



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

HOMework

Homework Review

- 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

Religious disciplines so far...

- Vrata - to build inner strength
- Pūja - to establish personal relationship with God
- Upavāsa - fasting along with prayer and contemplation
- Japa - chanting the Lord's name; oral form of worship
- Mauna – practicing silence with prayer & contemplation



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*



Pratijna

- Resolve to fulfill a promise
- When we resolve to fulfill a promise made to someone, it makes us feel better and stronger
- When this promise is fulfilled with a prayerful attitude it is spiritually uplifting – this is *pratijna*



Pratijna

- *Pratijna* while one visits Varanasi (Kaśi) to give up something for the rest of one's life – helps develop self-discipline
- *Pratijna* can be fasting for some fixed duration
- *Pratijna* can be made to perform a puja like Satynarayana puja for a year or some period of time
- What is *Bhiṣma-pratijna*? Bhiṣma made a vow to be celibate to his father in order that his father could marry Satyavati



Pratijna

- **Whatever resolve one makes is up to that person....**
- **What is important is to live up that promise....**
- **What promise have you made recently?**
 - **Did you keep it?**
 - **Did you not keep it?**
 - **How did you feel?**

**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 dakṣinamūrtidevaṁ
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 sphuraṇam 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 idam 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 svasvāmisambhandaḥ
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 FIVE minutes of *mauna* (silence) every day and observe your mind
- Practice meditation every day for a few minutes
 - Chant “**Om! Namaḥ Śivāya...**”
- Think about making promises and keeping them...

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