

Sanatana Dharma

Lesson 5: Vedas: The Two Lifestyles
Pravṛtti Mārga and Nivṛtti Mārga



Śānti Mantras



- ॐ सह नाववतु ।
सह नौ भनक्तु ।
सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥
- Om saha nāvavatu |
sa ha nau bhunaktu |
sa ha vīryam karavāvahai |
tejasvināvadhītamastu mā vidviṣāvahai |
Om shāntiḥ shāntiḥ shāntiḥ ||

Śānti Mantras



- **Meaning:**

1: Om, May God Protect us Both (the Teacher and the Student),

2: May God Nourish us Both,

3: May we Work Together with Energy and Vigour,

4: May our Study be Enlightening, not giving rise to Hostility,

5: Om, Peace, Peace, Peace.

Review



- **The four Vedas**
- **Vedas: A means of knowledge (pramāṇa)**
- **Vedas: An Oral Tradition**
- **The four puruśarthas**

Karma and Sannyasa



- **Pravṛitti**
 - Lifestyle of activity
 - Karma yoga
 - What is karma? What is karma yoga?
- **Nivṛitti**
 - Lifestyle of renunciation
 - Committed to Self Knowledge
 - What is sannyasa?

Pravṛitti Mārga



- Recall the four puruśarthas: Dharma, Artha, Kama, Mokśa
- In pravṛitti mārga one is committed to a life of dharma
- Actions are performed to achieve some end (artha)

Pravṛitti Mārga



- **What are the types of karmas?**
 - **Kāmya karma (action to fulfill one's desires)**
 - **Examples?**
 - **Nitya karma or Naimittika karma**
- **When one is impelled to act due to one's likes and dislikes (rāga and dveśa), then that karma binds**

Pravṛitti Mārga



- **Why does one have likes and dislikes?**
- **Using proper means (dhārmic actions) to achieve a goal results in puṇya**
 - Examples?
- **Using improper means (adhārmic actions) for to achieve a goal results in pāpa**
 - Examples?

Pravṛitti Mārga



- **When the same karma (action) is performed for purification of one's mind (antaḥkaraṇa suddhi), then it becomes a means of self-growth, leading to maturity and eventually to mokṣa**
 - This attitude helps neutralize likes and dislikes
 - The very karma becomes a yajña (offering) in such a case
 - Examples?

Pravṛitti Mārga



- Since the vedas cover all aspects of life, a life committed to the vedic tradition or vaidika becomes a religious life
- The whole cosmic order is seen as a yajña to the Lord
- Cosmic laws are functionaries, known as devatas, performing their duties
- Sūrya devatā, Varuna devatā, Agni devatā, Pṛthivi devatā, and so on

Pravṛitti Mārga



- The life of a vaidika is committed to yajña
- Yajña brings about a harmony between the individual and creation
- Such a prayerful life leads to inner maturity
- Prasāda buddhi develops (accepting the order in the universe or Íswara)
- Maturity prepares an individual for the discovery of self-knowledge and freedom

Nivṛitti Mārga



- The second lifestyle prescribed by the Vedas is Nivṛitti Mārga or a life of a sannyāsi
- The Vedas absolve (free) the sannyāsi from a life committed to nitya and naimittika karmas
- The sannyāsi pursues self-knowledge to the exclusion of all duties and activities

Nivṛitti Mārga



- The Kaivalya Upaniṣad has the famous hymn chanted while welcoming a sannyasi or swami
- “Na karmaṇa na prajaya dhanena.....”

Na karmaṇa....



न कर्मणा न प्रजया धनेन त्यागेनैके अमृतत्वमानशुः ।
परेण नाकन्निहितङ्गुहायाँव्विभ्राजते यद्यतयो विशन्ति ।
वेदान्तविज्ञानसुनिश्चिताथार्हस्सन्न्यासयोगाद्यतयश्शुद्धसत्त्वाः ॥
ते ब्रह्मलोके तु परान्तकाले परामृतात्परिमुच्यन्ति सर्वे ॥
दहँव्विपापम्परमेऽश्मभूतँय्यत्पुण्ड्रीकम्पुरमध्यसंस्थम् ।
तत्रापि दहङ्गगनँव्विशोकस्तस्मिन्यदन्तस्तदुपासितव्यम् ।

Mantra....



यो वेदादौ स्वरः प्रोक्तो वेदान्ते च प्रतिष्ठितः ।

तस्य प्रकृतिलीनस्य यः परस्स महेश्वरः ॥

न तत्र सूर्यो भाति न चन्द्रतारकं

Mantra....



ने॒मा वि॒द्युतो॑ भा॒न्ति कु॒तोऽय॑मग्निः ।

तमे॒व भा॒न्तम॑नुभा॒ति सर्व॑

तस्य॑ भा॒सा सर्वा॑मिदं॑ वि॒भाति ॥

Na Karmaṇa....



na karmaṇā na prajayā dhanēna tyāgenaike amṛtatvamānaśuḥ |
pareṇa nākannihitaṅguhāryāṁvibhrājateyadyatayo viśanti |
vedāntavijñānasuniścitārthāssannyāsayogādyatayaśśuddhasattvāḥ |
te brahmaloke tu parāntakāle parāmṛtātparimucyanti sarve |
dahraṁvipāpamparameśmabhūtaṁyyatpuṇḍrikampuramādhyasaṁstham |
tatrāpi dahraṅgaganāṁvviśokastasmīnyadantastadupāsitaivyam |
yo vedādausvaraḥ prokto vedānte ca pratiṣṭhitaḥ |
tasya prakṛti līnasya yaḥ parassa maheśvaraḥ ||

Mantra....



na tatra sūryo bhāti na cāndratāra₁ka₁m
nemā vidyuto bhānti kuto'yama₁gniḥ |
tameva bhāntamanubhā₁ti sarva₁m
tasya bhāsa₁ sarvami₁da₁m̐vvibhā₁ti ||

Nivṛitti Mārga



- **The sannyāsi has an appreciation for the Lord and lives a life committed to the discovery of the self as non-separate from the Lord**
- **Vedanta is a means of knowledge to reveal this identity between the individual and the Lord**
- **Tat tvam asi**

Concluding Śānti Mantra



- ॐ पूर्णमदः पूर्णमिदम पूर्णात् पूर्णमदच्यते ।
पूर्णस्य पूर्णमीदाय पूर्णमैवावशिष्यते ॥
Om Pūrṇamadah Pūrṇamidam Pūrṇāt-Purṇam-
Udacyate
Pūrṇasya Pūrṇamādāya Pūrṇamévāvaśiśyate ||
Om Śāntiḥ Śāntiḥ Śāntiḥ ||

Meaning:

That (God) is infinite; this (world) is whole;
from the infinite the world becomes manifest.

From the infinite, even if the whole is taken away,
what remains again is the infinite.