



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME



Values

- **What are Universal Values?**
- **What are Cultural values?**
- **What are Personal Values of Universal Nature?**
- **What are Universal values of Universal Nature?**
- **Why should have a Value for Values?**
- **Should you compromise a Value?**

Review

अमानित्वमदम्भित्वमहिंसा क्षान्तिरार्जवम् ।
आचार्योपासनं शौचं स्थैर्यमात्मविनिग्रहः ॥ १३-७ ॥

amānitvam adambhitvam ahiṃsā kṣāntir ārjavam ।
ācāryopāsanam śaucaṃ sthairyam ātmavinigrahaḥ ॥13-7॥

Absence of conceit, absence of hypocrisy, harmlessness,
accommodation, straightforwardness, reverence for the teacher,
cleanliness, steadfastness, self-discipline

Amānitavam

- *Amānitavam* means absence of *mānitvam* or self-praise
- *māni* = one who has *mānah* (“*mānaḥ asya asti iti māni*”)
- A *māni* is one who makes his virtues known to others and then demands to be respected for these virtues
- Is this necessary? Why should others acknowledge your skills? Why do you want others to acknowledge your skills?

Adambhitvam

- *Adambhitvam* is demanding respect from others without even having the necessary qualifications!
- This is done in small ways and big ways to make others aware of one's imagined glories and virtues!
- If *amānitavam* is not necessary, what can one say about *adambhitvam*?
- This is done by someone who constantly seeks others' approval

Amānitavam and Adambhitvam

- **Amānitavam**

- “...I just fasted for two straight days without water! I am so great!...”

- **Adambhitvam**

- “...did you say you can fast for two straight days without water? I have actually done this for 30 straight days!...”
- This person could never have done this!

Amānitavam and Adambhitvam

- **Amānitavam**

- Examples from itihāsa (e.g., how Duryodhana treated Lord Kṛṣṇa just before the beginning of the Mahabharata war)
- Contemporary examples (e.g., politics, work)

- **Adambhitvam**

- Examples from itihāsa or smṛti (e.g., long-haired bearded person pretending to be a sadhu)
- Contemporary examples (e.g., school)



Homework

- In which chapter of the Bhagavad Gita are the two values of *amānitvam* and *adambhitvam* presented?
- Reflect on the meaning. What do they mean?
- Come prepared in the next class to share an example based on your experience at home, school or elsewhere.

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