



# ĪŚVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME



# Homework

- Practice meditation every day for a few minutes
- Reflect on the importance of a clear mind in your daily meditation practice
- *Chant the Gayatri mantra in the morning (remember that one should chant Vedic mantras with the proper svara etc.)*

# Review: The Gāyatrī mantra

- It is a 24-syllable mantra, which is considered to be the most important mantra in the Vedic tradition
- It is a prayer for clarity of the mind
- It is a Mahāvākya showing the identity between individual and Īśvara
- It protects one from sorrow by revealing his/her true nature as sat-chit-ānanda ātmā

# Gāyatrī Mantra

ॐ भूर्भुवः स्वः ।  
तत् सवितुर्वरेण्यं ।  
भर्गो देवस्य धीमहि ।  
धियो यो नः प्रचोदयात् ॥

Om! bhurbhuvassuvaḥ  
tat saviturvaryeḥnam  
bhargo devasya dhīmahi  
dhiyo yo naḥ pracodayāḥt

Om is the basis for everything.  
That Lord is the one who is most worshipful. We meditate on that  
all-knowing Lord. May he set our intellects in the right direction  
(or may he brighten our intellects)

**ĪŚVARA & RELIGIOUS DISCIPLINE**  
**KARMA AS A RELIGIOUS**  
**DISCIPLINE**

# Karma as a Religious Discipline

- In the Vedic culture, there are two types of karmas (actions)
  - Performed for oneself as mandated by the Vedas
    - Iṣṭa karma
  - Performed for the benefit of society
    - Pūrta karma
- The dharma śāstra (Manu Smṛiti 4.226-227) instructs that one should perform these actions **faithfully, cheerfully, and to the best of one's capacity (or ability)**

# Karma as a Religious Discipline

- Iṣṭa karmas, which are nitya karmas prescribed by the Vedas and dharma-śāstras
  - Agnihotra ritual
  - Austerities
  - Truthfulness
  - Daily recitation of the Vedas
  - Vaiśvadeva ritual
  - Service to the guest
- Why perform Nitya karma(s)?
  - To gain punya, which fructifies in situations conducive to emotional and spiritual growth

# Karma as a Religious Discipline

- Pūrta karmas, done for the benefit of society give one a sense of fulfilment
  - Constructing a temple, or a rest home (for travelers and pilgrims)
  - Digging wells and watering holes
  - Feeding the needy
  - And so on...
- Why perform the Pūrta karma(s)?
  - To grow emotionally mature through service and achieve antaḥ karaṇa suddhi (internal purification)



# Karma as a Religious Discipline

- Discussion
- What Iṣṭa karmas do you practice on a regular basis?
- What Pūrta karmas do you practice on a regular basis?
- What value do you see personally in these actions?
- How does this relate to Karma Yoga?



# Homework

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- *Chant the Gayatri mantra in the morning (remember that one should chant Vedic mantras with the proper svara etc.)*

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॥

Ísvaro 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