasevanam

- Serving at the feet of the Lord with humility
- Significance of feet (pāda)
- Story of Raja Raja Chola (great devotee of Lord Siva), Kannamma, and the temple in Tanjavūr

# Types of Devotion: Archana

- Worship while offering flowers and chanting various names of the Lord
- Story of Indra (great devotee of the Divine Mother), Sage Dūrvāsa in Amarāvati

# Types of Devotion: Vandana

- Worship while offering various salutations to the Lord
- Story of Chaitanya Mahaprabhu (great devotee of the Lord) in West Bengal

# Types of Devotion: Dāsya

- Service to the Lord
- Story of Hanuman (great devotee of the Lord Rama) in the Ramāyaṇa



# Types of Devotion: Sakhya

- Devotion in the form of friendship to the Lord
- Story of Sudāma (great devotee of the Lord Krishna) and Kucela

# Types of Devotion: Atmanivedana

- Complete surrender to the Lord
- Story of King Mahābali and the Lord in the Vāmana Avatara
- Story of King Ambariśa (great devotee of Lord Viśnu) and Sage Dūrvāsa

# Types of Devotees

चतुर्विधा भजन्ते मां जनाः सुकृतिनो ऽर्जुन ।  
आर्तो जिज्ञासुरर्थार्थी ज्ञानी च भरतर्षभ ॥ ७-१६ ॥

caturvidhā bhajante mām janāḥ sukṛtino 'rjuna ।  
ārto jijñāsur arthārthī jñānī ca bharatarṣabha ॥7-16॥

The people, given to good actions who worship me are four-fold, Arjuna:

- The one in distress
- The one who wishes to know me
- The one who wants security and pleasure
- The one who knows me

# Types of Devotees

- In the Gita, Lord Krishna says there are four types of devotees:
  - Ārta (seeks the Lord when he is in distress)
  - Jijnāsu (seeks spiritual knowledge)
  - Arthārthi (prays for achieving personal ends)
  - Jnāni (one who has gained self-knowledge)
- Of these, Lord Krishna says that the dearest bhakta is the jnāni.
- Why does the Lord say this? What is the value of the gift of knowledge?



# Homework

- What are the four types of devotees?
- Ārti is one who seeks help from the Lord when he/she is in distress. Is it wrong to seek help from the Lord? What is the role of prayer in our life? What is meant by “intelligent living”?
- Why is knowledge revered in Vedic Dharma?



# 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