



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)

Review: Karma as a Religious Discipline

- Iṣṭa karma - for oneself as mandated by the Vedas
- Pūrta karma - for the benefit of society
- 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?

ĪŚVARA & RELIGIOUS DISCIPLINE
DISCIPLINE IN SPEECH
VĀK TAPAS

Discipline in speech: Vāk tapas

- Vāk tapas means (religious) discipline in speech
- Why should one practice discipline in speech?
 - Speech is integrally connected to the mind
 - The process of developing mastery over speech helps one develop alertness of the mind
 - Ultimately, developing mastery over speech helps one develop mastery over the mind

Discipline in speech: Vāk tapas

- Without alertness, speech can become mechanical
- Once something is said it cannot be taken back; there is no “undo” button!
- Mechanical speech can be cruel and hurt another being violating the fundamental value of ahimsa
- Mechanical speech can lead to miscommunication, which in turn can cause a whole host of other problems

Discipline in speech: Vāk tapas

- Alertness is key to practicing Vāk tapas
- This practice helps one become aware of one's own feelings and the process of thinking
- Once the thought & emotional patterns are recognized, it becomes possible to break free of the patterns that are not conducive to inner growth

Discipline in speech: Vāk tapas

- Before saying anything to anyone, one should use the following “filters”:
 - Is what I am about to say truthful and factual?
 - Is this useful to the person I am telling it to?
 - Will what I say hurt the other person?
- If it does not pass these filters, one should stop and think of a better way to communicate one’s feelings

Discipline in speech: Vāk tapas

- In vāk tapas one avoids talking for the sake of talking
- In vāk tapas one avoids talking to escape the loneliness of one's own thoughts and feelings; it is better to deal with the thoughts and feelings directly instead
- Recognize that discussion and exchange of ideas can happen only when the minds of both the speaker and listener are receptive

Discipline in speech: Vāk tapas

- The vedic tradition describes three types of discussion
- **Jalpa**: Each side is set in their thinking and wants to impose their thinking on the other side
- **Vitaṇḍa**: Each side is set in their thinking and argue by contesting everything that the other side says
- **Vāda**: Each side may take a position but both sides have the same purpose of understanding the truth; this comes from practicing vāk tapas

Discipline in speech: Vāk tapas

- By practicing vāk tapas one becomes aware of one's process of thinking
- This helps in developing clarity of thought
- It is a powerful aid to emotional growth
- This clarity is essential in understanding the truth (sat)



Homework

- Make a *sankalpa* (i.e., set your intention) to practice vāk tapas for one complete day
- Write down (in your journal) what conversations (just the topic) you have had with others (write down the first name of the person who you conversed with)
- Analyze which of those conversations could be considered as practicing vāk tapas; make a plan on how to correct the way you approached the other conversations

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

DAKṢINAMURTHY 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