



# ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

# **HOMEWORK**



# Homework

- What are the 16 steps of a puja?
- Have we meditated for at least a few minutes each day of the during the last week?
- What are the effects of meditation on our daily lives?

# Religious disciplines so far...

- Vrata - religious vow or discipline to build inner strength
- Pūja - religious worship to establish personal relationship with Īśvara
- Upavāsa - religious vow involving fasting along with prayer and contemplation
- Japa - chanting the Lord's name as an oral form of worship that helps us become more aware of our thoughts and thought patterns and evokes devotion for the Lord:
  - **Uccha-japa** (loud chanting); **Manda-japa** (soft chanting); **Citta-japa** (purely mental) - also called dhyāna

# Gītā and the Japa

- Lord Kṛṣṇa says (Gita 10.25): “Yagnānām japa yagnosmi...” or “I am the japa amongst all the yagnas...”
- Japa is considered here by Lord Kṛṣṇa to be the best form of yagna!

महर्षीणां भृगुरहं गिरामस्म्येकमक्षरम् ।

यज्ञानां जपयज्ञोऽस्मि स्थावराणां हिमालयः ॥ १०-२५ ॥

**MAUNA  
(SILENCE AS A RELIGIOUS  
DISCIPLINE)**



# Mauna

- What is *mauna*?
  - Mauna is a **religious discipline** where one refrains from speaking (or watching TV, listening to music, etc.)
- What is NOT *mauna*?
  - Giving our parents (or family or friends) the famous “silent treatment”
  - Receiving the “silent treatment” from someone



# Mauna

- When you are angry with your (mother, father, sibling, friend) you keep silent. Why is this NOT *mauna*?
- When you play a prank on someone and are being questioned by the “authorities” (i.e., mother, father, teacher, etc.), you keep silent. Why is this NOT *mauna*?
- You keep silent when a teacher asks a question. Is that *mauna*? Why or why not?





# Mauna

- *Mauna* is actually a vrata or vow!
- *Mauna-vrata* is practiced with the intention of gaining mastery over our thought and speech
- *Mauna-vrata* is practiced with the intention of gaining spending time in prayer and contemplation
- One who practices *Mauna* is called a *muni*



# Mauna

- Is *mauna* valued in other religious and cultural traditions? What are some examples?
- **In the Vedic culture, we do not speak while eating. Why?**
- If you were to have none of the below how would YOU spend your day?
  - TV, phone, talking, computer, devices that produce music/sound, or other external forms of entertainment

# Mauna

- Mahatma Gandhi regularly practiced *Mauna* every week
- Ramana Maharsi lived a life of *muni*
- Lord Dakṣinamurthi is said to have imparted Self-Knowledge to the *Sanatkumaras* (thought-children of Lord Brahma) through *mauna-vyakhya* (exposition through silence)
- Let us chant the *Dakṣinamurthy stotram*

**DAKᅒINAMURTHY  
STOTRAM**

# Lord Dakṣinamurthi

From Swami Tadatamananda Saraswati's Atma Bodha Ashram, New Jersey



# DAKṢINAMURTHY STOTRAM

- Contains the most profound teachings of *Advaita Vedanta*
- Set in a meter called “*Shardula Vikridita*”
- Superb piece of poetry
- The wisdom in the Dakṣinamurthy stotram is capable of destroying *mula-avidya* or “root-ignorance” (fundamental ignorance)
- The Dakṣinamurthy stotram is *mokṣa-sastra* – knowledge that can lead one to liberation

# DAKᅒINAMURTHY STOTRAM

श्री दक्षिणामूर्ति स्तोत्रम्

॥ ॐ ॥

सदाशिव समारंभां शङ्कराचार्य मध्यमां ।  
अस्मदाचार्य पर्यन्तां वन्दे गुरुपरम्परां ॥

# DAKṢINAMURTHY STOTRAM

मौनव्याख्या प्रकटित परब्रह्मतत्त्वं युवानं  
वर्षिष्ठांते वसद् ऋषिगणैः आवृतं ब्रह्मनिष्ठैः ।  
आचार्येन्द्रं करकलित चिन्मद्रमानंदमूर्तिं  
स्वात्मारामं मुदितवदनं दक्षिणामूर्तिमीडे ॥१॥

Mauna vyākhyā prakatita parabrahma tatvam yuvānaṁ  
Varṣiṣṭhānte vasadr̥ṣigaṇairāvrtam brahmaniṣṭaiḥ  
Ācāryendram karakalita cinmudramānanda rupam  
Svātmārāmaṁ muditavadanaṁ dakṣinamūrtimīde

**A young guru, imparting knowledge of Brahman through silence, surrounded by *rishis* who are firmly established in wisdom...**

**...teacher of teachers, whose gesture signifies wisdom, whose nature is fullness, smiling, reveling in himself, I worship that Lord Dakshinamurti**



# DAKṢINAMURTHY STOTRAM

वटवितपिसमीपेभूमिभागे निषण्णं  
सकलमुनिजनानां ज्ञानदातारमारात् ।  
त्रिभुवनगुरुमीशं दक्षिणामूर्तिदेवं  
जननमरणदुःखच्छेद दक्षं नमामि ॥२॥

Vatavitapisamipe bhūmibhāge niṣaṇṇam  
Sakalamunijanānām jñānadātaramārāt  
Tribhuvanagurmīśam dakṣinamūrtidevaṃ  
Jananamaraṇa duḥkhacchedadakṣam namāmi

Seated on the ground under the banyan tree, bestowing knowledge to all the *rishis* who have assembled near him...

... teacher of the three worlds, destroyer of the miseries of birth and death, I bow to that Lord.

# DAKṢINAMURTHY STOTRAM

चित्रं वटतरोर्मूले वृद्धाः शिष्या गुरुर्युवा ।  
गुरोस्तु मौनं व्याख्यानं शिष्यास्तुच्छिन्नसंशयाः ॥३॥

Chitram vatatarormūle vṛddhāḥ śiṣyā gururyuvā  
Gurostu maunaṁ vyākhyānaṁ śiṣyā stu cchinasamśayāḥ

**Amazing! Under the banyan tree aged disciples sat around a youthful guru.  
He taught them in silence, yet their doubts were dispelled...**

# DAKṢINAMURTHY STOTRAM

निधये सर्वविद्यानां भिषजे भवरोगिणाम् ।  
गुरवे सर्वलोकानां दक्षिणामूर्तये नमः ॥४॥

Nidhaye sarvavidyānām bhiṣaje bhavarogiṇām  
Gurave sarva lokānām dakṣiṇāmūrtaye namaḥ

Salutations to Lord Dakshinamurti, the abode of all wisdom, teacher of the whole world,  
healing those who suffer from the disease of *samsara* ...

# DAKṢINAMURTHY STOTRAM

ॐ नमः प्रणवार्थाय शुद्धज्ञानैकमूर्तये ।  
निर्मलाय प्रशान्ताय दक्षिणामूर्तये नमः ॥५॥

Om namaḥ praṇavārthāya suddhajñānaika mūrtaye  
Nirmālaya praśāntāya dakṣiṇāmūrtaye namaḥ

Salutations to Lord Dakshinamurti, who is the meaning of "Om", whose form is pure knowledge, who is taintless and utterly silent ...

# DAKṢINAMURTHY STOTRAM

ईश्वरो गुरुरात्मेति मूर्तिभेदविभागिने ।  
व्योमवद् व्याप्तदेहाय दक्षिणामूर्तये नमः ॥७॥

Iśvaro gururātmeti mūrtibhedavibhāgine  
Vyomavad vyāptadehāya dakṣiṇāmūrtaye namaḥ

Salutations to Lord Dakshinamurti, who underlies all apparent forms of separation and pervades the universe...

# DAKṢINAMURTHY STOTRAM

विश्वं दर्पणदृश्यमाननगरीतुल्यं निजान्तर्गतं  
पश्यन्नात्मनि मायया बहिरिवोद्भूतं यथा निद्रया ।  
यः साक्षात्करुते प्रबोधसमये स्वात्मानमेवाद्वयं  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥१॥

Viśvam darpaṇa drśyamānanagarī tulyaṁ nijāntargataṁ  
Pasyanātmani māyayā bahurivodbhūtam yathā nidrayā  
Yaḥ sakśāt kurute prabodhasamaye svātmanamevādvaiyaṁ  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**To Him who sees the universe like a dream existing within oneself or like a city seen in a mirror but appearing externally due to *maya*...**

**...who upon enlightenment, beholds the universe directly as his own non-dual self –  
Salutations unto him, Shri Dakshinamurti in the form of my own guru ...**

# DAKṢINAMURTHY STOTRAM

बीजस्याऽन्तरिवाङ्कुरो जगदिदं प्राङ्गनिर्विकल्पं पुनः  
मायाकल्पितदेशकालकलना वैचित्र्यचित्रीकृतम् ।  
मायावीव विजृम्भयत्यपि महायोगीव यः स्वेच्छया  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥२॥

Bījasyāntarivāṅkuro jagad idaṁ prāṅnirvikalpaṁ punaḥ  
Māyā kalpita deśa kalakalanā vaicitryacitrīkṛtaṁ  
Māyāvīva vijṛmbhayatyapi mahāyogiva yah svecchayā  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**This universe, undifferentiated at first like a sprout within the seed, becoming manifold through maya's aspects of time and space...**

**...that universe he projects by his own desire like a magician or a great yogi –  
Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

यस्यैव स्फुरणं सदात्मकमसत्कल्पार्थकं भासते  
साक्षात्तत्त्वमसीति वेदवचसा यो बोधयत्याश्रितान् ।  
यत्साक्षात्करणाद्भवेन्न पुनरावृत्तिर्भवाम्भोनिधौ  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥३॥

Yasyeva sphuraṇaṁ sadātmakamasat kalpārthagambhāsate  
Sākṣat tattvamasīti vedavacasā yo bodhayatyāśritān  
Yatsākṣat karaṇadbhavenna puranāvṛittirbhavāmbhonidhau  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**Whose reality appears as the unreal creation, who imparts immediate knowledge through the Vedic saying, "That thou art" to those who seek his refuge...**

**...because of whose direct knowledge one never returns to the ocean of birth and death –  
Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**



# DAKṢINAMURTHY STOTRAM

नानाच्छिद्रघटोदरस्थितमहादीपप्रभा भास्वरं  
ज्ञानं यस्य तु चक्षुरादिकरणद्वारा वहिः स्पन्दते ।  
जानामीति तमेव भान्तमनुभात्येतत्समस्तं जगत्  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥४॥

Nanācchidraghatodarasthitamahā dīpaprabhā bhāsvaraṁ  
Jñānaṁ yasya tu cakṣurādikanadvāra bahiḥ spandate  
Jānāmīti tameva bhāntamanubhāt yetatsamastaṁ jagat  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**Whose knowledge is like the light of a shining lamp placed inside a pot with many holes,  
shining forth through the sense organs like sight ...  
...who shines as consciousness, as "I know" because of which this entire creation appears  
– Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

देहं प्राणमपीन्द्रियाण्यपि चलां बुद्धिं च शून्यं विदुः  
स्त्रीबालान्धजडोपमास्त्वहमिति भ्रान्ता भ्रशं वादिनः ।  
मायाशक्तिविलासकल्पितमहाव्यामोहसंहारिणे  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥५॥

Deham prāṇamapīndriyāṅyapi calam buddhim ca sunyam viduh  
Stribālāndha jadopamāstavahamiti bhrānta bhrśam vādinaḥ  
Māyāśakti vilāsakalpitamahā vyāmoha samhāriṇe  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**Philosophers who are misguided, childish, blind, or dull, always teach falsely that the body, life, senses, active intellect, and nonexistence is the self...  
...who destroys their great delusion born of maya's power – Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

राहुग्रस्तदिवाकरेन्दुसदृशो मायासमाच्छादनात्  
सन्मात्रः करणोपसंहरणतो योऽभूत्सुषुप्तः पुमान् ।  
प्रागस्वाप्समिति प्रबोधसमये यः प्रत्यभिज्ञायते  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥६॥

Rahugrasta divākarendu sadṛśo māyāsamacchādanāt  
Sanmātraḥ karaṇopasamharaṇato yo'bhūtsusuptaḥ pumān  
Prāgasvāp samite prabodhasamaye yaḥ pratyabhijnāyate  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**Who remains as pure existence in the deep sleep caused by maya's power,  
withdrawing the senses like the sun or moon covered during an eclipse ...**

**...who upon waking remembers "I slept" – Salutations unto him, Shri Dakshinamurti in  
the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

बाल्यादिष्वपि जाग्रदादिषु तथा सर्वास्ववस्थास्वपि  
व्यावृत्तास्वनुवर्तमानमहमित्यन्तः स्फुरन्तं सदा ।  
स्वात्मानं प्रकटीकरोति भजतां यो मुद्रयाभद्रया  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥७॥

Balyādviṣvapi jāgradadiṣu tathā sarvāsvavasthāsvapi  
Vyāvṛttāsvanuvartamāna mahityantah sphurantam sadā  
Svātmānam prakati karoti bhajatām yo mudrayā bhadrayā  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**The self manifest within as the ever present sense of “I” ever-that remains in every state of life and experience...**

**...who reveals this self to his devotees by his auspicious gesture of wisdom –  
Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

विश्वं पश्यति कार्यकारणतया स्वस्वामिसम्बन्धतः  
शिष्याचार्यतया तथैव पितृपुत्राद्यात्मना भेदतः ।  
स्वप्ने जाग्रति वा य एष पुरुषो मायापरिभ्रामितः  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥८॥

Viśvam paśyati kārya kāraṇa tayā svasvāmisambhandhataḥ  
Śiṣyācharyatayā thathaivapitrputrādyātmanā bhedataḥ  
Svapne jāgrati va ya eśa puruśo māyā paribhrāmitaḥ  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**Who sees the universe as cause and effect, master and servant, teacher and disciple, father and son, and so on ...**

**...who sees all this in the waking and dream states due to maya – Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

भूरम्भांस्यनलोऽनिलोऽम्बरमहर्नाथो हिमांशु पुमान्  
इत्याभाति चराचरात्मकमिदं यस्यैव मूर्त्यष्टकम्  
नान्यत् किञ्चन विद्यते विमृशतां यस्मात्परस्माद्विभोः  
तस्मै श्रीगुरुमूर्तये नम इदं श्रीदक्षिणामूर्तये ॥९॥

Bhurambhāmsyanalo'nilom'baramahar natho himāṁśuh pumān  
Ityabhāti carācarātmakamidaṁ yasyaiave mūrtyastakam  
Nānyatkincaṇa vidyate vimṛśatām yasmātparasmādvibhoḥ  
Tasmai śri gurumūrtaye nama idaṁ śri dakṣiṇāmūrtaye

**Whose eight-fold manifestation is this sentient and insentient world  
of earth, water, fire, air, space, sun, moon, and conscious being...**

**...beyond whose all-pervasive nature there exists nothing else for wise persons –  
Salutations unto him, Shri Dakshinamurti in the form of my own teacher.**

# DAKṢINAMURTHY STOTRAM

सर्वात्मत्वमिति स्फुटीकृतमिदं यस्मादमुष्मिन् स्तवे  
तेनास्य श्रवणात्तदर्थमननाद्ध्यानाच्च संकीर्तनात् ।  
सर्वात्मत्वमहाविभूतिसहितं स्यादीश्वरत्वं स्वतः  
सिद्ध्येत्तत्पुनरष्टधा परिणतं चैश्वर्यमव्याहतम् ॥१०॥

Sarvātmatvamiti sphutīkṛtamidaṁ yasmādamuṣmimstave  
Tenāsyā sravaṇāttadarthamanād dhyānācca sankīrtanāt  
Sarvāvatmatva māha vibhūtisahitaṁ syāddīśvaram svataḥ  
Siddhyet tat punaraṣṭadhā parinataṁ caisvaryam ayvāhatam

**Because the self's all-pervasiveness is clearly revealed in this hymn,  
by listening to it, reflecting upon it, meditating on its meaning, and reciting it...  
...one can gain enlightenment, effortlessly and without impediments, with its great  
glory of being the self of all with eightfold blessings.**



# Homework

- Practice a few minutes of *mauna* (silence) every day and observe your mind
- Practice meditation every day for a few minutes
  - Chant “**Om! Namaḥ Śivāya...**” with your eyes closed
- Reflect on the meaning of silence when you are in meditation



# 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