



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

HOMEWORK



Worship

- Pancāyatana Pujā
- Temples of India
- Festivals coming up and how we celebrate it in our temple

**FESTIVAL:
DEEPAVALI**



Deepāvāli

- Five days of Deepāvāli
- How is it celebrated in different religious and cultural traditions of India?
- Stories relating to Deepāvāli
- Significance of lighting the lamp and the word Deepāvāli
- How do we celebrate this festival in our temple?
- *Use the .ppt resource on Deepavali to discuss.....*

UPAVĀSA OR FASTING

What is Upavāsa?

- Upavāsa is a religious vow
- The practice of fasting serves a useful purpose in our lives; it helps us to maintain good health
- Fasting can be transformed into a religious practice by incorporating prayer and contemplation into the practice
- It strengthens an individual's mind
- It evokes devotion for the Lord

Ekādaśi and the Story of Mura

- Once there lived a very powerful asura called Mura, who along with his many sons harassed the devas
- The devas sought protection from Lord Viṣṇu
- Lord Viṣṇu sent Yogamāyā to eliminate the demon
- Yogamāyā killed the asura & his sons
- Lord Viṣṇu blessed Yogamāyā and named her Ekādaśi
- Whoever observes a fast on Ekādaśi gets Lord Viṣṇu's blessing

Upavāsa

- Why do we celebrate Vaikunta Ekādaśi?
- What is the significance of Vaikunta Ekādaśi?
- Amavasya fasting is undertaken on the new moon day from sunrise to sunset and people avoid rice/wheat and only have fruits
- What are some other Upavāsas observed by you or your family members?

Upavāsa

- Before a lunar and solar eclipse, our scripture (śastra) advises us to fast for a few hours
 - Science tells us that certain UV light and other harmful radiation is released during this period
 - Our śastra advises a person to stay indoors (away from exposure) during an eclipse
 - A bath after the eclipse is also prescribed

Upavāsa and Anna Dānam

- What is Anna Dānam?
- Importance of Anna dānam....
- Story of Karna (called dāna virya) and Lord Yama
 - When Karna went to heaven after death he only saw gold and ornaments everywhere – no food! He was very hungry! He asked Lord Yama why there was no food?
 - Lord Yama replied that Karna was very generous in his life but had only given gold and wealth; so only gold and wealth was now available to him in heaven!
 - Karna went back to earth and gifted plenty of food and then returned to heaven

Homework

- Write a short note on fasting, dieting, and upavāsa
 - What is common?
 - What is different?
 - What are the benefits of upavāsa?
- Practice meditation for 5 minutes a day:
Chant “**Om! Namaḥ Śivāya...**” 11 times (chant slowly with your eyes gently closed)
Then silently repeat the mantra with your eyes closed for a few minutes and watch your mind!

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