



# ĪŚVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

# 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

**VALUES**  
**REVIEW OF ANAHANKĀRA**

# Review: Value of Anahankāra

- Absence of ego (anahankāra) – in Sanskrit the prefix of “an” before “ahankara” negates the word “ahankara”
- The Sanskrit word “ahankāra” must be understood clearly and not mistaken for pride (simple meaning)
- Ahankāra can be translated into English as the “I-notion”
- It is a byproduct of *ignorance of one’s true nature* and *ignorance of (how to relate to) the world around us*

# Review: Value of Anahankāra

- We mistakenly think “...*I am the doer*...” and ignore the source of all our capacities or powers (*śaktis*)
- Needlessly we become prideful and cultivate the sense of ahankāra, which leads us down the path of delusion and suffering
- It is a fact that the capacity to desire (*iccha śakti*), the ability to act (*kriya śakti*), and the capacity to know (*jnana śakti*) are essential principles to any accomplishment
- The source of all these *śaktis* is the source of creation, which we identify as Īśvara

# Review: Value of Anahankāra

- Think about your own body...
  - Your heart, lungs, liver, pancreas, etc. function just fine without your consciously telling them do this or that
  - The food gets digested without any conscious thought (e.g. as explained by Lord Kṛṣṇa in Chapter 15 of the Bhagavad Gita)
  - Your blood circulates without any conscious command from you.... *the list goes on and on*....
- Recognize that Īśvara is the source of all these powers or *śaktis* and makes all this happen!

# Review: Value of Anahankāra

- When the fact (that the source of all *śaktis* is Īśvara) is recognized, one becomes truly humble and can let go of the pride – this is the mark of a wise person
- Such an individual does not take anything for granted and sees the miracles in every moment of existence...
- Think about it....

**ĪŚVARA & RELIGIOUS DISCIPLINE**  
**PILGRIMAGE (YĀTRA)**





# Pilgrimage

- There are numerous places of worship in India that have gained sanctity over the millennia – we call the pilgrimage sites because
- One's attitude (*bhāvana*) is what makes a place sacred!
  - If one has the attitude of devotion, that person will be blessed
  - If one visits the place as a tourist, they might not derive the same benefit



# Pilgrimage

- Sage Ajāvana instructs Prahāda (4<sup>th</sup> skanda of *Devi Bhagavatam*) that even though many have lived and bathed on the banks of the Ganga, only those who have **an attitude of devotion to Ganga** derive spiritual benefit from bathing in its holy waters
- The *Padma Purana* says that one's **devotion** and **purity of mind** are really what bless a person when he/she visits a sacred place



# Pilgrimage

- It is said that every person owes three debts in his/her life
  - Debts to the deities for what one is blessed with (i.e., what is “given”)
  - Debts to one’s forefathers who have left a legacy of culture and knowledge
  - Debt to oneself for one’s spiritual growth
- It is said that one fulfills these debts by pilgrimage to Prayāg, Kāśī and Gayā (*tristhalī yātrā*)

# Tristhalī Yātra

- Traditional customs followed in making the *tristhalī yātrā*
- First one visits **Rāmeśvaram** to make three Śiva Lingās with sand to worship Lord Śiva
- One of the three Lingās is then carried to **Prayāg** and immersed in the **Triveṇī (Ganga)** after worship and holy bath in the river – *to fulfill debt to oneself*

# Tristhalī Yātra

- From **Prayāg** one next goes to **Kāśī** to take a dip in the Ganga & worship Lord Śiva - *to fulfill duty to the deities*
- From **Kāśī** one goes to **Gayā** to make offerings of rice balls (piṇḍas) to one's forefathers at three places - *to fulfill one's duties to one's ancestors*
  - On the banks of River Phalguna (tīrtha śrāddha)
  - At the Viṣṇu-pāda site in Gaya
  - At the Vaṭa-vṛkṣa site in Gaya (akṣaya vata śrāddha)

# Tristhalī Yātra

- From **Gayā** one returns to **Prayāg** and takes a dip in the Ganga
- From **Prayāg** one returns to **Rāmeśvaram** with Ganga water to perform abhiseka to the sivalinga



# Pilgrimage

- Sabarimalai Yātrā (Lord Ayyappa)
- Chārdham Yātrā (Four sacred pilgrimage sites in the Himalayas – Gangotri, Yamunotri, Badrinath and Kedarnath)
- Amarnath Yātrā (Eastern recesses of Kashmir)
- Lord Subrahmanya Temple Yātrā



# Pilgrimage

- Have you gone on any Tīrtha Yātrā with your family?
- What made this a Tīrtha Yātrā and not just a tourist visit?
- What do you remember the most on this Tīrtha Yātra?
- What is your “checklist” for your next Tīrtha Yātrā?
  - Devotional attitude
  - Anything else?



# Homework

- Practice FIVE minutes of *mauna* (silence) every day and observe your mind and practice meditation every day for a few minutes
- Reflect on how to develop the attitude of *anahankāra*
  - Identify any one of your accomplishments
  - *What had to be “given” for you to be successful in that activity or accomplishment? Write these down and bring it to the next class*

DAKṢINAMURTHY STOTRAM  
DHYANA ŚLOKAS

# 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...**

# 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