



# ĪŚVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME



# 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

# Review: 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**

**ĪŚVARA & RELIGIOUS DISCIPLINE**  
**SALUTATION TO THE SUN DEITY**

# Salutation to the Sun Deity

- It is easy to understand why the **sun** occupies an important place in the Vedic culture as well as other ancient cultures of the world; it **is the sustaining force of life** on this planet
- In the Vedic vision, worship of the sun is worship of **Īśvara**
- As an object of this worship the sun becomes the sun deity or ***Surya Devata***

# Salutation to the Sun Deity

japākusumasamkāsam kāśyapeyaṃ mahādyutim  
tamōriṃ sarvapāpaghnaṃ praṇatōsmi divākaram

- japākusumasamkāsam = like the resplendent japā flower (hibiscus)
- kāśyapeyaṃ = son of sage Kaśyapa; mahādyutim = brilliant
- tamōriṃ = destroyer of darkness;
- sarvapāpaghnaṃ = destroyer of results of wrong actions
- praṇatōsmi = I salute; divākaram = the sun deity

# Salutation to the Sun Deity

1. Oṃ! Mitraya Namaḥ



2. Oṃ! Ravaye Namaḥ



3. Oṃ! Suryāya Namaḥ



4. Oṃ! Bhānave Namaḥ



5. Oṃ! Khagāya Namaḥ



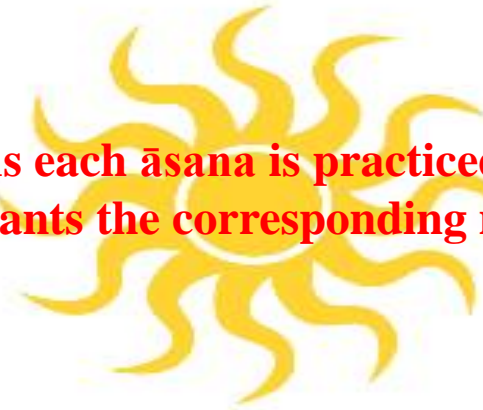
6. Oṃ! Pūṣṇe Namaḥ



7. Oṃ! Hiraṇyagarbhāya Namaḥ



As each āsana is practiced,  
one chants the corresponding mantra



11. Oṃ! Arkāya Namaḥ



10. Oṃ! Savitre Namaḥ



8. Oṃ! Marīcaye Namaḥ



9. Oṃ! Ādityāya Namaḥ



# Salutation to the Sun Deity

- The sun deity is considered “*pratyakṣa brahman*” or readily recognizable form of Īśvara
- The *Savitṛ Gayatrī* mantra (upcoming topic) is an important prayer dedicated to the sun deity where one invokes the blessings of the sun deity for brilliance and knowledge



# Salutation to the Sun Deity

- Class discussion and reflection
- What is the significance of the sun in your life?
- What is the difference between the **sun** and **sun deity**?
- What are ways in which the sun deity impacts your life?
- What are some easy methods to offer prayers to the sun deity?

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 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...**

# 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