

Taitreya Upanishad Class 21

Greetings All,

Shlokas # 6, 7 and 8:

Chapter 1, Anuvakaha # 11, Shloka # 6:

Now, if there should arise any doubt regarding your acts or any uncertainty in respect of your conduct in life, you should act in those matters exactly as those Brahmanas who are present there, who are thoughtful, religious (experienced), not set on by others, not cruel (i.e. gentle) and are devoted to dharma.

Continuing his teaching of the Upanishad Swamiji said, there is a general complaint that Hinduism is the most confusing religion in the world. Moreover, this criticism comes from Hindus themselves. They feel, compared to Hinduism, all other religions are far less confusing Swamiji says, there is some truth in this statement. Whatever is presented as inferior in Hinduism, the very same ideas also make it superior as well. So we should know about the so-called weaknesses of Hinduism as well as how they are also its greatness.

First: Hinduism has voluminous scriptures. It is said to be so vast that a person studying them 24X365 for years may not be able to complete them. It is said that Bharadwaja Rishi studied scriptures for 100 years and then asked Indra to give him boon of continuing his studies in the next birth, from birth itself, as well. Thus, he is supposed to have studied the scriptures for 300 lives at which point he asked Indra how much more he had to go? Indra picked up a handful of mud from a mountain and said you have a long ways to go. Indra also said the Vedas are infinite. Out of 1008 scriptures we have found only six of them. So, this can be a positive or negative aspect of Hinduism. To understand a part from the whole one must have an awareness of the whole. This is the discovery

allopathic medicine made that while treating a part one has to consider the whole body as well the psychosomatic aspects as well.

But to know the whole you have to study each part of it as well. To study Gita, one has to study each shloka. We also need to know details of each shloka. So, to know any part of Hinduism one has to have an understanding of the totality of Vedic vision, but the scriptures are too voluminous for that. This is thus a weakness as well as positive aspect of the religion.

Second: Scriptures do not address any specific human being or group rather they address the many layers of seekers. Thus, many Varnas (Brahmana, Kshatriya, Vaishya, Shudra) and many ashramas (Brahmacharya, Grihasta, Vanaprasta, Sanyasa), are all addressed. From the grossest (spiritually) to the most evolved are addressed. So, if we do not understand which part is meant for who it can become a problem. It is like a doctor asking one person to eat well while advising another to fast. Vedic teaching is thus directed to different adhikari's. In some places puja is glorified while in another it is not. Karma is considered great in some while elsewhere it is not. In Mandukya Upanishad Gaudapada says it is unfortunate that people are committed to Ishwara Upasana. Gaudapada also criticizes religion, Ishwara etc., causing confusion. So, it is seemingly full of contradictions; a negative on one hand; on the other hand it addresses all levels, even a tribal can follow it; which is a positive. Thus, even Ishwara is described as Aroopa, Eka Roopa, and Aneka Roopa. So, which Ishwara Roopa is correct? It is a complex teaching.

Third: Ethics and Morality: At superficial level we can discern ethics and morality. However, at deeper level, there are more gray areas also known as Dharma Sankata. Thus, what is my duty as a husband may conflict with my duty as a father? Scriptures give us a lot of stories that illustrate Dharma Sankata; we are supposed to learn from them and take our

lesson. Citing example of Rama, when he asked Sita to go to the forest, he had a conflict between the role of husband and role of ruler. Another example: a middle class person has an aged parent who needs expensive treatment while he also has a son who has to pay an expensive fee for a college admission. Where should he spend his limited money? This is dharma Sankata. Was Vibhishana correct or Kumbhakarna? The epic, Ramayana, stresses that neither Vibhishana nor Kumbhakarna strayed from the path of Dharma and that there is no single way out of a moral dilemma. Ramayana teaches that Kumbhakarna adhered to the Dharma of loyalty to his kin when his advice fails, while Vibhishana chose to oppose his kin when his advice failed.

Thus, there are a lot of gray areas. Scriptures can only guide us. There are subjective areas. In Gita as well, Sri Krishna says ahimsa is very important, therefore Arjuna should fight. While Gita teaches Satyam as a value Sri Krishna himself obfuscates the truth in many instances. Scriptures appear to be vague. Dharma is relative and not absolute.

Fourth: Scriptures were given to man a long, long, time ago. They did not imagine all situations that we face. Citing an example: For learning driving one can be taught some traffic situations. The reality is that in India all possible traffic situations are faced. Thus, we face buffaloes, pot holes etc., to name a few. Scriptures do not mention many situations. So, interpretation is required. Citing another example, consider that in many homes the toilet and bathroom are together. As per shastras one is a place for shaucham while other is a place for ashucham. Both are not supposed to be together. However, the house is usually small and both have to be placed together. So, heavy interpretation is required.

Finally: Method of interpretation is per sampradaya or mimasa, which we never study. We cannot interpret on our own. Shatras have built-in interpretation and the Gurus's presented this to students. That is a reason why scriptures were not printed. It

was always passed on in an oral tradition. Under the oral tradition, one could not perform self-study. You always needed a teacher. However, due to western influences it is now printed but there is no one to help interpret them.

So, now, we go an original text without a key. Vedas used exaggeration. Thus, the story of Ajamila is that he was a Brahmin who fell into sinful ways, but at moment of death he chanted Narayana. He was actually calling for one of his sons. But his Narayana chant took him to God. Thus, in Kali Yuga, Nama smaranam is considered a path to liberation. These are considered exaggerations of shastras. However, because they are publicized today, without interpretation, they are causing confusion. To not to be confused one has to learn under a Guru or go to a person who can interpret. Then, Hinduism will not be confusing. The interpreter has to be a Guna Brahmana, an empath and one who is a dharma-moksha pradhana. Once you learn from them your conscience will become shastra oriented. Then, it will give you the right answer. One has to be free of Raga and Dvesha to be able to interpret Shastra.

Chapter 1, Anuvakaha # 11, Shloka # 7:

And now with regards to those who are falsely accused of some crime; you should rule yourself exactly in the same manner as do the brahmanas who are present there, who are thoughtful and religious, not set on by others, not cruel, and are devoted to Dharma.

Our doubts are usually related to conduct or rituals. Veda cites an example. Suppose you have a friend. Then, you come to know from other sources that he is not an ethical person. The question is should I drop him? Shastra say one should drop an unethical person. What should I do? So, find a brahmana interpreter and see if he associates with your friend? Or ask the interpreter about your dilemma and ask him what you should do? Seek their guidance related to dharma shastras.

Chapter 1, Anuvakaha # 11, Shloka # 8:

This is the command. This is the teaching. This is the secret of Vedas. This is the commandment. This should be observed. Verily, having understood this fully, one must act in the way taught above, continuously till the last and not otherwise.

If one does not follow this advise of shastra, we will lose. The essence of Vedas, Veda Poorva, is enshrined in Anuvakha # 11. Following the commandments of Anuvakaha # 11 is considered following the dharma shastra itself. These are the commandments of God. It is a commandment because if you violate it then you suffer in Samsara. This is not an optional commandment. It is a requirement of Vedas. So, lead a life as per Anuvakaha # 11.

Chapter 1, Anuvakaha # 12, Shloka # 1:

Concluding Shantipatha.

May Mitra (sun) be good to us. May Varuna be good to us. May Aryama be good to us. May Indra and Brihaspathi be good to us. May all pervading Vishnu be good to us. Prostrations to the Brahman. Prostration to thee, O Vayu. Thou, indeed, art the visible Brahman. Thee I have declared the “right”. Thee I have declared the “good”. That has protected me. That has protected the teacher.

Now the shanti patha is chanted. It is a Thank you. There are some differences between the invocation shloka (chapter 1, anuvakha 1, shloka 1) and this ending shanti patha.

You have blessed us. We could complete the teaching. So, thank you. With this the Om Shanti is repeated three times. The Om Shanti is said to remove obstacles to Sravanam, Mananam and Nidhidhyasanam.

Take Away:

Dharma is relative and not absolute.

With Best Wishes,

Ram Ramaswamy

Bhagawat Geeta, Class 90, Chapter 6: Verses 20 to 22

Greetings All,

Continuing his teaching of the Gita, Swami Paramarthananda said, Sri Krishna has been talking about vedantic meditation that closely follows Ashtanga Yoga. Now he talks about the actual process of meditation and its culmination. As discussed in last class, culmination of meditation is the mental absorption in flow of similar thoughts also called Sajathiya pratyaya pravaha. In vedantic meditation, the

flow of thought should be dealing with the very nature of atma; and atma has got different features as we saw in the previous chapters, you can change the thought from one feature of atma to another feature of atma; but you should not change from atma to any other object.

Thus, Atma's features were discussed in chapters 2, 4 and 5 respectively. These features include: atma chaitanya svarupah; atma nityah; atma ekah and atma sarvagathah. The features were detailed in shlokas 12-25, chapter 2.

Vedantic meditation is impossible without having studied under a Guru. A non-vedantic student cannot perform Atma dhyanam.

That is why Sri Krishna is introducing the topic after five chapters. Non-Vedantic students can, however, perform Upasana Dhyanam. Swamiji said we would have a guided meditation at the end of this chapter as well.

A vedantic student has learned the different features of atma from the guru and guru has pointed out how atma is the nature of consciousness. Thus, Atma is nitya, satyah, sarvagatah; asangah; ekah, akarta; nirvikarah and abhokta. All these he has heard and understood.

If the student has not understood enough about the Atma, then he or she should listen to the teacher again. The student has to re-live the teaching. You can recollect only if you have been taught. **Meditation is recollecting and remembering all his teachings.** I am witness of thought; I am the changeless consciousness etc. When my mind dwells on the Atma (or any specific object) continuously it is called Sajathiya Pratyaha Pravaha. In time this dwelling becomes stronger and effortless as well.

This process of dwelling of the mind in Atma has three stages as per Yoga shastra.

1. First is collecting the mind and pulling thoughts together is Dharana.
2. Then comes Dhyana
3. Lastly comes Samadhi. Here there are two types of Samadhi. One is called Savikalpa and the other Nirvikalpa (spontaneous absorption without any will power). Nirvikalpa Samadhi is the culmination of Ashtanga Yoga. The first eight steps of Ashtanga Yoga are called anga's. The ninth is called angi, the goal, or Nirvikalpa Samadhi.

Sri Krishna is discussing this Samadhi in shlokas 20-23. Sri Krishna provides seven definitions of Samadhi even as he discusses their phalam.

Shloka # 20:

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योग योगयोगयोगयोगयोगयोग योगयोगयोगयोगयोग योगयोगयोगयोग6.20

When through the practice of Yoga the motionless mind withdraws (from objects) and rejoices in the Self, beholding the Self by one's inner sense.

In this shloka two definitions are given.

First definition of Samadhi is that it is Chitta Uparamanam or total relaxation of mind. That is why the word samadhi is given different Sanskrit derivations; and one derivation given is sama dheehi yasmin saha; Samadhi. Sama means equanimous; tranquil, like a waveless lake. Kalidasa compares a lake to the mind of a gyani. In those days there were many Gyani's. Thus, Manas Sarovar means a lake like a mind of a Gyani.

How to tranquilize the mind? It is Chittam Nirudham or withdrawal of mind from the world that tranquilizes the mind. It means withdrawal of all roles such as of father, mother, worker etc. This is withdrawing the mind from An-atma prapancha. Keep in mind Shankaracharya's shloka:

na mē mr̥tyuśamkā na mē jātibhēdaḥ

pitā naiva mē naiva mātā na janma .

na baṁdhurna mitraṁ gururnaiva śiṣyaḥ

cidānaṁdarūpaḥ śivō:'ham śivō:'ham .. 5

No bandhu; no mitram; no father; no mother. Come out of all relationships during meditation. This is called niruddham chittam.

Practicing it is a way of transforming life. Practicing Ashtanga Yoga's path of: Yama, Niyama ,Asana, Pranayama and Prathyahara will transform you. In these five steps one is

following Antaranga and Bahiranga sadhanani. Here, the mind reaches a stage of deep silence.

Second:

Atmanam Pashyan: Silencing the mind is not our aim. Silencing only gives temporary tranquility. Having silenced the mind, bring vedantic teaching into the silent mind. Thus, consider bringing the following mantra to mind:

manōbuddhyahamkāraccittāni nāham

na ca śrōtrajivhē na ca ghrāṇanētrē .

na ca vyōmabhūmiḥ na tējō na vāyuḥ

cidānaṁdarūpaḥ śivō:'ham śivō:'ham .

Know the meaning of the mantra and meditate on it. One should see the Atma, as revealed by the Guru and shastras during sravanam of Vedanta; hence the need for Vedanta sravanam. Without it, Vedanta dhyanam is not possible.

Where does he see the Atma? He sees it in his mind by recollecting the teaching of his Guru. This is vedantic meditation. **It is like a cow chewing the cud.** And in shloka atmanam means the atma; atmani means the mind; and atmana, means with the help of the mind itself. **So, with help of mind see the Atma, in mind itself.** Here you see Atma as a Sakshi. **Atma darshanam is second definition of Samadhi.**

What benefit do I get? Suppose you have a clock. Do you notice its ticking during day time; Probably not. But at night, in bed, you can hear it clearly. Nothing changed with the clock. In daytime the outside disturbances overpower. In Nidhidhyasanam all other noises are removed. In Nidhidhyasanam, when I recollect the teaching, it has more impact. Thus, the teaching becomes stronger. Citing another example, on poornami day, at daytime, it is difficult to see the moon. But once it gets dark, you see the full moon. Did

the moon suddenly brighten? No. In daylight, the moonlight was obscured and at night it became clear.

Similarly, during shravanam itself; knowledge does take place; every student gets the Teaching. In nidhidhyasanam he brings the same teaching into a silent mind; in a withdrawn mind, then the teaching becomes more powerful. Here Gyanam becomes Gyana nishta. It is strongly registered; and therefore the **second definition can be called atma darshanam.**

The benefit one obtains is that one feels joy of poornatvam.

Shloka # 21:

योगीनो यदात्मैक्यं प्राप्नुयति तदा
सर्वसंसारमोक्षं प्राप्नुयति॥६.२१॥

When the Yogin experiences the endless bliss beyond the senses, that may be grasped only by the intellect, becomes steadfast and does not move away from the Truth.

In this shloka, two more definitions are provided.

Third definition: One owns up to the highest ananda. Ananda is different from experiential sense pleasures in every way including space and time. Every experiential pleasure is time bound. Thus, the telling that I enjoyed music on that day is in the past tense. Any experiential sense pleasure is bound by time, place and quality of experience. Ananda is not an experiential pleasure. If it is ananda only in Samadhi, then it is also an experiential pleasure, since once you come out of Samadhi you come back to normal state.

It is ananda when it is born out of knowledge. I am poornaha, I was and I will be. Even outside of meditation, I will be poornaha. It is a permanent state of knowledge that cannot be displaced by anything. It remains with us, in both happiness and unhappiness. This sense of fulfillment born out of knowledge is called Atyantikam sukham; the limitless ananda.

It is a state that is beyond sense pleasures.

So, the third definition is Atyantika Sukham.

Then comes the fourth definition in the second line. Remaining in this; in this absorption; or abiding in this atma; one does not deviate into anatma; Citing example of cycling, when you are learning, somebody holds you. Later you get to bike on your own. Then you start cycling without even thinking about it anymore. This is called Nishta. One who practices this will never come out of it even in transactions. Actually after this, life becomes a drama. You realize you are not a beggar in the green room. Going to the green room is Nidhidhyasanam. Whatever be the transaction, he does not forget his core or center of gravity.

If during the transaction one does not deviate, it is called Sahaja Samadhi. When I deliberately practice it, it is samadhi; when effortlessly I am in it, it is sahaja samadhi. It is like one driving the cycle without worrying about the cycle.

Fourth definition of Samadhi is that one, who is in it, is a Tatva nishta or Sthita pragyaha.

Shloka # 22:

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 0000000000000000 0 00000000 0000000000 00000000000000**6.22**

That prize, winning which one deems no other greater; established in which, one is not overpowered even by grievous pain.

Here Sri Krishna gives two more definitions. Once, one owns up poornatvam, I don't lack or need anything. Swamiji cited the tamil saying "Kurai onrum illai, Nirai iruku". The saying means "I am full and I have everything." Since I don't miss anything, whatever I enjoy due to my punyam, they will all be

luxuries. **What is luxury? It is which you enjoy when you have it but don't miss when not available.**

Need is that you don't recognize when it is there. But once you don't have it you realize the need.

Citing example of car , one who has no car does not consider it a necessity as he is used to travel by public transportation. However, one who has grown up using a car, for him car is a necessity. This is the difference between luxury and need; luxury is that whose presence you enjoy; whose absence, you do not miss; need is that whose presence you do not recognize, whose absence you very badly feel.

For a Gyani everything in life is a luxury. When they are not there he does not miss them. Sanyasi's in Hrishikesh live on Bhiksha. They are used to it. Then tourists come. They want to feed the Sanyasi's with puri, halwa etc. Sanyasi's enjoy it knowing the next day they will be back on Roti and Dal.

So Sri Krishna says yam labdhva, having owned up this purnatvam, all the other aims in life; all other accomplishments become insignificant.

Therefore, the fifth definition of Samadhi is athyantika labhah. It is the highest gain in front of which all the other gains are insignificant.

They become insignificant in face of poornatvam.

Sixth definition: Remaining in Atma Nishta one is not shocked or shaken by the worst tragedy in life. Reacting to a situation, he says "What? When he hears about it at first, then changes to " so what"? He knows everything in life is subject to arrival and departure.

In shloka, the word guru is not a noun; rather it is an adjective, meaning, even by the heaviest sorrow.

The sixth definition of Samadhi here is atyantika dukhena

nivriithhi or total freedom from sorrow.

Take away:

1. Vedantic meditation is recollecting and remembering all of Guru's teachings.
2. First definition of Samadhi is total relaxation of mind.
3. Second definition of Samadhi is with help of mind see the Atma, in mind itself.
4. Third definition of Samadhi is Atyantikam sukham or limitless ananda. It is a state that is beyond sense pleasures.
5. Fourth definition of Samadhi is remaining in this absorption; or abiding in this atma; one does not deviate into anatma;
6. The fifth definition of Samadhi is athyantika labhah or obtaining poornatvam. It is the highest gain in front of which all the other gains are insignificant.
7. The sixth definition of Samadhi is atyantika dukhena nivriithhi or total freedom from sorrow.
8. Luxury versus need: luxury is that whose presence you enjoy; whose absence, you do not miss. Need is that whose presence you do not recognize, whose absence you very badly feel.

With Best Wishes

Ram Ramaswamy

Baghawat Geeta, Class 89, Chapter 6, Verses 18 and 19

Greetings All,

Continuing his teaching of the Gita, Swami Paramarthananda said, after discussing the general and specific preparations to be taken care of before meditation, now, Sri Krishna is talking about the actual process of meditation itself. The process of meditation includes dharana, dhyanam and samadhi. Dharana is focusing mind on object of meditation. This focusing happens only as a relevant thought modification. Thus, focusing on a tree means that tree is the object. In Sanskrit, we call it vriksha akara vritti; vriksha means tree; akara means the form of an object & vritti means a thought modification. So when I entertain vriksha akara vritti, my mind is focused on vrikshah; Ghatakara vritti is focusing on ghatah. Ishvara akara vritti is focusing on Ishvara and atmakara vritti is focusing on Atma

And after that, try to retain the flow of the same thought. Thus, vriksha akara vritti can stand for a moment alone, because every thought has got only a momentary life. No thought can exist continuously; it has only a momentary existence. Therefore, in Dhyanam, what I try, after entertaining vriksha akara vritti, is to have the next vritti also as vriksha akara vritti and continuing with the same thought. This repetition of same thought is technically called sajatiya prathyaya pravahah or the flow of similar thought with each thought dealing with the same object. This is called dhyanam. As a result of this attempt, which involves effort, which involves initiative, which involves deliberation, if a person follows naturally, after sometime, the mind gets into the groove of a similar thinking, by sheer habit, which you can also experience if you have attended akhanda nama bhajana.

In akhanda nama bhajan same name is repeated without a break. In this process the mind gets into a groove and thought gets deeply registered in subconscious mind. So, even after akhanda nama bhajan, that thought, such as Hare Rama or Om Namashivaya, keeps playing in our mind.

It is like an advertisement that keeps playing in our mind. The mind has a capacity to form Vasanas or impressions.

Samskara means vasanas and by the strength of that vasana that particular thought continues. It is like for pedaling the cycle for sometime, and thereafter you do not cycle, but because of the momentum of the initial effort, the cycle continues to run for sometime. The same thing happens to the thought cycle also; once that vritti continues, my willpower is not required; and any vritti which takes place without our effort is called sukshma vritti; any vritti that occurs in our mind, without deliberate effort is called sukshma vritti, the om namasivayah mantra which goes on in your head

throughout the day, is a sukshma vritti. Sukshma vritti means subtle thoughts. When the subtle thought is taking place in your mind you are not even aware of

it since your mind's focus is not on it. This is called absorption in a particular thought and in this state of absorption the subject object division is not felt.

It is exactly as in deep sleep state. In sleep state, the subject-object division is not felt; but still there is a thought modification taking place in sleep. It is not a deliberately entertained thought; but it happens in the sleep. How do you know that such a thought took place in sleep? Because, after waking up, we say I slept well.

To have that experience, we should have gone through a thought modification and that thought modification is called sukshma vritti. It is this sukshma vritti, subtle thought, which registers the experience in the dormant mind which we activate

in waking state.

(Note: See explanation of Vrithi given below as a postscript.)

After some time by sheer momentum the thought continues and that thought is called

sukshma vritti. In Sukshma Vritti the subject-object division is not manifest. The subject-object division exists but it is not manifest at that time. This state of the sukshma vritti continuation, this state of the subtle thought continuation, is called absorption or Samadhi. Since the division is not manifest in that state it is called nirvikalpaka samadhi. Nirvikalpa samadhi is a state of division-less-ness. What division are we talking about? It is about the subject-object-instrument division. When we say that it is a state of division-less-ness one, we do not mean the divisions are absent; rather it means divisions are in un-manifest form.

An Acharya has given the example of water in which salt is dissolved. I, myself, have added the salt to the water. However, since it has become one with the water, **visibly** the salt is not there, although you know salt is there. In the same way, in absorption, thoughts are there but the thoughts are like the dissolved salt. They are there and they are capable of doing their functions, but they are not dominantly experienced. Such a state is called Nirvikalpaka samadhi. And Sri Krishna wants to talk about dharana, dhyana and samadhi in the verses Shloka's 18 and 19 respectively.

Shloka # 18:

6.18

When the well-controlled mind abides solely in the Self, rid of cravings for objects of desires, one is said to be integrated in Yoga.

In the shloka Vinīyatam chittam means withdrawing mind from object. It means thoughts are not entertained. Thus, if my mind is in the office, it means Officeakara Vṛithi is maintained. So one has to withdraw mind from office. Here mind withdraws from Anatma or objective universe. **Now, Anatma has three parts. They are: Whole world, Body and Mind.** So do not entertain thoughts related to these three. This is called Chittam Vinīyatam. This is possible only by forming detachment from Anatma. So, if you are attached to a person, that thought keeps coming up. **Our Ragaha and Dveshaha dominate our thoughts. Meditation, however, requires detachment.**

When the mind is rid of anatma akara vṛtti then the mind becomes free. When the mind is pre-occupied with the objective world, how can that mind be available for atma dhyanam? Therefore, withdraw the mind from the world then the mind abides in atma or the mind dwells in atma.

Atma being all pervading, the mind also rests in it. Mind cannot go out of Atma. If so, what does it mean when we say mind dwelling in Atma? It only means that you have thoughts related to that object, Atma.

If my mind dwells on Badrinath, it means I have thoughts related to Badrinath; therefore if the mind has to abide in atma it means the mind should entertain the thought modification's of one's associated with atma. Vedantic meditation is not thoughtlessness. Yoga does have thoughtless meditation. This, however, is not approved by the Vedas. They feel thoughtless meditation is of no use. We give importance to thought centered on Atma. The " I am Consciousness" principle by which the mind, body and thought are known also knows the thoughtless state of mind. This awareness is the witness (sakshi) of thoughtful and thoughtless mind.

The " I am" thought arises in consciousness. This thought, however, cannot disturb consciousness.

It is like my hand moving in the light; but the hand does not disturb the light; the light illumines the hand. Similarly "I" the consciousness illumines the thought, witnesses the thought, but the thoughts themselves do not disturb me; this is called asangatvam. So aham asangh; is one form of thought; aham sakshi is another form of thought; and these thoughts arrive and depart, but "I" never arrive and depart. It is exactly like the people entering a hall, the light illumines the hall; all the people vacate the hall, the empty hall is also illumined by the light; people come and go; hall gets filled up and

vacated; but the light illumines the full hall, as well as vacated hall. Our mind is like the hall; the thoughts are like the people, and consciousness is like the light, however, "I" never come nor go.

While I have been talking ,you have been listening and even as you listen, your mind should have entertained relevant thoughts about Atma or Anatma. All the thoughts that you have been entertaining are dealing with Atma and this is called akhanda akara vrtti. Akhanda akara vrtti means any thought pattern connected with the consciousness or sakshi.

And entertaining this thought pattern, is called atmani avasthanam or it means dwelling in atma or abiding in atma. It is not thoughtlessness. I can have thoughts like aham ekahah; aham asangh; aham rupa rahitah; **I am formless, I illumine the formed body, but myself am formless, like the light illumines the formed hand, but the light itself is formless,** thus aham arupah, aham sakshi, aham asangh, aham nityah; aham

shuddhah; All these are called atma dhyanam.

And entertaining this thought pattern is called atmani avasthanam.

Therefore, Sri Krishna says, the mind abides in atma, entertaining the relevant thoughts and this state is called

yogah or samadhih or state of absorption.

And as I said in the last class, samadhi itself is divided into two types. When effort is involved it is called Savikalpa Samadhi. It is a state where ego is dominant and individual effort is pronounced. Once this effort is maintained for some time and then it becomes an effortless process, like pedaling the cycle for some time then cycle moves on its own momentum. This is the state of Nirvikalpa Samadhi. It is a state of absorption.

And what is this state of mind like? An example is given in the next shloka.

Shloka # 19:

यथा वायुः शून्ये स्थितः प्रविशति प्रविशति
तथा योगिनो मनो नियन्त्रितं तदा योगिनो मनो नियन्त्रितं॥६.१९॥

As light in a windless spot stirs not, this is the simile of the Yogin whose mind is controlled and who applies himself to Yoga.

Suppose a lamp is lighted. When kept in an open place, the flame flickers due to breeze. The direction depends on the breeze. In meditation, thought is like a flame. When I think of an object, within moments some other thought comes up without any awareness. This is the flickering mind. Now, when the mind is protected, like the lamp in an enclosure, the flame remains steady. This steady flame is an example of Nirvikalpa Samadhi. My Atmakara Vrithi is not disturbed.

So, what can enclose the mind? What can protect it?

Mind is subtle and it requires Vairagya and Bhakti as its enclosures. What is Bhakti and Vairagya? I will just give a clue. Details of these two topics I will discuss later. Sri Krishna discusses this in shloka 6.35 as well.

All our worries are because we cannot face the future. There

are two types of future, the actual future and the imaginary future. The imaginary future threatens more than the actual. Questions come up like what will happen if I fall sick etc. Thus, the worry of future is a cause of disturbance. Only solution here is to surrender the future to God.

The second disturbance is due to attachment. If I do not worry about myself; I worry about my family members; what will happen to them; and how can I help them; etc. When such thought comes, you tell yourselves they will be better off, without me; they will be taken care of by God.

And what is that disciplined mind doing? It is practicing atma dhyanam. Yogam in shloka means dhyanam. So, the un-flickering flame is an example of the restrained mind. Such a mind that is engaged in atma dhyanam reaches a state called samadhi.

So far Dhyana swaroopam was discussed. Shlokas # 20-23 are the culmination of Dhyanam. It is all about Nirvikalpa Samadhi. This is the consequence of ashtanga yoga. Nirvikapla Samadhi can be in any field. It is our natural faculty. We had this faculty in full measure when we were babies. Babies when they see an ant or cockroach they want to catch them with single-minded attention. You cannot distract a baby. It is a faculty we have lost in the name of growing up and now further eroded with our worries.

An absorbing book, a thrilling one-day cricket match all have moments of Nirvikalpa Samadhi. There is no mysticism in it. We use this faculty in Vedanta to direct our mind to Atma. Seven definitions of Nirvikalpa Samadhi are given now.

Take away:

Atma: I am formless, I illumine the formed body, but myself am formless, like the light illumines the formed hand, but the light itself is formless.

Anatma: Anatma has three parts. They are: Whole world, Body

and Mind.

How to keep mind steady in meditation? The mind is subtle and it requires Vairagyam and Bhakti to keep it steady.

With Best Wishes

Ram Ramaswamy

P.S: Explanation of Vriithi from the internet:

Between the two compartments of thinking and perceiving of mind, though it is easy to stop the thinking part, it is verily hard nut to crack so far as the perceiving mind is concerned. According to the Advaitic theory of perception it is the consciousness within us which makes perception possible by uniting the consciousness in the object. The Vedantic theory of perception is that the mind comes out through the eye and assumes the shape of the object outside. A ray of the mind actually goes out assumes the shape and form of the object and envelops the object. Mental image coupled with the external something is the object, for whatever objects we see outside have got their own images in the mind. When we pass through a mango garden, a ray of the mind comes out through the eye and envelops the mango. When it assumes the shape of mango, the ray is termed as impression or Vritti. The enveloping process is called Vritti Vyapti. The veil that envelops mango is removed by the mental ray. As there is chaitanya associated with the vritti which illuminates the object 'Mango', this is called Phala vyapti.

When this vritti chaitanya illumines the object, then only does perception of mango take place. At this point, mind comes to function and does sankalpa – vikalpa by asking as to whether this is mango or not? Budhi (intellect) comes as a prop and determines from previous experience that this is mango. Chitta then makes enquiry "how can I get the mango?", "may I ask the gardener?" Ego asserts: "I must get the mango anyhow, as I want it." Then senses of actions are

commanded by mind for execution. When we see a mango tree it is external to us as far as our body is concerned, for we know the existence of the tree through the mind only so also our body is as much external to us as the yonder mango tree for it is also a mental percept. They are mere appearances that float in the one absolute Reality. Now as the tree is external to body and body is also external to us, the idea of externality of this universe is blown up. There is internality with reference to externality and when externality goes away where does internality arise? They are mere illusions and creations of mind. There is only the solid existence ,The real infinite ' I' That is our own self.Om Tat Sat.

Taitreya Upanishad, Class 20

Greetings All,

Chapter # 1, Anuvakaha # 11, Shloka # 1 through 4:

Summarizing last class Swamiji said Anuvakaha 11 summarizes the dharma shastras covering topics of values, ethics, puja and developing a proper attitude. Our teachings are scriptures oriented, not person oriented. In person oriented it tends to become a cult while in scripture oriented it becomes a tradition. Until I understand scriptures, the Guru is important, but once I have access to the scriptures, the Guru is supposed to recede to the background. Our scriptures and traditions don't allow creation of a cult. The Vedic Acharya says, I have taught you now on give more validity to scriptures. At all times scriptures alone rule and nothing else does.

Whenever you have great people available make use of their presence to learn. Make them talk more to learn from them.

Chapter # 1, Anuvakaha # 11, Shloka # 5:

Gifts should be given with faith; they should never be given without faith; they should be given in plenty; with modesty and with sympathy. Let there also be agreement in opinion (or friendly feelings) when gifts are offered.

Our scriptures talk of numerous disciplines and sadhanas. They have also condensed them for us into three basic sadhanas as well. **The three fundamental sadhanas are:**

- 1. Yagya**
- 2. Dana**
- 3. Tapaha**

These are three fundamental religious disciplines. Brihadaranyaka Upanishad and the Gita's Chapter # 18, both mention these sadhanas.

Yagya: It is leading a life style of worship or leading a prayerful life. From the moment one gets up in the morning until one goes to sleep every activity performed is converted into worship.

Tapaha: Moderation in everything is important. Golden means has to be adopted. Don't let any activity get out of hand. You must be able to say "no" to anything, at any time. Moderation is just one meaning of Tapaha.

Danam: It is sharing with others. Make your life one of taking as well as giving. When both are practiced, only then the cycle of universe continues. There should not be any stagnation. Thus, the water cycle is: Ocean>cloud>river>ocean. Everything in life is cyclic. If we refuse this, then stagnation occurs and it affects negatively. In health as well energy taken in must equal energy put out else health problems occur. Superficially Danam appears like a loss. Scriptures, however, say whatever you give alone comes back. Hatred comes back. Love comes back. So, give good and things

in plenty. Danam is highlighted in this shloka. Panch Maha Yagya also requires charity.

How to perform Danam?

1) Give with Shradha or with faith. Nothing given is a loss. It always comes back to me. I may lose materially but I gain spiritually. It comes through inner growth or through Chitta shudhi. This faith must be strong.

2) Ashradhaya Adeyam: Do not give without faith. When you give without faith you tend to see only the loss. Don't give with heartburns. Even if you don't have faith, give. Faithless giving is better than not giving at all. One hopes this giving will lead to faithful giving.

3) Shriya Deyam: Give in abundance. Depending upon your capacity give proportionately.

4) Hriya Deyam: Don't look down upon the receiver. Arrogantly given danam becomes Rajas and or Tamas Danam. Gita, in chapter 17 discusses this topic. During giving, have the feeling that you have the good fortune to be able to help others.

5) Bhiya Danam: Give with concern to the receiver. Whatever you give must help others. One must have empathy. Identify with problem of receiver and give.

Here another shastric meaning comes in. Danam is considered a compulsory duty by shastras. You have to share with others without expecting anything back. It can even be kind words or even service to others. Live like the trees. They give more than they receive. That is why everybody wants trees. However, nobody wants more humans around as they only take. Giving is not a kama karma; it is considered a nitya karma, like giving tax. If you don't do your Vedic duties you can get Pratyavaya Papam. So to fulfill your daily karmas, give.

Samvida Deyam: Giving must be performed with understanding of

Desha (place), Kala (time) and Patram (recipient must be a deserving person). You need not give to persons without right credentials. One can find appropriate institutions and give through them as well.

Keep in mind that Danam is not money alone, it includes seva, kindness etc. as well.

Shlokas # 6, 7 and 8:

Shloka # 6:

Now, if there should arise any doubt regarding your acts or any uncertainty in respect of your conduct in life, you should act in those matters exactly as those Brahmanas who are present there, who are thoughtful, religious (experienced), not set on by others, not cruel (i.e. gentle) and are devoted to dharma.

Previously we saw scriptures are the primary source of dharma and adharma (do's and don't's). But Vedas do not discuss all possible situations in life. They are already very voluminous. So, Vedas do provide guidelines for us. We should be able to interpret them according to scriptures and according to situations. Therefore interpretation is important. With time, society and life styles change and they have to be taken into consideration. Vedas are very flexible in this regard. Citing an example Swamiji says Vedas are like the constitution of a country that can be applied to many situations that a country faces.

To interpret the Vedas, it must be performed in the right spirit as well. So, who will interpret the scriptures? Interpreters require a fine intellect to perform this task. Interpreters should have qualifications. Suppose one has a doubt about a religious practice or ritual, how to address this? This is called Vrata chikitsa. Vratam means conduct.

Vedas say, go to those people who are Guna Brahmanas. They

must be able to interpret. The rules of interpretation are documented in Mimasa shastra. Once an interpretation is done, the verdict must be accepted. One who does not accept such a verdict is called a Nastika.

The qualifications of a Samarshinaha (independent interpreter) are:

- Yukta: One who lives a life of Daharma.
- Ayukta: One who is impartial and independent person. He must not benefit from verdict.
- Aluksha: One who is considerate and empathic. He must benefit society.
- Dharma and Kama: He must not be interested in money, wealth etc.

Therefore, a Brahmin was supposed to lead a life of poverty totally immersed in scriptures. Such a life of voluntary poverty meant such a person was not afraid of anything.

Such people alone should interpret. And, if their verdict for some reason compromises with Shastras, one has to accept it. Citing story of Shankaracharya, once while he was travelling with his disciples he was offered alcohol to drink. He drank it. His disciples were disdainful of his action. Soon after, he came across a black smith who was melting metal. Shankara drank some of the molten metal as well astonishing his disciples. His message to his disciples was, I could do all this as nothing affects me. Until you can reach this stage you still have to follow scriptures.

When mahatmas violate dharma, we should keep in mind that they also follow dharma most of the time at a very high level.

Take Away:

1. Yagya, Dana and Tapaha are the three sadhanas that are considered the essence of Vedic religion.
2. While giving or making a Danam one must keep following

- in mind:
3. Do it with shradha;
 4. Give generously;
 5. Do not look down upon the person receiving the danam.

With Best Wishes,

Ram Ramaswamy

Taitreya Upanishad Class 19

Greetings All,

Chapter # 1, Anuvakaha # 11, Shloka # 1:

Having taught the Vedas the preceptor enjoins the pupils, “Speak the truth, do your duty, never swerve from study of the Vedas, do not cut off the line of descendants in your family, after giving the preceptor the fee he desires. Never err from truth, never fall from duty, never overlook your own welfare, never neglect your prosperity and never neglect the study and the propagation of the Vedas.”

Chapter # 1, Anuvakaha # 11, Shloka # 2:

Never swerve from your duties towards gods and towards the departed “souls’ (manes). May the mother be, to thee, a god. May the father be, to thee, a god. May the preceptor be to

thee, a god. May the guest be, to thee, a god.

Swamiji said Anuvakaha 11, Chapter # 1, presents the core of dharma shastra's. This knowledge is supposed to be learned by everybody and certainly followed by a Brahmachari. Dharma includes:

- Performing puja to God or performing Karma's.
- Developing proper values and ethics or Daivika Sampathi
- Developing proper attitude or Bhavana

All three are important. Some rituals are mentioned as well such as Daivika Karmani and Pitr Karmani

The Upanishad also talks about Satyam Vada. It also discusses some attitudes we need to develop, the topic we are now discussing.

One has to look upon one's Mother, Father, Teacher and the Guest, each of them respectively, as God. Mother and father both may have defects. Despite that one should look upon them as God. Acharya can also have defects but one should look upon him as God. Acharya here includes teachers of material sciences (physics, chemistry...) and arts (dance, music.) as well.

Atithi is to be looked upon as God. In Vedic times this value was a very important one. The visit of a guest was looked upon as will of God. As per Vedas, Atithi is one who comes as an unknown visitor on an unplanned visit. Unfortunately, we cannot follow this value anymore as many Swami's and Con artists are now coming in as Atithi's. Moreover, nowadays, hotels are available as are restaurants, as well as modern tools of quick communication. Even the average family today is a small one usually living in small quarters. So, this value has become one of academic interest only. They say Shiva and Vishnu also lived with their in-laws for long periods enjoying hospitality. Even with in-laws the longer your stay, the level of hospitality decreases.

Chapter # 1, Anuvakaha # 11, Shloka # 3:

Let only actions that are free from blemishes be done, and not others. You must follow only those virtuous actions that are irreproachable, and not others.

Chapter # 1, Anuvakaha # 11, Shloka # 4:

You must not breathe a word when those, who are more distinguished than you, are in discussion on spiritual matters (or, you must offer a seat to superiors and worship them with acts of reverence and love).

Continuing Anuvakaha 11, chapter 1, here, the teacher gives an important advice. There are three sources of knowledge for dharma and adharma or establishing the Do's and Don'ts in life. They are:

- **Vedas:** also known as Sruthi Grantham, is the primary source of dharma. Especially the Vedapoorva Bhaga.
- **Smrithi's:** Rishi's and Acharyas wrote secondary scriptures, also known as Smrithi Grantham. Smrithi's are based upon Vedic teachings. Thus, words are of Acharya but content is of Vedas. Smrithi elaborates the teachings of Sruthi through stories. Values are hidden in the story like butter in milk. We have to churn and extract the butter. Acharyas churned and brought the butter up. They all bring Dharma Gyanam.
- **Lifestyle of people who lived according to the Sruthis.** These are people have conquered Raga and Dvesha. Their life is an open book of shastric living also called Shista Achara. They follow shastras in life. Their life is visible to us or it may even come to us in the form of a biography.

Suppose Smrithi has a statement or a Shishta does something, contradicting the Sruthi's; whose direction should I follow? How to handle such contradictions? Citing an example of this contradiction, Durvasa was a great Rishi but he was angry all

the time, while Shashtra's say one has to maintain a balanced mind.

The answer is Shruti alone dominates, not the Shista or the Smrithi. So, in all such cases of contradiction, follow the Vedas. Shastras believe, in general, that no human being is 100% perfect. Even Rishi's can have doshas. Even Avatara's can have Doshas. There is only one perfect being and that is God. Even god, when he comes down as a human being, he shows human weaknesses. So, the teacher says, follow the Shashtra Vidhi, at all times.

Why Mahatmas perform contradictory actions, one does not know. Do not challenge them? Do not judge them. Learn from their right actions and don't take up their wrong actions. Thus, Parashurama cut his mother's head while Ekalavya cut his thumb as a dakshina for his Guru. In such cases do not judge or criticize them. Sometimes the situation requires compromises, like Sri Krishna's actions in Mahabharata. No value is absolute; they are all situational. If so, why can't I compromise, is a question that can rise? Shastras say you can also do so but only after mastering Values and Ethics. Once you conquer Raga and Dvesha you can consider compromising on values. Rishi's and Mahatma's have transcended Raga and Dvesha, hence they can perform contradictory actions.

Vedas say such a person can contradict Vedas and even create their own Dharma.

Birla gave a blank check book to Mahatma Gandhi. However, after quiet some time he noted that Gandhiji had used only one Rupee. So, you give freedom to one who is mature and responsible. So too, it is with Mahatma's. Once you reach this maturity you can also perform actions contradictory to shastra's.

Follow your Guru, but be aware that if the Guru performs actions contradicting the shastras, don't follow him, follow

the shastra's. Thus, it is said of Sri Krishna, don't go by what he did rather go by what he said.

Don't take adharmic actions. Do not criticize mahatmas.

Great people also had weaknesses. Filter the weaknesses. Look at positives and imbibe them. Mimamsa is filtering positives and pulling it out. Citing several examples: Prashurama, in cutting his mother's head, was following his father's instructions. Ekalavya was willing to give anything as Gurudashina. He displayed Guru bhakti. Rama sent Sita to the forest. The lesson was, a king was supposed to have the pulse of the people in mind or a Prajaranjaka Raja. Pandavas sharing of one wife, here the mother's instructions were followed. Prahalada violated father's instructions but he was glorified. Here Pitravakyam was not in sync with the shastra's.

Vedic tradition is not person centered. Thus, Vedas are not prophet centered like Christianity and Islam. Buddha was an Avatara but Buddhism contradicted the Vedas, hence he could not succeed in India.

Until you know the shatras, the Guru has to teach you; after that Guru has to withdraw. After that, shastras alone prevail.

Patanjali, a Rishi, gave us the Yoga system. Yoga's philosophy, however, was not in sync with Vedas. So, his philosophy was not accepted. Yoga itself was accepted.

Gyana Vaiseshika was accepted but its philosophy was not accepted, as it was not in sync with Vedas.

Anywhere Shastras are contradicted, do not accept it. This is the teaching of the Guru. Even Shankaracharya's writings were analyzed for such contradictions.

Shloka # 4:

Keep an open mind. Suppose some Brahmanas (Not by birth, rather people who have studied Vedas) were to come, who are

superior to us in age, experience, and knowledge, welcome them and use it as an opportunity to learn. Experience is a big teacher. An uneducated man with experience knows a lot more than an educated one without experience. When they, come ask them to take a seat. Once seated don't talk about your self. Use their visit to learn more. Mahatmas generally don't like to talk. So, don't talk about your self. Ask them questions and make them talk. Thus, learn more and more.

Take Away:

2. Follow the teachings of Shashtra's at all times. Any contradictions to Shastras, anywhere, do not follow them.
3. Do not criticize mahatmas.

With Best Wishes,

Ram Ramaswamy

Bhagawat Gita, Class 88: Chapter 6, Verses 18 & 19

Greetings All,

Continuing his teaching of the Gita, Swami Paramarthananda said, in the first 17 shlokas Sri Krishna dealt with Bahiranga and Antharanga sadhanani. Bahiranga sadhanani are general disciplines to be followed throughout life while Antharanga sadhanani are specific disciplines to be followed just before

performing meditation. Both sadhanas contribute to meditation.

Now in the following verses, Sri Krishna talks about dhyana svarupam and phalam. Dhyana svarupam means actual process of meditation and dhyana phalam, is the culmination of the meditation process. Here, Sri Krishna is following Ashtanga Yoga of Patanjali. Patanjali is a great rishi, who has presented a beautiful system for the practice of meditation and for the integration of the personality, which is called yoga shastram. Yoga shastra has two parts. They are: 1) Practice of meditation and 2) Philosophy of meditation.

The philosophy part of meditation is not accepted by Vedic teachings. They consider it against Vedic teachings. Even though the philosophy is rejected, the practical aspects of meditation are accepted. The practice of meditation is heavily borrowed in puranas and Vyasa also brings it in Gita's chapter # 6.

Since it is heavily borrowed and useful, I will briefly talk about the yoga system of meditation and this system is popularly known as ashtanga yoga or meditation in eight steps. Anga means limb or step or stages; and this is a wonderful system for integrating the whole personality, because it takes care of our physical personality, annamaya kosha, it takes care of our pranamaya kosha, the energy personality and it takes care of the mental, the manomaya kosha, and it also takes care of vijnanamaya kosha. It is a wonderful integrating system.

The Ashtanga Yoga talks about Yama and Niyama. They address our way of life or the Bahiranga Sadhanani. Our lifestyle's determines our mental makeup; if you are a highly reacting type of person, our mind is generally restless and therefore when we sit for mediation, we cannot calm down. And, therefore, Patanjali also accepts that we have to tone and discipline our general lifestyles using a process called yama and niyama; yama emphasizes the things to be avoided in our

day-to-day life to enjoy a calm mind. It determines our mental make up.

Yama: They are things one should avoid in life. They are the Do not's of life.

Niyama: These are things that are to be followed in life or the Do's.

Swamiji says, he calls them the ten commandments of Hinduism, the five do's and five don'ts.

The Yamas, Don'ts, are:

1. Give up violence. This is the practice of nonviolence both at the mental and physical level. When we are violent the environment gets disturbed. **The world is only an image. When you smile, the world smiles. The world is a mirror. If I do violence, I will get it back at some time in future.**
2. **Satyam:** Give up speaking of untruth, both in thought and speech.
3. **Asteyam:** Non-stealing: Do not possess anything that is not yours. An unfair deal is a stolen one, whether you recognize it or not. Nonpayment is stealing. Any benefit occurring via unfair means is stealing.
4. **Brahmacharya:** Give up inappropriate attitude towards opposite sex. Both male and female should give up inappropriate relationships.
5. **Aparigraha:** Non-possessiveness. Possessing too much is not right. Even legitimately earned wealth should not be owned beyond a certain measure. Practice non-possession.

Niyamas or Do's:

6. **Saucha:** It is purity within and without. Physical cleanliness and inner mental purity.
7. **Santosha:** is contentment with whatever I have, earn etc. Don't compare with others.

8. **Svadhyaya**: Study of scriptures.
9. **Tapaha**: Austerity. Simple living. Non-luxurious life. Ascetic living.
10. **Ishwara Pranidhanam**: Surrender to God. Surrender to the God means surrendering to the laws of karma. God means the laws of karma. These laws keep the Universe in harmony; it allows functioning of the universe according to the universal physical and moral law and order, which is God's.

Whatever we experience in life is what we legitimately deserve. Every experience that I go through, right from the happiest moment, up to the most torturing situation happens according to the moral order of the God and surrendering to the God is accepting the law of karma.

What do you mean by acceptance? I do not resist any experience. I do not criticize any experience; I do not criticize God for my experience; I accept whatever I receive as the will of God. We can try to improve the future; because future has not yet come; but whatever has already come is God's will; that acceptance of Ishwara's will is Ishwara Pranidhanam.

The last three Niyamas (Tapas, Svadhyaya and Ishwara pranidhanam) are also known as Kriya Yoga or Karma Yoga.

Following the Ten Commandments make me a moral, ethical, decent and cultured person. They are all Bahiranga Sadhanani.

Coming back to ashtanga yoga shastra, the next steps prescribed by Patanjali are:

5. **Asana**: Sitting in a posture for a long time. One must be able to sit for at least 20 minutes at a stretch. Asanas deal with annamaya kosha.
6. **Pranayama**: It deals with regulation of breath. It is like a bird captured in a cage, the breath captures the mind inside and holds it.

7. Prathyahara: Withdrawal of sense organs from external world. Prathyahara of Yoga shastra is same as Damaha of Vedanta. Sri Krishna also spoke about this in the last few shlokas.

Asana, Pranayama and Parthyahara are all antharanga sadhanani. They are disciplines to be followed just before meditation.

What is the nature of meditation? It consists of three stages; dharana, dhyana and samadhi, put together are called the dhyana svarupam or also known as atma samyamaha, a name given by Patanjali. Sri Krishna is talking about these three stages.

Dharana: means turning mind away from world and fixing mind on object of meditation. It is like the focusing of the camera before taking a picture. Object of meditation varies depending upon the level of the student. In Yoga shastra they also talk of various chakras as well. All Chakras are related to God. **Exercise in concentration is not meditation. Only focusing upon god is meditation.** Even removal of thought is not recommended. There has to be mental activity for it to be meditation.

Dhyanam: Retaining the mind on the focused object is dhyanam. Thus, dharana is focus while dhyanam is retaining the focus. When I try retaining, the mind tends to slip away and you need to bring it back. This tug of war is known as dhyanam.

Samadhi: is natural absorption in object of meditation. It is end of the tug of war. It is a state of constant flow of similar thoughts. Every thought should be associated with God. It is acceptable to only see the eyes or the nose or the mouth of God. It is still God. All thoughts should be converted to God.

Sajatiya pratyaya pravahah means thinking of similar thoughts, to the exclusion of dissimilar thoughts. Dissimilar thoughts are thoughts when we see god as well as other things. The state of Samadhi is like a continuous flow of ghee in unbroken

stream.

The central aim of all three, Dharana, Dhyanam and Samadhi is to dwell the mind on God.

Suppose one has to go beyond Saguna Ishwara, for such a person, his meditation should be on “Aham Brahma Asmi” or it should be related to Atma Swaroopa meditation. This is called Vedantic meditation.

In the first meditation on Saguna Ishwara, God is outside as an object while in second meditation, on Nirguna Ishwara, God is non-different from me. Even though the object of meditation differs, the method is same.

If one follows all eight steps, where does it culminate?

It culminates in Samadhi. This is the eighth step. I still see me meditating on God. I see myself as a meditator and I see God as the object of meditation. This means there is effort involved. This also means there is a division between subject and object. This is Savikalpa Samadhi, the eighth step.

From Savikalpa now one moves to Nirvikalpa Samadhi.

Just as you get absorbed in watching a movie, you forget that you are in a theater at that time. “I” as an entity am forgotten. I have become one with the movie. How do I know it? My reactions to the movie tell us that the subject-object division has been temporarily resolved. **This absorption where I forget the surroundings, or self-forgetfulness, is called Nirvikalpa Samadhi. Thought is there, meditator is there, but I am absorbed; this is Nirvikalpa Samadhi.** This is the phalam of the eight steps or destination.

It should be noted again that Savikalpa Samadhi is the eighth step while Nirvikalpa Samadhi is the destination or culmination of the eight steps. Nirvikapla is not identified as a ninth step as it is the final destination.

Here Sri Krishna is not talking about meditation on personal God; Krishna is talking about atma dhyanam or meditation on my own nature, which means I entertain only those thoughts, which reveal my nature. These are evident in the shloka “Chiddananda Roopam Shivoham, Shivoham.”

Sri Krishna cites example of a steady flame which, when protected, is not disturbed by the wind. Similarly in dhyanam, my mind continuously thinks I am asangaha; I am free from bondage; I am free from problems; all these things; this is the essence, which comes from shloka #18 onwards up to shloka #19; Shlokas 18 and 19 deal with dharana, dhyana, samadhi.

Take away:

1. Ahimsa: The world is only an image. When you smile, the world smiles. The world is a mirror. If I do violence, I will get it back at some time in future.
2. Exercise in concentration is not meditation. Only focusing upon god is meditation.
3. Try practicing the ten commandments of Hinduism in daily life.

With Best Wishes

Ram Ramaswamy

Bhagawat Gita, Class 87:

Chapter 6, Verses 14 to 17

Greetings All,

Continuing his teaching of the Gita, Swami Paramarthananda said, Sri Krishna is now dealing with antaranga sadhanani including preparations before meditation. We see him mention the role of the place (desha), time (kala), asanam, posture of body (sharira sthiti), indriyanigraha (withdrawal of sense organs from external world, especially the eyes should be partially or fully closed) and Prana samyam (dealing with prana and apana discussed in fifth chapter). We have thus seen these six stages and now we are coming to Manonigraha.

Shloka # 14:

आत्मनि चित्तं स्थितं भयं त्यक्त्वा चैव
व्रतं कथं च मनो ध्यायेत् ॥ ६.१४ ॥

With the inner sense tranquillized, fear gone, established in vow of chastity, controlling the mind, thoughts anchored in Me, the integrated Yogin should sit, intent on Me.

What should be the condition of the mind during meditation? Mind is disturbed by two sources.

First of all past experiences can come up during meditation. The subconscious mind throws up past experiences such as regrets of the past. Sri Krishna says one should not allow the past to control you. One has to control the past. Surrender all experiences such as insults, pain etc., at Lord's feet. Say, " O God, you have given me all these experiences only for my inner growth. I do not have anger or hatred towards anyone. I surrender everything at your divine feet." Past is good, if we can learn from it, however, it can be a burden if it causes inferiority complex, hatred etc. Then, the past is a bad experience. **Remember, in hatred it is the hater who is suffering and not the hated. Hatred is an obstacle to the**

hating person; hatred is never an obstacle to the hated person. The hated may not even be aware of the hate. So, forgive everyone.

Call up all people you don't like in your mind and forgive them.

Every pain we go through is for polishing us. Then, I enjoy a prashanta atma, an atma relieved of a ton of regrets.

The second disturbance of the mind is worry about the future. Surrender future to God. "Whatever the future is, it is due to my own karmas. I cannot escape the future. Rather, I welcome my future." The future here includes family and friends. After all, I cannot determine the future of my children. I also pray to god that, " God, give me the strength to face and learn from experiences". It requires a peculiar mind to learn from adversity. Like the Hamsa bird that separates milk from water. Like, when we eat the sugar cane, we take in the juice and leave the fiber behind. Similarly, from every experience I should take the essence; that is learning and forget the experience itself. With such an attitude, welcome the future. This will result in a relaxed mind. **Thinking of future brings anxiety to the mind.**

The word Vigata, means both past and future are given up. In this state the present is fully available to me for my use in meditation. Normally the present is not available to me because it is affected by past and future. Now, when I have taken care of the past and future, the present time is available for meditation.

Brahmacharya means student of scriptures. Brahma means scriptures and Chari means leading a way of life. Scriptures prescribe several disciplines to a Brahmachari to get maximum benefit from his studies and it is called Brahmacharyam. One of the disciplines imposed by the scriptures says a brahmachari should have only three relationships. They are

with:

- 1) God;
- 2) Guru; and
- 3) Shatstram.

He should not have any other relationships.

That is the reason that during initiation into Sanyasa they remove the tuft signifying all these three relationships are also broken. When the Sanyasi discovers advaitam there is no more relationships. All relations require at least two people or Dvaitam. In a Brahmachari there is no worldly relationship. It is the same in a Sanyasi as well.

At least at the time of meditation, I should cut all the relationship. Tell yourselves, I am not a father now; I am not a mother; I am not a husband; I am not a wife; I am not a son; I am not a daughter; I am not a son-in-law, and a daughter. Whatever the relationship especially the disturbing relationship, cut them all off and **temporarily at least become a mental sanyasi.**

And that is why Sri Krishna said at the end of the 5th chapter, temporarily renouncing all the worldly relationships become a mental sanyasi.

Kailvalya Upanishad says “ Even a Grihastha should not have any relationship during meditation.” This is known as Brahmacharya Vrattam. It is a temporary mental state of Sanyasa during meditation.

Invoke relationship with God and fix the mind on God. This is the only relationship that continues in every life one takes. In our temporary relationships we lose sight of this one permanent relationship with God. It is like the river that is related to the ocean. So, also it is with God and me. So, with an integrated mind may you sit in meditation.

And what is the goal of the meditation; matparaha; **keep Me** not only as an object of meditation; but also as the destination of the life; therefore mumukṣu (seeker) may you practice meditation.

Shloka # 15:

[illegible]

Thus applying himself unintermittently, with a disciplined mind, the Yogin wins peace, which is abidance in Me, and whose climax is emancipation.

How long does one practice meditation? Sri Krishna says it should be practiced consistently, regularly and for a long time. In the shloka Atma means the mind, Yunjan means meditator and Evam means dwelling upon God. When we say fixing the mind on God, what type of God is meant here? Now Scriptures present God in three different ways depending upon the level of the Student as mandah, madhyama, and uttama; Mandah: (Mild) at the mandah level, first stage, God is a personal God, with a particular form like Rama rupam, Krishna rupam, Devi rupam and it is called eka rupam dhyanam. This also signifies Dvaita. Madhyam: (Medium): when a person is advanced, then the very same Lord becomes vishva rupah; aneka rupa, which means I see the lord as the very creation itself. So for a madhyama adhikari it is aneka rupa dhyanam. This also signifies dvaita. Uttama: (Ideal): A person who is still more advanced and one who has studied the Upanishads or Vedanta for him is prescribed arupa dhyanam; transcending both one form and many forms, we come to the formless Ishvara; and when one comes to formless God; the meditator meditated division disappears; the dvaitam gets converted to advaitam. Bheda upasanam or dhyanam gets transformed into abheda dhyanam. In eka rupa dhyanam bheda is there; in aneka rupa dhyanam also there is bheda. However, in arupa dhyanam this division is not there anymore. So, according to our level, the way we

perceive God also differs. This arupa dhyanam signifies Advaita. So meditation can vary depending upon approach taken. Sri Krishna is clearly talking about Arupa dhyanam. So meditate on Me. Perform the meditation without distractions. The more you meditate the greater is your inner peace. This peace comes from God. Peace from set up can be up set. Peace dependent on relationships such as job, family etc., can change. The peace from God cannot change.

Katho Upanishad says, only they get permanent peace, others don't. Real peace comes from within Me alone. This peace results in Jivan Mukti and then finally culminates in Videha mukti or freedom from Punar janma or freedom from rebirth.

Shloka # 16:

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He has no Yoga who eats too much or who eats not at all; who habitually sleeps too much or who keeps always awake, O Arjuna!

With the previous shloka Sri Krishna has completed antaranga sadhanani, for now. Budhi nischaya is also discussed later.

In shlokas # 16 and 17 respectively, Bahiranga sadhanani was discussed. Here, again, Sri Krishna brings up Bahiranga sadhanani. The ideas for Bahiranga sadhanani are not presented in an organized manner in this chapter.

Bahiranga sadhanani are general disciplines to be followed before meditation. Here the concept of moderation is emphasized. Sri Krishna says do not get addicted to anything. It is important for a seeker to follow the golden mean. Moderation with respect to eating, activity, sleep etc., is now discussed.

One who overeats cannot succeed in meditation. Overeating is

considered a papam. The Aghamarshana suktam is supposed to be chanted at time of bathing to wash away all impurities. Agha means papam and Marshana means washing.

People tend to snack in between meals. It is bad. Don't over eat. What is over eating? Stomach should only be half full after eating. A quarter should be for water and or liquids such as buttermilk. The last quarter should be empty to provide room for air. How to know if you are half full? When you feel you can eat some more, stop it. After eating you should not feel any discomfort.

Don't fast too much either. Such a person also cannot meditate. Our system cannot handle it. Once in a while fasting is acceptable. Even with fasting one is supposed to eat palaharam (tamil), which means Phalaharam or eating fruits.

Sleeping too much is also bad for meditation. One who does not sleep is also not good for meditation. These requirements will vary with age and constitution.

Shloka # 17:

6.17

One who in proper measure eats and plays, applies himself to works, sleeps and keeps awake, achieves Yoga that destroys all pains.

Moderation in eating, resting, and entertainment is recommended for a meditator. It should be like having pickle with curd rice. We should know when to stop. Moderation should also be practiced in activity. A workaholic is also not a good meditator. He needs to spend time with family as well.

In an age where everybody is trying for corporate success Shastras are not always followed. Sri Krishna is reminding us of our life goals. So, meditation comes to one who practices

moderation in life. So, moderation is very important.

Take away:

To succeed in meditation:

2. Get over your past regrets. In your mind, invoke all people you don't like and forgive them.
3. Don't dwell on your or families' future as it can bring anxieties. They are not conducive for meditation. Place the future in God's hands.
4. At least at the time of meditation, I should cut all the relationship. At least during meditation become a mental sanyasi.
5. Practice moderation in eating, sleeping and work.

With Best Wishes

Ram Ramaswamy

Taitreya Upanishad, Class 18

Greetings All,

Chapter # 1, Anuvakaha # 11, Shloka # 1:

**Having taught the Vedas the preceptor enjoins the pupils, “
Speak the truth, do your duty, never swerve from study of the Vedas, do not cut off the line of descendants in your family, after giving the preceptor the fee he desires. Never err from truth, never fall from duty, never overlook your own welfare, never neglect your prosperity and never neglect the study and**

the propagation of the Vedas.”

We are in Anuvaka # 11. It talks about Brahmacharya Ashrama. This ashrama has two steps in it.

First step: In Vedic times chanting of Vedas was not written down. It was handed from the mouth to the head in the Karna Parampara. In effect the mantras were chanted and committed to memory. This chanting is called Svadhyaya Yagna and this sadhana is used to purify the mind of the chanter as well as the people listening to the chant. In this process, even the society and nation also benefited. Veda Ghosha, Vedic chanting loudly by a big group, was also performed for benefit of others. This chant is supposed to purify even the environment. Even plants grow better after this chant. This process of Vedic chanting is also called Adhyayanam.

Second step: Study of Veda Mimasa consisting of understanding the meaning of Vedas in context of Karma Kanda. Here the purpose was not to understand Vedanta rather it was to understand Dharma Shastra also called Veda Poorva Mimasa. The Dharma shastra is condensed in Anuvakaha # 11.

(Note: The differences were that the Mimamsa school developed and emphasized *karmakaṇḍa*, or the study of ritual actions, using the four early Vedas, while the Vedanta schools developed and emphasized *jnanakaṇḍa*, the study of knowledge and spirituality, using the later parts of Vedas like the Upanishads.)

The Anuvakaha # 11 consists of:

Satyam vada: In various religions God is considered divine while world is considered secular. Thus, there is a division. Vedas do not create division between God and the world. They say the universe has born out of the divine. So Vedas see everything as divine. There is no division between divine and secular. So, one has to cultivate the bhavana of seeing the divine in everything. This is a lifelong effort. This bhavana

is called Satyam.

Dharmam chara:

Do not criticize rituals. They are important. Values are important as well. There should be a balance between rituals and ethics. Both are important.

Svadhyaya: We listen to scriptures and then forget their teachings. Hence continuous learning of scriptures is important to be reminded of the teachings. Do not neglect scriptural studies.

Guru Dakshina: You have to give the guru his dakshina. A Guru, however, should not insist upon it. Even without asking the shishya should give dakshina. Teaching obtained without dakshina has negative consequences. It is called Adakshina. It is also called Runam (debt). A mind with Runam is considered an impure mind. So, give dakshina.

Be a part of an ashrama: After leaving the Gurulkula, a man still has to be a part of one of the four ashramas. Without an ashrama your duty cannot be identified. One can become a permanent Brahmachari so long as he is initiated as a Naishtika Brahmachari. Such a Brahmachari has to serve his teacher. One can also choose Grihasthashrama, Vanaprashtha or Sanyasa. If he chooses Sanyasa he has to go back to ashrama and study Vedanta. Generally, most people opt for Grihasthashrama. Only grihasthashrama has the infrastructure for Karma Yoga. Other three ashramas cannot have money. Only Grihastha has money. In Grihasthashrama one can perform the Pancha Maha Yagna as well as fulfill worldly desires, in a legitimate manner.

Do not neglect commitment to values. Satyam in Dharma shastra means speaking the truth. In Vedanta, satyam means the ultimate reality or truth.

Do not neglect religious way of life. Thus getting up early

before sunrise to pray to the Sun god. The day starts with prayer. Applying religious marks on forehead is important. Namaskara with both hands is also important.

May you not neglect your own well being. Do not neglect your personal interests. Take care of the body. Make sure it is fed and rested. Serving society is part of your own growth. It is for Chitta Shuddhi. Only after moksha can one neglect the body. Being selfish in this context is not wrong. It is your duty.

Do not neglect acquisition of wealth. It is very important. Only through Laxmi can one reach Saraswathi. More earning is not enough. One should also give a proportionate share to the deserving. One should keep in mind that the other three ashramas depend on the Grihasta. The Ahavanti Homam is performed for acquisition of wealth. Money is meant for noble service through Pancha Maha Yagna. Through this one obtains Chitta Shuddhi that in turn leads to Gyanam and then Moksha. Bhutyaha in shloka means Prosperity.

Study of scriptures is very important. Anything that stagnates can be sickening. Even money, if it stagnates, can create problems. Scriptures encourage giving.

Chapter # 1, Anuvakaha # 11, Shloka # 2:

Never swerve from your duties towards gods and towards the departed "souls" (manes). May the mother be, to thee, a god. May the father be, to thee, a god. May the preceptor be to thee, a god. May the guest be, to thee, a god.

Worship of God is important. Just as you nourish a tree by pouring water at its root, similarly the whole universe is a tree with many needy people. The reality is you cannot help every needy individual. Therefore, Vedas prescribe that one contributes to the root of the universe. This root is Ishwara. Therefore perform puja to God and ask his blessing for the welfare of all people. This blessing will go to all people

including needy ones. Unfortunately we cannot see the blessing reaching the deserving. So, Deva Yagya helps many. It is also a two fold Karma as it benefits the deserving as well as it purifies your own mind.

Pitr Yagya: is worship of ancestors. This worship reaches even if they are re-born. My general offering goes to all ancestors, not just mine. This also purifies my mind. Keep in mind this offering is for my growth not God's. So, Pancha Maha Yagna is mentioned. Ethics via Satyam also has been mentioned. Now attitude is discussed.

Attitude towards one's mother: Treat your mother as goddess herself. While a mother is not a goddess, irrespective of the character of the mother, she deserves worship. Hence, namaskara is performed to her. The namaskara is to the Goddess within the mother.

Develop reverence towards father: Despite his limitations one should worship the father. Don't judge him. Often a father's problem is one of Parampara, that is habits transferred from his father to son. Never find fault with parents.

Consider the Acharya a God. In our early years our first contact is with mother and then with father. Then comes the teacher. The teacher contributes to the psychological growth of the child. Brihadaranyaka Upanishad says if mother, father and teacher are good the child will have a healthy attitude in life. In our society kula, gothra etc. are very important for a marriage. Katho Upanishad says a mature human being is one who has good relationship with all the three. So, look upon teacher as a God.

Atithi Devo Bhava: Look upon a visitor as a God. This was an important value in Vedic times. It is not important anymore. In Vedic society, when people travelled, they had to stay somewhere. In that society food was not sold. There were no restaurants. So one took shelter in some house in a village.

That family usually gave food and shelter. Being a pilgrim he was not known to the family. He also arrived without prior notice. When things happen, unplanned, like arrival of such a pilgrim, it was considered God's will. So, God has sent the Athiti, so we have to feed him, was the thinking. He also did not stay more than a night. So, he was treated like a God. Nowadays with con artists and such, this approach is difficult to practice.

With Best Wishes,

Ram Ramaswamy

Bhawat Geeta, Class 86: Chapter 6, Verses 10 to 13

Greetings All,

Continuing his teaching of the Gita, Swami Paramarthananda said, in the first nine shlokas of chapter six Sri Krishna dealt with some important general disciplines called Bahiranga Sadhanani. They have to be followed by an individual who wants to practice meditation. These disciplines include: equanimity of mind, self-confidence, self-effort and self-integration. These disciplines are to be observed through out the daily transactions, every day in life. Now, Sri Krishna enters another area called antaranga sadhanani. This topic is discussed in shlokas # 10-15.

Here Sri Krishna is prescribing eight steps towards

meditation. The steps are:

- Right Place for meditation
- Right time
- Right seat
- Right posture
- Right breathing or evenness of breath
- Indriya Nigraha or withdrawal from external world
- Manonigraha, withdrawal of mind from worldly roles
- Budhi Nischaya, meaning intellectual conviction regarding the role of meditation in spiritual sadhana.

The eight topics are not discussed in an organized manner, so we will have to organize them.

Shloka # 10:

योगीनो यत्नः कर्तव्यः योगसिद्धये
योगसिद्धये योगीनो यत्नः कर्तव्यः 6.10

Living in solitude, alone, with controlled mind and self, free from cravings, owning nothing, the Yogin ought to apply himself to Yoga incessantly.

One should practice meditation regularly. It should not be a sporadic practice. Sitting in a secluded place, at a Satvika time, all alone, keeping the body and mind in control, apply mind in meditation.

Even in Patanjali's Yoga shastra, meditation is only the seventh step. Thus, he talks about the following eight stages: yama, niyama, asana, pranayama, prathyahara, dharana, dhyana and samadhi.

Yama and Niyama are code of conduct and regulations to be followed in life. Asana's are meant to keep the body fit. Only then can one forget the body during meditation. Think of it like a shoe that does not fit and see how uncomfortable one feels wearing it. However, the moment your shoe fits you do

not even think about it, anymore.

Pranayama helps one with control of the mind. One's desires should not create anxieties in the mind. Desires that are legitimate such as, a parents concern for the welfare of their children are fine. However, this concern should not result in anxiety. Only way to get over anxiety is through Sharanagathi or surrender to the Lord. " I am not the controller of my family. I do my best for the family and leave the rest to God", should be the approach taken. Nonbinding desires are good while binding desires can disturb the mind.

Simple living and high thinking should be practiced. High living requires a lot of materials and they need to be maintained. Vedas refer to this condition as Yoga Kshema. Yoga means accomplishments and Kshema means maintenance. Now, Nirashi, non-binding desires reduce Yoga while Aparigraha (non-possession) reduces Kshema. Parigraha means possession. Shankaracharya has defined Aparigraha to mean Sanyasa as well.

Even a Sanyasi has possessions like a rudraksha, paduka etc. So, offer all possessions to God. Feel you are a trustee of Lord's property. Feel you are without ownership during meditation. Even one's children, consider them as children of God, not as mine. Remember children are not of you; they only have come through you. So, reduce possessions and give up ownership and have the idea of trusteeship. All these are preparations for meditation.

Shloka # 11:

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥
ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥ 6.11 ॥

Setting one's firm seat in a clean spot, neither too high nor too low, covered with a cloth, or hide, and kusa grass, one over the other.

Sri Krishna gives another condition for the place of

meditation. He says the place should be clean physically and spiritually. Spiritually means it is a place that helps us with spiritual thoughts. Thus, lighting a lamp, keeping God's picture etc., can make the place of meditation sacred. A spiritual place can even be a temple or an ashram.

Discussing asana or the seat, Sri Krishna says, it must have three layers. Bottom most layer must be Kusha grass, on top of it must be Adhinam or deer skin and the top most layer should be a piece of cloth called Chailam. Kusha grass is supposed to help with concentration, deer skin is supposed to protect us from negative forces and the piece of cloth is meant for making the seat comfortable for meditation. The deerskin is also used in the sacred thread ceremony.

In todays world we have to take the spirit behind this teaching. So long as the seat is not too hard or too soft it is acceptable. The asana also should not be too high or too low. The asana should be a firm place to sit down upon for meditation.

Shloka # 12:

[illegible]

Sitting on it, making the mind one-pointed, controlling the activities of the mind and senses, let the practitioner apply himself to Uoga for self-purification.

After fixing the asana one should sit on it. One should then withdraw from all activities of the karmendriyas and Gyanenindriyas within the mind. Having withdrawn the mind, direct the mind to the chosen object. In this process I stop all wasteful flow of mental energy and direct it. It is like building a dam to stop the river water from being wasted by flowing into the ocean. So, when I build a dam, the water is conserved and that stored water is channelized for irrigation purposes. Otherwise the water will go waste.

Another analogy would be like the sun's rays concentrated by a lens resulting in an energy that can burn objects. One Vedic fire lighting ritual is through such a lens.

Purpose of meditation is atma shudhi or purification of mind. Meditation is not for knowledge or self-realization. That can come only through study of scriptures. Purpose of meditation is to remove impurities of the mind called malam and vikshepa (extrovertedness of mind).

Malam means unhealthy ways of thinking. Thus, ragah- dveshah; kamah, krodhah; lobhah, mohah; madah, matsaryah etc., are all called malam. Uncultured, unrefined, indecent thoughts are called malam.

Vikshepah is the second impurity and it means extrovertedness of the mind or restlessness of the mind.

After purifying the mind one has to study scriptures for Gyanam. Thus:

Meditation before study of scriptures is called Upsana and meant to remove mala and vikshepa.

Meditation after scriptural study is for nidhidhyasanam. Here one is purifying oneself from habitual vasana's of body identification, which is called deha vasana or deha abhimana vasana or also called viparitha bhavana. These are all our deeply entrenched habits to which we continue to fall back upon. Therefore, in meditation, I have to train my mind to think, " I am not this body", and the removal of this deha vasana is called atma vishuddhaye.

Shloka # 13:

॥ यो योगी शरीरं च ध्यात्वा नोद्विजते न च भ्रंशते ॥
॥ न च शिरसा न च नेत्रे न च नासे न च शिरसा ॥६.१३॥

Holding the body, head and neck evenly and steadily, the resolute Yogin fixes his gaze on the tip of his nose, not

looking around.

Here Sri Krishna talks about posture during meditation. Sitting on ground with folded legs is best method to obtain steadiness and balance. This, however, is not compulsory. Nowadays many people have knee problems and other such problems. In this context one can sit anywhere or even lie down. Meditation is a job of the mind. All other ideas are suggestions only.

Upper part of the body should be erect and straight. Kaya means the body from hip to neck, then griva, means the neck, shirah, means the head, these three must be in one straight line, perpendicular to the ground.

They say even musicians need to sit straight to allow full flow of sound. So be firm and erect.

Withdraw sense organs from sensory field. It means withdrawing the mind from sense organs especially, the eyes, as they are the most active of all organs. Keep eyes focused on tip of one's nose. Keep eyes partially closed.

Sri Krishna does not talk about breath regulation here. He did discuss it in chapter five. Make sure eyes do not distract you. You can even close the eyes. Make sure breathing is slow and even.

In fact, they say prana vikshanam, is a very good discipline; as different from prana ayama; pranayama is regulation of breathing; prana vikshanam is observation of the breath; and when I observe, I am aware of the breathing process, the very awareness of the breathing process, makes it smooth and even; so that is called prana vikshanam.

Take away:

Purpose of meditation is atma shudhi or purification of mind. Meditation is not for self-realization.

With Best Wishes

Ram Ramaswamy

Taitreya Upanishad, Class 17

Chapter 17

Lecture On Sept, 3. 2017

Swamiji observed that we completed 10 sections of Upanishad covering– Preparatory Disciplines to get Brahma Vidya– Also discussed, Karma Yoga , varieties of Upasanas, values(Deiviha Sampath) and two Japas (Gnana yogyadha Prapthi and Gnana Prapthi).

All previously discussed Sadhanas were reminded.

Now on to Auvaha 11.

Upanishad is condensing Dharma Sasthram – contained in Veda Purva Baha. It is nothing but a religious way of life and get purified mind and become Gnana Yoggyadha–and enter Veda Antha Baha. –Start with religion and transcend religion–

Sanyasa Asrama reflects this.

Dharma Sastra(Veda Purva) as elaborated by Jaimini Maharishi in Purva Mimamsa.It consists of:

1)Rituals

2)Attitude towards life (family,

creation, health, wealth, strength etc)

3) Values—ethics and morals

the above three are condensed Dharma Sasthra. When you learn and practice then you are fit for Veda study.

Upanishad condenses Dharma Sasthra in Anuvaka 11. When should one begin to study? It should start at a very young age, in schools or colleges—during Brahmacharya Asrama—when there is no responsibilities—no relationship—and with a relaxed mind.

It starts with 1)Veda Adhyayana (learning to chant words without meaning)—young minds absorb very quickly and next step 2)Veda Mimamsa —learning the meaning of Vedas (only Veda Purva Mimamsa) and 3)study of Dharma sasthra

After entering Grihastha Asrama, one should practice Dharma Sasthra in day to day life (Anushta Prayanam). This leads to Sadhana Chathushtaya Sampathi—when you achieve this, Grihastha Asrama is not relevant and it is only an intermediate stage—relationships and associations come

and go—gradually withdraw from responsibilities and handover to the next generation— and take to Sanyasa Asram—with a relaxed mind you are fit to study Veda Antha under the guidance of a Guru.

Upanishad says Guru during Bramacharya Asram:

Teach to chant Veda—

Collects Sasthras and structure lessons for each student depending on profession they take up later

Teaches religion, ethics and attitudes

Persuade students to follow Sastras

Guru practices what is taught and is a role model.

Upanishad stresses salient features of Dharma Saasthra:

Satyam Vadha—Harmony between thoughts and word and integrated personality

Dharmam Chara—Implement all Karmas and Discipline commanded by scriptures--do not neglect scriptural study

For implementing Dharma Sastra, materials are required—Grihastha Asrama provides the infra-structure

After completing study, under Guru—your knowledge can be exhibited to to a King or rich persons—get rewarded —and handover the same to Guru as Dakshina—for propogating the Guru Sishya Parambara

Then become A grihastha—and maintain the Kula Parampara—teach your children a religious way of life and faith in Veda.

Namasthe