

Summary Adhyasa Bhasha classes Swami TV 2021

1. Few conditions have to met for superimposition to happen
 - a. 2 entities one is imagined and one is perceived
 - b. The one that is perceived is neither totally known nor totally unknown
 - c. The projection must have been encountered elsewhere in memories, or experience
 - d. There has to be similarities between the two- sadrushyam
2. The mix up of real with unreal is called Adhyasa or superimposition. This is because of ignorance. This adhyasa has to be established first before we remove it with knowledge.
3. Artha adhyasa- Syndrome of me - aham idam- I am the body, body is me.
4. Samsarga adhaysa- Syndrome of mine- mama idam- my sofa, my house, my family.
5. Darma adhyasa- Asti , bhati nature of Atma being superimposed on jadam anatma - body
6. Superimposition is not possible because atma and anatma are opposite like light and darkness.
7. Superimposition is natural- I am this and This is mine. This is the fundamental superimposition.
8. What is superimposition- 4 things are needed. 2 entities, similar, one present and one from memory, One is known and other is partially known. Silver and shell
9. View points from other schools
 - Atma khyati- one attribute is superimposed on the other
 - Asat khyati- Illusory entity is superimposed on the substance
 - Anyata khyati- contrary attribute is erroneously superimposed on the substratum
 - Akhyati
 - Aneervacana khyati- mithya Vedanta
10. Common experiences of superimposition- shell appear as silver, single moon appearing as double
11. Self is not an object- how can you superimpose on an object?
12. 'I' notion- very close to self, allows the superimposition possible. 'I' notion is between the atma and body, mind. It makes the superimposition possible as it is an object.
13. Superimposition is ignorance. Avidya
14. This is applicable in all affairs- worldly matters, religious rituals and spiritual quest including Vedanta classes.
15. Objection- all perceptions, valid cognitions and Shastra pramana based knowledge all are called ignorance?
16. Body identification is the first thing that has to be given up to shake this superimposition. The triputi Knower, known and means of knowledge come in place with this identification. Pramata - knower- is due to the identification of the body.
17. Pramana prameya vyvahara makes humans and animals the same.
18. There is a difference between knowledge and creative intelligence. Sometimes knowledge becomes a hindrance in the spiritual path and the creative intelligence is the Viveka that allows one to put knowledge aside when it becomes a hindrance.

19. Atma is svata siddha, and does not need any pramana including shastra. Shastra is only to negate what Atma is not. Once it is done Atma is self-evident.
20. It is like taking medicines, medicine is taken for pain so you no longer need medicine.
21. We have to rise above the differences that society, religion creates and understand everything is sat chit ananda including those who have disabilities, trans gender, blind etc.
22. Abide in the heart. 'Life should be inspired by love and guided by knowledge'- Bertrand Russell.
23. **Aham pratyayinam asesha svaprachāra sakshini pratyagātmani adhyasya tam cha pratyagātmānam sarvasākshinam-** I sense is sakshi. Ego sense is ahankara from antahkarana. Ego sense takes over the I sense and proclaims. When a snake is superimposed, rope is not seen, only snake is seen. Ego identifies this and that. This is the practical application part of adhyasa bhashya. ('Sva' here is ego because of the previous sentence.)
24. The only way to dismiss the adhyasa is by watching the mind without judgment. No condemnation, no appreciation of thoughts, just watch. By watching you understand the mind. Mind becomes quiet. Watch the mind when it becomes dukhi or sukhi.
25. Now there is a space created. Inner space is a big blessing. Karma yoga is carefully dismantling the ego. Krishna talks about the motive behind karma, not the karma.
26. Now you will have the direct perception of who you are. I am Sakshi, I am the witness you will realize.
27. The 'doer', the experiencer, the knower', the means of knowledge all become an objective world and you are aware of that. You are the subject.
28. Desire, fear, anger, dissatisfaction all are movements of ego only. You are not the thoughts, ideas, religion etc.. Dismiss all of them.
29. The message is '**I am the witness only**'. Adhere to that vision, ego starts to dissolve.
30. You move from superimposition to Identification- anyonya atma - it is both ways, atma on ego and ego on atma.