



# 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**  
**RESPECT**

# Respect or Ādara

- The Sanskrit word for respect is “ādara”
- **How do we honor another individual?**
  - **Thought:** We can respect another individual by thinking of them as an expression of Īśvara (God)
  - **Speech:** We can address them respectfully (Indian languages have many forms of the second pronoun “you” to do this; do you know any examples?)
  - **Action:** We can respect others through thoughtful actions; for example we can respect our teacher (Guru) by bowing one’s head, offering fruits & flowers

# Respect or Ādara

- The Mundaka Upanisad talks about two types of knowledge: **Aparā Vidyā** (knowledge of the world of objects & forms or “anatma”) and **Parā Vidyā** (knowledge of the ātma or Self)
- Parā Vidyā is most sacred and one with this knowledge is considered a wise person
- The king is honored in his country while the wise person is honored everywhere & by everyone (even a powerful king)!
- In the Sanatana Dharma tradition, the **sannyāsi** (renunciate) is also accorded highest respect by all members of society

# Respect or Ādara

- In the Sanatana dharma tradition, learning (knowledge) occupies the most exalted place; that is why we treat books and paper with respect (e.g., don't step on them)
- How do you show respect for learning, teachers, etc. in your own life?
  - Give examples

# Respect or Ādara

- We have respect for elders (because elders are considered to possess knowledge)
- We have respect for others
  - When we demand respect (**mānitvam**) from others we become a pawn in their hands and become unhappy when they don't please us!
  - Instead we respect others!
- We have respect for the Self
  - We do not present a false image (**dambhitvam**) of ourselves
  - Instead we accept ourselves (and others) as we (they) are

# Summary: Value of Ādara

- We have a value for ādara (respect) for everyone
- We have a value for amānitvam (do not demand respect)
- We have value for adambhitvam (no false pride)



**ĪŚVARA & RELIGIOUS DISCIPLINE**  
**THE FIVE DAILY SACRIFICES**  
**(THE FIVE YAJNAS)**

# The five daily sacrifices

- In order to live in harmony with the universe, one should develop a mature attitude
- A mature person is comfortable with oneself & knows how to interact gracefully with the world
- A mature person has an attitude of sacrifice and worship to all beings and things; he/she recognizes her/his place in the scheme of Īśvara's universe and brings maximum joy and happiness to everyone around her/him

# The five daily sacrifices

- **Brahma** yajna: Recognizes the duty to study the **Vedas**
- **Pitr** yajna: Recognizes the duty to offer oblations to our **ancestors**
- **Deva** yajna: Recognizes the presence of the **deities** in the **laws** that govern the universe
- **Bhuta** yajna: Recognizes our connection to all **living beings**
- **Athithi** yajna: Recognizes Īśvara who appears in the form of an **unannounced guest**

# The five daily sacrifices

- Taittirīya Āraṇyaka (2.10.1)

- Manu Smṛiti (3.70)

*adhyāpanam brahmayajnah pitṛyajnastu tarpaṇam  
homo daivo balirbhauto nṛyajno 'tithi pūjanam*

- Manu Smṛiti (3.102)

*ekarātram tu nivasann-atithirbrāhmamaṇaḥ smṛtaḥ  
anityaṃ hi sthito yasmāt tasmād atithirucyate*

# 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