



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

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

Values - Ahimsa

- In Sanskrit, Ahimsa means *non-injury* (sometimes translated as non-violence or harmlessness)
- It is a universal value
- No human being wants to be hurt by another, physically or emotionally
- Common sense dictates that one does not do unto others what one does not done to oneself

Values - Ahimsa

- Sage Patanjali in his Yoga sutras, describes the eight-fold disciplines (*yama, niyama, āsana, prāṇayama, pratyahara, dhāraṇa, dhyana and samādhi*)
- The first discipline “*yama*” is self-control; in this first discipline, there are five values
- *What are these five values of the “yama” discipline in Patanjali’s yoga sutras?*

Values - Ahimsa


- *What are these five values of the “yama” discipline in Patanjali’s yoga sutras?*
 - Ahimsā (अहिंसा): Nonviolence towards other living beings
 - Satya (सत्य): truthfulness
 - Asteya (अस्तेय): non-stealing
 - Brahmacharya (ब्रह्मचर्य): chastity, self-restraint
 - Aparigraha (अपरिग्रह:): absence of avarice

Values - Ahimsa

- In Sage Patanjali's Yoga sutras, the first discipline of "yama" is self-control; in this first discipline, **the very first of five values is *ahimsa***
- ***What is ahimsa?***
- ***Ahimsa* = not hurting anyone or bearing malice to any being by means of speech, thought or action**

Values – Ahimsa

- **What happens when someone hurts you?**
 - What is your immediate reaction?
 - Is there a better way to deal with such situations rather than acting impulsively?
- **Do human beings observe ahimsa?**
- **Do animals observe ahimsa?**
- **Is it possible to observe ahimsa always?**



Values – Ahimsa


- **What happens when an individual has little or no value for ahimsa?**
- **What happens when a society loses the value for ahimsa?**
- **Don't forget that "...as you sow, so you reap..."**

Values - Ahimsa

- How do Buddhists practice the value of *ahimsa*?
- How do Jains practice the value of *ahimsa*?
- How is *ahimsa* practiced in the Vedic religion (Sanātana Dharma or Hinduism)?

Values - Ahimsa

- What is the distinguishing characteristic of one who has undertaken to the life of *sannyasa*?
- **AHIMSA!** “...*ahimsa paramo dharmah*...”
- A swami has compassion for all
- Swamis stay in one place during the rainy season. Why? Ahimsa!




Values - Ahimsa

- Human beings have the capacity to make choices
- We can practice ahimsa when we consume anything
- What do we consume through our different organs?
 - Eyes, Ears, Mouth, Skin, Nose?
- What choices can we make to practice ahimsa?

Values - Ahimsa

- Taittiriya Upaniṣad (Brahmanandavalli)
 - *“ākaśāt vāyuh, vayor agniḥ, agnair āpaḥ, adbhyor prithivi; prithiviyad aushadhaya, aushadhibhonnā, annāt puruṣaḥ...”*
- We can understand this as follows:
 - From ātman is born ākaśā (“space” or “ether”); from ākaśā is born vāyu (air); from vāyu comes agni (fire); from agni comes āpaḥ (water); from āpaḥ arises prithvi (earth). The earth produces auśadham (plants), which produce annam (food), which in turn produces the human being (human body)
 - The human body is made of the essence of food



Values - Ahimsa

- Ahimsa and sensitivity/alertness
- Thoughts
- Words
- Actions

Values - Ahimsa

- Story from itihāsa or purāṇas
- Story from current news



Homework

- Practice the value of *ahimsa* consciously this week and write down your experiences and observations to be shared with the class next week
- What was the occasion?
- How did you practice the value of *ahimsa*?

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