

Atma Bodha  
Swami Tattvavidananda  
Nov 9 th 2022  
Phoenix Camp

Class -2

॥श्रीः॥

॥आत्मबोधः॥

तपोभिः क्षीणपापानां शान्तानां वीतरागिणाम्।  
मुमुक्षूणामपेक्ष्योऽयमात्मबोधो विधीयते॥१॥

..Śrīḥ..

..Ātmabodhaḥ..

Tapobhiḥ kṣīṇapāpānāṃ śāntānāṃ vītarāgiṇām.  
Mumukṣūṇāmapekṣyo'yamātmabodho vidhīyate..1..

ATMA-BODHA, is composed, this treatise of the Knowledge of the Self, for those who have purified themselves by austerities and are peaceful in heart and calm, who are free from cravings and are desirous of liberation.

Atma Bodha means Self realization or Self knowledge

To whom It is needed?

To Mumukṣu

We need freedom from psychological dependence.

In karma there are omissions and commissions that create Pāpa.

Pāpa is defined as "omissions and commissions".

But here the meaning is different.

Upasana- mental worship.

Pāpa comes from a weird thought. Those who are doing Japa some time shake their head because of a weird thought which otherwise does not come in your head. Wrong thought of stabbing someone, wrong idea about the deity etc. It is all considered as pāpa.

Thoughts do not 'take' your Permission

They Just come.

What is not Pāpa?

Translation is sin

whatever helps in your journey to liberation is Punyā

whatever that hinders your journey to liberation is pāpa

- In Upasana they do 1008 repetitions. 108' namas etc.

Some people want to swim across English channels. Why ?

It is their ego's challenge.

In religion also people do similar things.

Here is says Tapa ālocana - It is different

Religious ego Challenge is India is like worshiping a tall Hanuman or tall Shiva

Hanuman did not ask you to build a tall statue.

It is not needed.

Here Tapas means Inquiry

## **Tapobhih-**

It is a multifold inquiry-

## **kṣīṇapāpānām**

- Papa become weak.

How?

First we need to know what are the obstacles to this journey

1.Desire for Pleasure

2. Fear our Pain

They can be obstacles.

Pleasure and Pain motivation is obstacle

P and P cycle.

We live our whole life like this.

That is why you came to America. Has it stopped after coming here?

It continues even after coming to America. One may go to heaven. Will it stop then?

Motivation caused by pleasure and pain

Seeking pleasure and fearing pain are major obstacles.

You need not seek anything  
 You may say what about Food?  
 Body needs food.  
 You are not the body.  
 There is a light in You.  
 That does not need food.  
 You are already getting it anyway.

Who created this body?  
 Definitely not you.  
 Who is taking care of this body?  
 You take care of it.  
 Really?  
 If something goes wrong with the body, what do you do?  
 You go to a physician.  
 How do Physicians take care of it?  
 Physicians → they b follow laws of nature-  
 So laws of nature take care of the body.

### 3. Obstacle

Holding on to the thought that I am ignorant.  
 People like to keep saying it.  
 They develop psychological dependence with Guru saying Guru is not an ajñāni. How do you know that ?  
 It holds good in religious circles and in vedanta circles also.  
 It is like the circus game played by the village circus man. He has only his family to show tricks on the rope. Children watch it. But he is looking for elders who can pay him. Elders watch it from a distance but do not want to come forward because they have to pay. They pay little, and when they get interested they come forward.

Some are like that in vedanta also.  
 Guru is here for a week. So what, today I have to go shopping with the spouse. Will catch up tomorrow is the attitude.  
 That is an obstacle.  
 You need Earnestness . that is punya.  
 Shallowness is an obstacle.  
 Then you will be like a child crying for the moon.  
 So what child will never get the moon.

#### 4. Preoccupation with worldly things is the next obstacle.

Work is understood. We are not talking about your duties.

We are talking about worldly things.

Jijñāsā versus jihasa

Work

You get paid well. Then you complain about difficulties, change job for someone who will pay you more. But now you will be working more.

You worked 10 hours before, here you will do 12 hours.

you are Paid for not the work you do. You get paid for putting up with the issues associated with work. Associated with your Boss, your subordinates.

Preoccupation with wealth and pleasures is the problem.

Dedicated to work is punya.

Preoccupation with pilgrimage is an obstacle.

How to handle these hindrances?

By Paying attention.

They go away or become weak by paying attention.

#### 5. There are two gunās.

Rajo gunā and Tamo gunā

Restless for 5 days

Laziness for 2 days

This is how people contradict themselves.

Traffic to New York on Monday morning versus Friday evening will show that to you.

Even statistics says Monday morning rates of heart attacks are high due to stress.

Monday morning syndrome.

How to change that?

You be calm and quiet do your work for 5 days

Be calm and quiet, do restful study on Saturday and Sunday.

Break the cycle of Rajo guna and tamo guna with sattva guna all day every day. It paves the way.

Don't be lazy on the weekend. Do some activity at home, physical activity, study etc.

#### 6. Final obstacle is being afraid of the truth.

What will happen if I know the truth?

There is apprehension.

If I want to marry, and become jñani ? Can I still marry?  
 Yes you can  
 If I am already married, do I have to become a sannyasi?  
 No you need not.  
 These are unnecessary apprehensions.

Tapobihi → tapo ālocana  
 This is meant for Vedanta students

## **śāntānām**

Be calm and quiet.

Atma Bodha is not an intellectual affair.

It is like crystallization in chemistry  
 Add chemicals at the right proportion and wait, It will happen.  
 Don't keep on checking it.  
 Don't be like the monkey, that keeps looking, the seed is planted every few minutes.

Just keep Quiet.  
 Don't be anxious about future  
 Doors are open.  
 It is like scaling a series of mountains.

You scale the first hill.  
 Then you see the next hill  
 In life,  
 Unexpected is bound to happen  
 the future is unpredictable.  
 Anticipated may never happen  
 Be silent & quiet  
 That does not mean you are inactive.  
 Flower silently blooms and spreads the fragrance.  
 Candle silently is lit and spreads the Light.  
 You can take a photograph.  
 You can do that of the flower, but not the fragrance.  
 You can photograph the candle, but not the light  
 You can photograph someone but not their smile.  
 That inner silence is Śāntih

Om.

List of the Obstacles (Pāpa)

1. Motivation by pleasure
2. Motivation by pain
3. Holding on to the self ignorance, creating psychological dependency to guru
4. Preoccupation with wealth, pleasure and worldly activities
5. Rajo guna and Tamo guna cycle ( being busy and being lazy with weekdays and weekends)
6. Being afraid of truth

Just pay attention to them. They will get weaker.

Atmabodha

Class -3

Swami TV

Nov 10 2022

Phoenix Retreat

## Verse- 1

**tapōbhiḥ kṣīṇapāpānām śāntānām vītarāgiṇām .  
mumukṣūṇāmapēkṣyō'yamātmabōdhō  
vidhīyatē .. 1..**

bōdhō'nyasāadhanēbhyō hi sākṣānmōkṣaikasāadhanam . pākasya  
vahnivajjñānam vinā mōkṣō na sidhyati .. 2..

I will read few questions as well in the class

1. Regarding prayer, chanting mantra, I get some peace by singing prayers. It feels like meditation. Is this practice ok?

Yes. Those who can sing only should sing, so you will not cause disturbance to others. You can quote the song, mutter it within yourself if you don't know how to sing. But pay attention to what you are singing. Pay attention to the depth of Vedanta in Thyagaraja compositions. It is

almost like Thyagaraja Upanishad. Don't go after the fame and glory you get with singing. We consider that as a downfall. Pay attention to singing. Sing for your inner joy. Words, meaning and the feeling that it generates, altogether, pay attention then it becomes a meditation. So select the songs and sing. Some songs that I see a lot of vedanta are in Thyagaraja krithis, Meerabai bhajans, Kabir, Surdoss songs . The songs that have only mythology may not have any use in the vedanta journey.

## Prayers

This is very important. Even in some ashrams and vedanta institutions, the prayers they chant are not very inspiring. You have to look at the prayer.

What is the field of consciousness from which the prayer is coming?

You have to examine that.

Generally, a very large number of prayers originate from self pity.

There is a sense of self pity.

It is different from self surrender.

When there is self pity, there is 'ego'. Not only when there is arrogance , but also when there is self pity there is ego.

Ego is not only when you have arrogance, you celebrate in a very elaborate way but also when you are crying bitterly, you are pitying yourself, you hate yourself there is also ego.

The first one is positive ego. The second one is negative ego. Both are bad.

Therefore, prayers originating from self pity, you detest yourself, look at yourself as unworthy, useless, failure, and then start praying.

Many prayers are like that. They do not help.

You make a prayer with a petition.

Give me this, Give me that.

Are these prayers answered? You are praying hoping that they will get answered.

Do they get answered?

Let us assume they get answered . We have to make an assumption.

Even after the prayers get answered, you remain to have self pity.

That will not bring any transformation in consciousness.

You remain rooted in self pity.

The popular religious minded people will be praying out of self pity the whole life.

That is how they get caught in the religious pattern. It is an inherited religious pattern.

They may listen to vedanta here and there, some kind of country club vedanta . They remain there. Not inspiring prayers.

This is *nahi ninda nyayam*. It is not to denigrate or disparage somebody .

This is mainly for you to avoid it. You come out of it.

Do a prayer that is really uplifting.

Examine the prayers you are doing .

For example a prayer with a big list of god names .....

And then say if you chant this you will go to heaven, all sorrows will vanish away etc.

This is silly.

Sometimes they do this in Sanskrit and think it is profound.

Where as prayers like

असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ।

asato mā sadgamaya

tamasomā jyotir gamaya

mrityormāamritam gamaya

or

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं

सच्चित्सुखं परमहंसगतिं तुरीयम् ।

यत्स्वप्नजागरसुषुप्तिमवैति नित्यं

तद्ब्रह्म निष्कलमहं न च भूतसङ्घः ॥१॥

Prātaḥ smarāmi hrudi samsphuradātmatattvam

saccitsukham paramahamsagatim turèyam

yatsvapna jāgarasussuptamavaiti nityam

tadbrahma niskalamaham na cha bhutasañgha.

They are meaningful.



Even this verse

tapōbhiḥ kṣīṇapāpānāṁ śāntānāṁ vītarāgiṇām is very inspiring.  
Prayers should be like that, not silly.  
Translate in english and see. If inspiring and profound do them.  
Otherwise drop them. Even if 6-7 verses of a prayer are silly and one or two are profound, you drop them.

Verse

**tapōbhiḥ kṣīṇapāpānāṁ śāntānāṁ vītarāgiṇām .**  
**mumukṣūṇāmapēkṣyō'yamātmabōdhō vidhīyatē**

We still have to look at one word

**Vītarāgiṇām**

Rāga-

What is rāga? Look at the shirt I am wearing.. It is made up of rāga  
It is made of 100 % cotton.

But cotton is white. Or creamy white

Then you dip it in color dye so every fiber will get the color. It will get attached to it.

That is rāga

Raga rañjitaḥ

My shirt is colored by red dye.

Take the mind

Mind is like a clean slate

Full of Sattva

The rajo guna - is same as Rāga

This is called ādi vritti

Root word raj becomes rā

Then ga and ja can interchange

So it becomes raga

Rajo guna consists of desires.

Desiring attitude is rajo guna

Out of desires fears spring up

Expectations, worries, disappointments

Then when you see other people desires getting fulfilled, you develop jealousy, envy etc

All these are rajo guna

The clean slate Sattva guna mind is taken and dipped in a solution of rajo guna . What you get is a Rajo guna mind .

That is your enemy

Why is it the enemy?

Because it makes your life struggle

Your enemy is inside you

The mental torment is inside

A philosopher said this

I found my enemy. Enemy is sitting inside me.

Sri Krishna says this in Gita

श्रीभगवानुवाच ।

काम एष क्रोध एष रजोगुणसमुद्भवः ।

महाशनो महापाप्मा विद्ध्येनमिह वैरिणम् ॥ ३-३७॥

śrībhagavānuvāca

kāma eṣa krodha eṣa rajoguṇasamudbhavaḥ

mahāśano mahāpāpmā viddhyenamiha vairiṇam

3:37

Kāma is the desire

Krodha is the anger which comes because the desire is not fulfilled.

Somebody stopped it. Somebody thwarted it.

Therefore you are angry.

Why are you angry with anybody?

Because you have the desire.

You are on the way to fulfilling that desire. In the meanwhile that person came and he stopped your desire.

In India they watched the India Pakistan cricket match, and India lost the match. Some of them got so angry and they threw the coffee cup etc on the TV screen .

The TV screen is broken into pieces. This happened in a hotel.

The Hotel person thought he would make good money by selling coffee, tea and biscuits, which he also made money. But they also broke his TV. He complained to police station. But nothing will happen. He lost the TV.

Why so much anger?

Why yo throw things at TV screen

Because their expectation was not fulfilled.

This is Rāga.

Rāga feels very good.

Child is asking for Pizza.

Mother is feeling very good.

My child is very smart, civilized.

‘I used to ask for a piece of jaggery for a snack’. It is usually very expensive.

Now the child is asking for chocolate, burger, pizza etc.

She is happy.

This rāga is attachment to things of the world

Rāga is attachment to relationships.

Twofold rāga

You have to examine your rāga

How much are you attached to your diamond necklace?

How much are you attached to your car?

It is not about using a car. You should use the car.

If there is scratch in the car, you feel like it happened to your body itself.

In relationship there is rāga

Rāga in the relationship sounds like this, I love you, therefore, come and sit in front of me. That is how it sounds.

This topic of attachment, I am not going to do it elaborately now. I will do it some other time.

When you cling to something, there is always trouble.  
 Opposite is also true  
 When you are not clinging, you are safe.

Nice food is served. You consume it happily.  
 'I want this kind of food again and again is trouble.  
 Dosa-  
 Everybody wants it  
 If it is served, enjoy it.  
 If you want it every day, you will get Diabetes very soon. It is full of  
 carbohydrates.  
 Non stick pan  
 Perfluoroethylene- along with dosa you get a few particles of that also.  
 Perfluoroethylene does not get metabolized . After a long time of  
 consumption can cause harm.

Attachment to son.  
 I want my son to always be with me for ever..  
 You should not expect it.  
 Some expect even after marriage  
 This is not good  
 After marriage, you move out.  
 Vanaprasta

Bhagavatam teaches lot of vairagya  
 Very harsh vairagya  
 Walk out from the house  
 Very strong  
 Sankara's Vairagya is smooth  
 Point is get out of that rāga towards elderly people and children  
 If old person dies, it is celebration of life  
 Don't cry.

Simple solution

Do you have any trouble now?  
 Examine  
 That means you are holding on to something

Don't hold on

Here you want Moksha

Why are you clinging on to things?  
Relinquish the lesser to get the greater.

Education is very costly in this country  
Highschool looks like a University  
In India, loans are usually waived off.  
Here, students take loans ,they struggle and sacrifice even without food,  
they sacrifice lesser to gain greater.

**You relinquish all: you gain all  
That is the moksha**

You relinquish the lesser, you gain the greater, then life becomes pure  
radiation of love from the inexhaustible source  
How much ever you give love, you gain more love to give to people

Why is God called Infinite?  
You divide it in two- you get two infinities out of it.  
Not two halves.  
Both are fullness

A seed - sesame seed - sprouts to a plant that gives 100 sesame  
seeds. Each one of them is as full as the original sesame seed. Not  
1/100. Each one is full.

Same is not true with Pizza slices

Life is infinite

Movie- Sophie's choice  
It is like mother's love to her children

Because love is infinite.  
It is not attachment  
Love is God  
A finite number however big it may be it can never be infinite

2 numbers are given  
You can add or multiply will you get infinite ?

Never

Here you have love, making it half still it is infinite

Clay you make 100 pots, still infinite

**Whatever is infinite is God**

Give up rāga

Then you are a candidate for Atma Bodhā

You can never connect with God by dissociating.

Problems with temple worship

You dissociate with God after you step out of temple

Rowdy story

They are good devotees

The disadvantage is people become worldly person as soon as they step out of the temple

Be associated with God by associating.

You understand God by associating

You understand the world by dissociating the world

You contemplate on any object of the world.

You experience a sense of emptiness

Like cars, tax returns, gold etc..

You will feel insufficient, a sense of dissatisfaction

Home - needs repairs, upgrade, downgrade

You contemplate upon God

Rama, Sri Krishna, Shiva

Sankara

You will feel the fullness in your heart

To gain Moksha

The precondition is you should give up this attachment

You cannot pursue vedanta without giving it up

All attachments implies fear

All relationships are transient

Son - becomes husband

Watch, phone etc

They entail fear in you

Fear in you makes you a slave

Fear of losing makes you a slave to that

This may be harsh

Rich people are attached to the riches.

They believe they own the riches

The truth is they are slaves to the riches

Because they are likely to lose it

There are hidden variables

Human effort is not enough

So they think better to put God in our side

How to do it?

He asks the priest

Priest says he knows the way. This is corruption. Very unfortunate.

How to get rid of the attachment?

You can't do it by practice

World exists only because you permit it. We did it in morning meditation.

When you know your true self, it helps to overcome the attachment

You see the meaninglessness in the worldly things then attachment will go away.

**tapōbhiḥ kṣīṇapāpānām śāntānām vītarāgiṇām .  
mumukṣūṇāmapēkṣyō'yamātmabōdhō vidhīyatē**

Class 4

We are looking at Moksha.

Moksha is freedom

Not a matter of doing what suits you.

That you do anyway.

Going anywhere you like

That is not freedom  
 That you do anyway  
 That is independence  
 Thinking whatever you want

That is merely having independence

Many people in the world are independent.  
 Maybe countries with dictatorship may be a problem.  
 Other than that most people are independent

But very few are free.  
 Freedom is very rare.  
 That is the moksha we are talking in this context.

We are afraid of not having a proper position in life.  
 That is bandha

In the religious context, we are afraid of not following tradition, religion properly.

Many people are afraid.

Very few are free  
 Freedom is the state of mind where there is no fear.  
 There is no compulsion

We do few things out of compulsion.  
 But if you do out of love, that is freedom

If you do out of compulsion, it is bondage

You take a vow, to do a puja or take a pilgrimage, or to offer a certain amount of money to God. We give golden cover to God, We give this much big prasadam to God, they are afraid if they fail to fulfill that offer. If they fail to fulfill the promise, they are afraid that God will get you. There is so much compulsion.

To put in general terms, the moment you want to become something, you are not free. There is no more freedom .



Only when you look into your heart, and you know that you don't want to become anything, whatsoever.

You are fully happy with what you are.  
 You are fully happy  
 There are two things here.  
 You are fully happy with what you are and what you have.  
 That is freedom.  
 That is Moksha

We all want to be famous.  
 Even swamis who have taken sannyasa also want to be famous.  
 Then what to say about family people.

The moment you want to become something, you are no longer free.

When a human being, man or woman, sees the absurdity of all these things, the compulsion, the fear, the effort to become something, to gain something, all these are absurd, the one who see this absurdity, his/her heart is very innocent, like a child. Child does not want to become anything. Does not want to possess anything. Does not want to gain anything.

This is how a jñāni is.

That is moksha

You are not moved by the desire to become something or somebody, such a person is free.

There was a question to me: What is freedom? First I thought I have already said a lot about freedom. But now the question came, I have said a few more things about freedom.

If you examine our lives, as we live in this society and family,  
 We have inherited a pressure, a tradition - 'to become' something  
 It is called social morality  
 Always there is a pressure 'to become something'  
 They call it peer pressure in children and teenagers.

There is inner pressure created by themselves in adults  
 We inherited that tradition

Now there is a stage in life, you have become a lot.. You have become many things

You now revolt against that tradition.

It is all inside you only.

Nothing to do with others.

You revolt against it

You see the absurdity in all the things that you have become

You revolt against the social morality which expects you to become something.

Inner revolution

It is blood less revolution

I need not become anything

It is absurd to try to become something

I am the fullness

You realize that it leads to extraordinary freedom

The enemy of the freedom is Moksha

It is very simple

You have to see the simplicity of this freedom

To gain something, there is so much struggle and effort.

To become somebody there is so much conflict, and struggle, there is so much complexity.

They are all complex people. They are not simple.

When you revolt against all that, then you become really simple within you

You don't want to be with anything other than what you are.

That means, wants associated with it, whatever you want to become

That means you are dissatisfied inadequate, incomplete

That means you have not understood yourself properly

Suppose you don't want to become anything, you have understood your true nature.

You are the fullness within.

When you understand your true nature, you revolt against the social morality to become something, you see the absurdity in these things, you become very simple.

That simplicity leads to tremendous freedom

You discover an extraordinary beauty and depth in that freedom.

That is the moksha we are talking about

Moksha is always now and here.

It is not after death, going to vaikunda etc.

Now Moksha, How to get it?

Ways to gain it?

Sankara is saying in the second verse, there is only one means to gain moksha

Mokshaika sādhanam

Only one way to get moksha

Why should he say one way?

Why is the one way topic coming?

Because in life we have more than one way. ±

Karma

upasana

Jnana

Three ways are there before us.

People try to combine all three.

I am missing out on something.

Karma

So you do it

Some people say i am not doing upasana

But somehow everyone knows jnanam is supreme.

So i want that also

So these three are always with us.

We try to manage with all the three.

There is a story

There was a devotee, who performed austerity.

Goddess appears before the devotee.

She has two cups. She asks what do you want?

1 cup is wealth. 2nd cup is Knowledge  
 Whichever one you want I will give you that.  
 This story is about Tenali Raman. He is very clever.  
 He is asking if I can look at them. She falls for it and gives both.  
 He looks and drinks both. She is angry but also pleased with his trick.

Airlines have strict rules for how much you can carry.  
 Luggage- restriction for travel. Otherwise we want to carry, sofa also.  
 We want everything .  
 We are always insecure.  
 So if we have few things around us we feel secure.

Let us carry karma, Upasana, Jnana all together  
 Two reasons for this

1- Greed.  
 2 Insecurity.  
 If you have these, You will never be free  
 As long as you maintain them you will never be free.  
 Freedom is actually from those two .  
 Freedom is not a product of effort.  
 Whether it is a physical effort called karma or mental effort called  
 upasana.  
 It is not the product of effort.  
 It is a product of understanding.  
 Jnanam is not an accumulation of knowledge. It is understanding.  
 That is how he says.  
 What kind of jnanam  
 There is an anecdote - I will repeat it again though have said many  
 times before.  
 - 3 People walking  
 They saw a serpent.  
 1 person is running to get a stout stick to kill the serpent-karma  
 2 person prays, he is chanting serpent mantras- upasana  
 3- Brings the flash light- jnana  
 He pulls out and shows the serpent. He stops the other two.  
 It is not a serpent. It is a rope.

Then there is moksha. There is freedom from fear.  
 In life whatever fear you experience, is very similar to this.  
 Fear has many shades.

Worry and sense of insecurity

How do you know you are insecure?

We always try to secure ourselves. Through physical means, putting up a fence, handing it over to a security company.

Security company . Our insecurity is his capital.

This is the foundation of all religions.

If you take out the fear, religions will not have a free run.

Fear makes religions prosper.

Different shades. They are with us the whole life.

Fear, worry leads to anxiety

People are very anxious.

We are talking about normal anxiety.

Not talking about abnormal anxiety .

Abnormal anxiety -GAD- Generalized Anxiety Disorder.

If you have that, go to a Physician. General physician first, no psychiatrist. They might give you pills which can normalize, balance chemicals in the body.

Vedanta is for normally abnormal people. Not for abnormally abnormal people.

You are a liberated soul if you become free from all these shades of fear.

Religion - Popular religion

does not help in this regard. It is not part of the solution but indeed the problem.

Not a solution.

Sometimes God is named after your fear.

Like Vattigasulavadu ..

Means you if you promise to give something, you give it otherwise he will collect with interest.

It puts fear in the minds of people.

Atma Bodha is the true religion.

This discussion is for those who want "freedom"

Not for those who want to fulfill their desires

Not for those who want to assuage fears.

Talisman. - Tayatthu -Taveed etc

They give you a copper tube and fill it with a mantra.

If you are afraid You go to this person. He gives you that.  
 Very rich-men sometimes wear many of these .  
 Very worried & anxious person

Moksha is freedom from all shades of fear.  
 They have everything, wealth, health and family. But fear is also there.  
 Then all the 3 come forward to  
 Remove freedom

Karma, Upasana and jnana  
 You have to make a proper choice.

Sankara declares only way to Moksa is jnanam  
 Jnanam means  
 - Understanding

In this regard you have to examine little more.  
 Anyasadanebhyah  
 Panchami bahu vacanam  
 5th case, plural  
 It is lyap pratyaya  
 It is like  
 Jramam vihaya gacchati  
 You take out the lyap, then put jramaat gacchati  
 So he goes from village means, he goes by leaving behind the village  
 So 5th case indicates leaving behind.  
 So you leave the other means of reckoning in the context of the pursuit,  
 What are those?  
 He uses plural so more than 2  
 Karma, put aside  
 Upasana, put aside

They say the more inferior you have better Bhakti  
 - Dasah. Slave of the Slave of the slave of the slave - I am utterly  
 useless slave.  
 That is Bhakta: they say like that.. 'Adiyen'. Like that

Ramatheertha says you asked to be a slave. So Bhagavan approved  
 and sent the British to rule you.

Third one is hatha yoga.

It is a different kind of spin altogether.

Asanas, Kiryas., Kundalini etc

They say many things, put a cloth inside their throat, cleans up the esophagus. Kundalini raises etc.

Siddha purusha

America is also like that.

I Came here because many Siddha purusha are here.

You give up all 3.

Hold on to Jnanam.

Attitude of combining them doesn't work.

It shows you don't have earnestness

Can You combine engineering & Medicine course.? University may allow it because you are paying for it.

Ubhayabrashtah

Sankara is against it

Jnana karma samucchaya is ruled out.

If what you seek is Moksha, then you follow only one course of action-jnana

Bodhah

- Realization

You go to University and specialize in one branch.

Some specialize in Karma

some specialize in Upasana

Will they get moksha?

NO.

Another specialization is yoga

You see many ashrams like this in Rishikesh.

Krishna Consciousness is specialization for upasana for example

Some specialize even in Vedantadk

That is knowledge

accumulative knowledge

Start accumulating knowledge

Start with tattva bodha,  
Get all definitions, one upanishad after another.  
But this will lead you to bondage

You will get a superiority complex.  
They are Karma people, they are Upasana people  
We are jnana people  
This will give you a superiority complex.  
This is not what Sankara is saying

You have to be open minded.  
If you commit to one way then you become fixed, not flexible

In Medicine we have specialization. If you have a heart problem, don't go to an orthopedic doctor.  
It takes away pliability.  
It takes away the openness.  
In Moksha you need pliability.

It goes according to the truth.

A tree that can bend will survive in a storm

Be open when you want freedom

Wait and examine.  
Keep your mantras, the battery light is put and the serpent is not there, fear is gone.  
In Moksha, what you need is no condition, not committed to something.  
Be open.  
Go to the doctor with an open mind.  
Don't go with a committed approach.  
Don't show off your knowledge by reading google and go to your doctor . Be open and pliable , then he will tell you what the problem is.  
You will then understand.  
This is the approach in Vedanta  
In medicine, being a specialist may work.  
But in Vedanta it will not work.

Don't become a specialist in jnanam , saying in contrast to a specialist in karma, upasana, i am a specialist in jnanam. Don't do that.



Example is a mother preparing food. Is she a specialist in karma, upasana or jnana?

None of that.

She makes it with love and serves it.

Be open and pliable.

Sanakra is saying Bodhah is the only means..

What is this Bodhah?

Seeing the truth in the false.

You have to see the truth in the false.

How do you see the truth in the false?

There is always truth associated with the false.

Truth of rope is there in what you are seeing as the serpent.

The **space** the desha of the serpent is the space in which the truth of rope is.

The kala the **time** in which you see the serpent is indeed the same time where rope is

The **thing** in which you see the serpent is indeed the thing where rope is.

The truth is when the false is, where the false is and what the false is.

You see the truth in the false, that you see.

This is Boddah.

Then you become free from the false.

The time, the space, the thing

The kala, the desha, the vastu

Then you become free.

This is Moksha

Is seeing the truth in the false can be an outcome of KArma, Upasana, yoga ?

Never. Only by understanding.

The example given is cooking food

What do you need to cook food?

People will give 100 things

You need stove, gas, vessel, rubber tube, water, ladle, spoon , lid

What else is needed?

What you need is Fire.

To cook you need fire.

One lady told me, I have cooked nice food. I asked her how come? Only fire cooks, not you.

You didn't sit on fire to cook

Don't take the unnecessary 'doership' on you.

The fire is the one cooks

Jnanam- understanding liberates

Some people refuses to understand

Then they suffer.

If you understand, you are free.

Your inability to see the truth, your failure to see the truth.. Will hold against you.

Sometimes people refuse, argue with you and fight with you.

People depend on others to be happy.

They fail to see that happiness has nothing to do with others, your son, etc..

Story

One person says- 'son is hurt' then everyone in that room of 30 except one turns back.

That person who did not turn did not have a son.

Be aware your children are not yours. They are God's children.

Where you have attachment, dismiss it and have love.

Translation and padachedam

By giving up all other means, (Karma, Upasana, yoga) understanding ( hold on to jnanam) that alone is the means of gaining freedom

Example

Like fire is the only means for cooking

The one means for moksha is jnanam

If you have a sorrow, then you have to examine it

Karma person will say do this , your sorrow will go

Upasana person will say pray your sorrow will go

What you do, examine the sorrow, it will vanish away.

People will say praying to planets, changing the number of your car, name etc will make your sorrow go. Astrology, numerology, talismen etc are not the methods to overcome sorrow.

There is only one way

nānuśhochanti paṇḍitāḥ

The one who knows never grieves.

2:11

अशोच्यानन्वशोचस्त्वं प्रज्ञावादांश्च भाषसे ।

गतासूनगतासूंश्च नानुशोचन्ति पण्डिताः ॥ 11॥

śhrī bhagavān uvācha

aśhochyān-anvaśhochas-tvaṁ prajñā-vādānśh cha bhāṣhase

gatāsūn-agatāsūnśh-cha nānuśhochanti paṇḍitāḥ 11

You understand the problem.

That is the only way to get freedom.

Don't run away from the problem.

Even when solving a mathematical problem, if you skip steps of knowing and understanding, you go to the page of solution, you may

not get anything. Answer key may say the answer is zero. What do you get now? You will know the answer. But the problem will remain.

You will not be able to solve it.

The attitude of skipping and going to the solution without understanding will never work.

Read the problem, understand it, know the data then you can solve it.  
Feed the data, you will get the solution

Same is true with life's problems.

You get an astrologer for your life's problem, he will blame Sani, Raghu etc. He will ask you to do puja.

You are escaping from the problem

Look at the problem

Investigate, explore, watch it

Fall in love with the problem

You will understand it with all its ramifications

Then the problem evaporates .

Understanding is the only way for freedom

Other things are only incidental

Fire is the means for cooking

Don't ask the question then what before understanding. Sometimes action has to follow. If actions has to follow it will.

Understanding is the action

You wake up, you understand your mouth needs washing and cleaning, then you do it.

That is the understanding action

You have a finger cut, bleeding, you put a bandaid.

That is the action based on understanding

Understanding is complete in itself.

Don't push action to make understanding complete.

Om

**Class 5**

अविरोधितया कर्म नाविद्यां विनिवर्तयेत्।  
विद्याविद्यां निहन्त्येव तेजस्तिमिरसंघवत्।।३।।

Avirodhitayā karma nāvidyāṃ vinivartayet.  
Vidyāvidyāṃ nihantyeva tejastimirasaṃghavat..3..

### Question

Being impatient by nature, and often rushing to understand the problem, how will I solve it, should I wait patiently for the solution?

### Answer

When you are rushing to solve the problem, there is no understanding .  
I will be questioning that statement.  
When you say you rush , you don't understand. You have to say you  
rush to solve the problem, not rush to understand.

Let us examine this issue one more time.

This is a valid question.

I am not saying, here is the problem, there is the solution. Don't rush.

Wait patiently and the solution will come to the problem. I am not saying that.

From childhood we are used to solving problems.

For example, in mathematics class, there is a theorem, followed by a heading saying problems.

There is a list of problems 10-15, and at the end of the book will have a list of answers.

I have to find the answer to the problem based on the number of the question .

I am not questioning the method of education. I am not an educationist.

But this has gone into our DNA. The problem- solution

We all have problems. That is why we are here.

If all your problems are solved, I will be teaching to chairs and benches only

We are discussing psychological problems only. I have a feeling there is no physical problem. Even what we think of physical problems, they are psychological problems only.

Psychological are physical , physical are psychological.  
 So let us just say problems. It includes physical problems also.  
 We don't remember when there was no problem at all.  
 We are hardwired to feel there are problems and find solutions.

It is a fundamental problem.  
 We have to examine life carefully.  
 If we don't have a problem, we imagine a problem because that is how  
 we are hardwired and try to find a solution.  
 Why do we have crossword puzzles in the newspaper?  
 Because when there is no problem, you want to create a crossword  
 puzzle, get a pencil and pen and try to solve it.

When you are flying, there is no problem at 35,000 feet. The problem  
 begins only when  
 You land. They used to have this book called Sky Mall on the plane.  
 So you can decide what to purchase on the plane. That book has a  
 sudoku puzzle at the end.  
 This is because we are hardwired to have problems. I am not ridiculing  
 or belittling the issue of problems. There are problems.

You check how many of the problems have a hint of reality in them and  
 how many of them are imagined. You examine that.

Let us assume you have a problem. My feeling is that we need to  
 carefully examine whether you have a problem or not.  
 Say, you have half a dozen problems after examining, many of them will  
 drop. They will drop off. They cannot withstand the scrutiny.

Suppose you have a problem with the boss in your office.  
 I suppose it is mostly an imagination. You have 1 boss. He will have  
 many subordinates. If you have a problem with your boss. He/she will  
 have issues with all the subordinates. So his/her problem can be  
 multiplied by a number of subordinates.

If you carefully examine the problems with patience, you will notice  
 some of them get resolved. Even while examining they get resolved.  
 You should have patience.

I got a letter. I was disturbed. I wanted to respond to it. It is actually a reaction, not a response. I typed my response, but before sending, I waited. If you can sleep for a day or 2. Do it.

After I read it again, I felt there was no need to send the letter.

The problem is resolved.

The original letter that I received is still in my memory. When I see that person in person I may react appropriately. I may not be very friendly with him. Though the person wrote an ungraceful letter, I may overlook it, and be friendly with him also. Therefore you need to have patience.

With patience many problems could be resolved. Without patience, problems cannot be resolved.

Generally in this country, I compare it with the Village in India, people who have a headache, take a Tylenol immediately. They have Tylenol in stock. They want the headache to go away immediately. It takes time for Tylenol to get absorbed in the blood, there is something called bioavailability, the Tylenol molecules have to go to the part it is hurting, the brain and then the headache will get better. You need to have patience for this.

In the Village, they do not stock Tylenol. They generally ignore headaches. If it persists, they wait for the Doctor, actually he is a quack who goes on his bicycle and then they ask him to give medicine. He will carry Tylenol equivalent medicine and will give it to them. The headache will eventually go away.

What I am trying to say is there is general impatience in an advanced country even to a small physical pain. They do not want even a hint of physical pain. This is not the way to live.

You should develop endurance.

Take it as a law

**Endurance is a notable virtue.**

Whether it is physical pain or an insensibility of the other person's behavior with you. The other person is not sensible in his behavior.

Endurance is a notable virtue.

That is the first point.

So here the way I presented is, there is a problem, there is a solution.  
Wait patiently with endurance, and the solution will come to the problem.

Now I want to examine it further.

The point is the answer to the problem is not outside the problem.

We are hardwired from childhood, to look for the solution to the problem elsewhere.

The whole of humanity pursuits in this way.

Here is the problem.

Answer is elsewhere.

In space it is elsewhere

In time that is in the future, it is elsewhere.

This is wrong.

The answer to the problem is not away from the problem.

It is in the problem

It is not away in space and time, it is now and here, in the problem .

If you understand the problem, the answer is there.

If you understand the problem the problem ceases.

It evaporates.

You think about it.

First I didn't put it this way.

I put it in a conventional way, how generally people take it.

I added endurance and patience.

Now I am looking at it differently, deeply.

The answer to the problem is in the problem.

If you understand the problem, the answer is there.

By the time you understand the problem correctly, properly, completely, the problem is no more a problem.

For example, in Arizona, if you see a snake, and know it is poisonous, there is no problem.

Because you know it is poisonous, you don't touch it. You step away, or call 911, or do something else.

Now , where is the problem?

When you know the problem, where is the problem?

When you understand the problem, the problem is resolved.



Don't be like the impatient high school student, who does not have the patience to understand the problem, and is looking for the solution.

Fighting with the spouse, don't ask someone else for a solution. He will say your graha is not in the right place. What will you do now other than jumping in the lake?

Problem will reveal the answer.

In a right angle triangle 2 sides are given, asking you to find the third side.

Immediately pythagoras theorem has to come to mind . Now you can find the answer.

Allow the problem to reveal the answer.

When I show these two fingers, do you see them together or sequentially?

You see them sequentially only .

You do not see them at the same time .

You can only look at one thing at a time .

If you look for the solution, you cannot understand the problem .

You look at the problem, understand it, and the solution is right there.

You Rejig or rewire.

No outside guru needed.

You be the light into yourself.

Don't escape from the problem.

People look for remedies, palliate treatment without understanding the problem .

If you don't understand the problem, you cannot resolve the problem.

Story in childhood.

It was a dark night. There was a mango tree on my way from work to the house. The belief is there is a demon in that mango tree. She comes only at night. I was afraid to walk. I stayed overnight at my friend's place. When my mom asked the next day, I told about my fear. She said why don't you chant Hanuman chalisa.

Is that a solution?

It is an escape from the problem.

Don't get me wrong. I love to chant Hanuman chalisa.

Then I read a story about Vivekananda. How he overcame his fear about the demon in the mango tree. He tested it out. He sat on the mango tree, waited for the demon to come in the night with a big stick. She never came. This is knowledge.

You observe the problem.

Observe the suffering .

Don't run away

It will tell you extraordinary things.

It is very difficult. But do it.

No learning from pleasure .

Learning is only from suffering.

Verse 3.

अविरोधितया कर्म नाविद्यां विनिवर्तयेत्।

विद्याविद्यां निहन्त्येव तेजस्तिमिरसंघवत्।।३।।

Avirodhitayā karma nāvidyāṃ vinivartayet.

Vidyāvidyāṃ nihantyeva tejastimirasaṃghavat..3..

1. If you want moksha come and listen to Atmabodha.- First verse.
2. Why Because, only Jnanam is the means for moksha - Second verse.

Bodhaḥ is the only means for moksha

There is a story about an old lady.

She cooks simple meals.

But this gunda with a huge appetite came. He wanted her to cook for him.

He says he can make pulav with stones.

-She was surprised. He showed her special smooth stones. .

Then, he asked her to bring the vessel. Add water and rice. He added the stones. And then some vegetables, spice and salt. One by one.

She then made the pulav. And then finally when it was served, he removed the stones and ate it.

Karma giving moksha is like this.

When a person wants Moksha Why do You want him to do karma?  
Only knowledge is needed.

Otherwise it will be like Stones added in to the pulav

People say this will give moksha, that will give moksha.

put all of them aside.  
Karma, Bhakti & Yoga.  
Just hold on to jnanam

What will Jnanam do?

Jnanam cannot produce anything.

It is useless for production.

If suppose moksha has to be created, Janam is useless. Only karma can produce.

Suppose If you already have moksha then karma is useless.

You have to know it.

So only knowledge is needed.

- Nyaya. Kanta camikara nyaya - कण्ठ-चामीकर न्यायः

Necklace in the neck.

The King & Queen were there in a palace.

Queen has a diamond necklace

She was wearing it with enthusiasm

One day, she misplaced it & was searching.

Everyone & her maid servants also searched it.

Kine came in. She said I am busy.

What happened ? I am searching for my diamond necklace.

Oh ok-

The King calls the Minister & tells the problem.

The Minister is a wise Person.

He comes and sees the queen & the maid servants.

He understands the Problem.

He says 'stop the search!

Then everyone asks how we will find it?

He says do you have Śraddha?

Yes. You have been wise many times in the past .

Then he says, stop searching. Put Your hands in front.

She does. Then he Says Put your right hand on your neck .

She does it and finds the necklace.

As long as they search they won't find it.

Precondition is "stop searching"

Stop working for moksha.

- It is like sleeping.

When we say stop working.

Stop working in the computer start working for sleep?

NO.

Stop working.

Sleep will come.

Karma will not give you Moksha.

Only understanding will set you free.

Only understanding will liberate you.

Don't confuse yourself . Keep doing daily chores.

Stop searching for the necklace is the advice.

When you search, you search outside.

It is within You.

All that the queen had to do was to know.

That is what she needs.

She needs to know.

She knows that she has the necklace in her neck, only when she stops searching. She has to stop searching for it.

The searching action will not eliminate her ignorance.

Understanding cannot be produced by karma.

Understanding is the moksha. It is already in you.

You are the Atma.

Another name is Moksha.

Understanding is Atma

Moksha is Atma.

Understanding moksha -

But why don't you feel It?

If you are free, why you don't feel it?

It is like I see the pot in front of me now.. But when there is no light I cannot see it.

Ignorance is like darkness.

Now light is not producing it.

Light is not creating the pot.

Why not Karma remove darkness?

Can I take a stick and beat the darkness?

NO

Only light can remove the darkness.

The law is -opposite eliminates opposite.

Proton + electron = Neutron.

Darkness is opposite to Light.

They are mutually exclusive.

Table & Chair are not opposite to each other.

They are not mutually exclusive.

Jnana & Ajnana are opposite.

Jnana eliminates ajnana

Ajnana covers up Jnana.

Karma does not eliminate Ajnana.

Infact it lives happily with ajnana .

They are buddies.

Karma is actually interchanged in Upanishad as Avidya.

The person has tamo guna.

Tamo guna is laziness.

Laziness is equivalent to death.

How to get rid of laziness?

Upanishad says you take up Avidya to remove laziness.

Here Avidya means Karma.

Ishavasya Upanishad vakya

avidyayā mṛtyuṁ tīrtvā vidyayā'mṛtamaśnute ||

विद्याञ्चाविद्याञ्च यस्तद्वेदोभयं सह।

अविद्यया मृत्युं तीर्त्वा विद्ययाऽमृतमश्नुते ॥

Transliteration

vidyāñcāvidyāñca yastadvedobhayaṁ saha |

avidyayā mṛtyuṁ tīrtvā vidyayā'mṛtamaśnute ||

Get rid of laziness, cross over it by doing some action.

You cannot remain lazy .

If You want to run a marathon, you don't eat heavy breakfast food - make the body & mind dull.

You run in empty stomach-

Karma cannot eliminate Avidya.

It is close buddy.

What is the opposite to avidya?

Bring in that.

If You want to take out Congress party from power, then you have to bring BJP -

It is like that. You can't bring SP party. They are their allies.

It has to be opposite Party

Like Democrats versus Republicans

without eliminating Ajnana You cannot be liberated.

you need Bodhaḥ

- Because it is not opposed it cannot eliminate -

Karma cannot eliminate ajnana

because it is not opposed to agron

-

Story

Patient is lying in the bed. Old man.

Doctor is coming. But the doctor looks sick. Very weak. Cannot breath himself- cannot carry his

Briefcase- He checks the Pulse & goes away

It is a comedy scene.

Doctor must be healthy to treat patients.

Karma itself cannot eliminate ignorance. .

I am not disparaging karma.

What is the Sadhna needed for vedanta students ?

Viveka, vairagya, Sama dama adi, and Mumukshutvam

No karma said here.

Karma yoga is different .

It is not karma.

It is jnana only.

By the time You understand what karma yoga is, most of the karmas drop away from you.

They vanish from you.

Let us work on eliminating Ajnana .

Karma cannot eliminate ajnana .

Take the example of Light & dark

You cannot bring a stick to remove darkness.

You cannot do judo and remove darkness..

You only need light to remove darkness.

How does Jnanam eliminate Ajnana?

First we need to know what ajnana is.

You need to know the problem to find the solution.

Let us stay with Ajnana for sometime to understand it properly.

Om

Class 6.

Question

Does Atma have to know Atma?

NO

Atma is svayam prakash.

'Atma is not knowing Atma.

Sun illuminates Itself?

NO.

Aun Illumines . Shines

Atma shines all the time.

Who is Ajnani?

13th chapter BG talks about it.

Mind which is Ignorant of Atma .

When the mind stops covering the Atma then Atma is revealed.

if you identify with the mind then you have to know the Atma.

The sun always shines. But one hemisphere of the earth is in darkness all the time.

Earth has to look after itself. Earth has to rotate itself to get illuminated by Sun.



Mind has become an obstacle.

Ego is also the thought.

It is 'you' who identified with the mind, the ignorant you have to know the Atma.

2- How to watch the worry inside?

Answer

Have You ever sat without any movement?

People are hyperactive. People put their finger in everything. Twitter may apply for bankruptcy.

Have you ever sat without any physical movement?

Try to find what your mind is doing?

It is after all your mind. Watch it. Don't try to find out someone else's mind.

Do it. It is fun .

It is like a river. It may have a lot of things flowing.

Let the mind Jump between thoughts.

Just watch like the flowing river from the bank.

River has a lot of stuff . debris, leaves,

Plastics. It is always moving.

Mind is like that.

Watch from the bank.

Contents of the mind can be fears, worries.

Try watching the mind

It is fun.

You will notice It is the most amusing thing. You don't need an amusement Park. They are boring. .

Sit Quietly . Be patient , You will notice - As You watch, mind starts to settling down.

No need to do kumbaka pranayama etc.

When mind is watched, it becomes quiet, spontaneously

Still. You will discover what is true happiness in You.

You should do it.

It has so much value, however I say it will be less only.

You need Patience.

Without that discovery life is a waste.

People move from one temple to other  
Jump from one relationship to the other.

It will not give you happiness.  
The only way is to watch the mind.

It is the principle.  
Now apply to fear' worry  
The contents of the mind'.  
Instead of worrying, watch it.

Try it generally . and then you will notice the contents.  
Jealousy, fear, tears, worry etc. The "how" question applies only to a process.  
How to speak?  
How to walk?  
How to 'see' the Pot? Seeing is not a process.  
Swami is sitting. You see Swami

Watching is not a Process.

Watching the river is not a Process.

If you swim It is action.  
Try to watch.  
Happiness is inside.

It is now and here. You have to tap it.  
Happiness is not in a relationship.

Now will come to the verse.

What about Karma?  
Karma will not remove Ignorance.  
Ignorance is Avidya.  
They are buddies.  
You assume you are the body and mind.  
You are not the body and mind.  
You have to think about it.

You are the light in which body and mind become evident.  
 Mind is ever changing.  
 As a child you had a mind. Now it has changed .  
 The one who knows mind is changeless.  
 If I show a photograph of my childhood, you will not recognize.

### Body changes

Today's body appears to be the same as yesterday.  
 But it is not similar to the body of 10 Years ago.If you have put on weight, ask someone who has not seen you for a while. It actually takes 7 years for the body to change.  
 Kaikeyi when asked Rama to go to forest first asks for 9 Years.  
 Then Manthara says add more. So she added 5 more years and asked for a total of 14 Years Rama when he returns after 2 cycles of 7 Years, then he will be changed completely.

Manusmriti - allows women to marry 2nd time. If your husband doesn't come for 7 years, you can marry again. This is what Manusmriti says.

Move castaway has this theme.

Body is not the same.  
 But You are the Same.  
 Go deeper.

Body mind is doing.  
 Then if you identify with body and mind, you become the doer. Here comes Karma.  
 So Avidya & Karma are buddies.  
 So what does that eliminates Avidya?

Bodah.  
 The problem is Ignorance.  
 You have to make the diagnosis. Ignorance  
 Chinmayananda has an Illustration One person has multiple GI Issues, he went to multiple gastroenterologists, Ayurveda, no one can fix it.  
 Due to punya he met a dentist.Denitist asks do you have GI issues. He says yes. Then dentist says I can fix it.  
 He drilled the tooth, and treated the infection in the tooth. eared the All GI problem also solved.

Your Problem is not mother in law  
 Not daughter in law  
 Not Democratic party  
 Republican party  
 Not Arizona  
 Not California  
 It is Ignorance.

Ignorance of Yourself.  
 There is something .  
 And then you say it is ' serpent'

when You say  
 - I am' \_ you are correct.  
 Then whatever you add woman, man is wrong-

Aham → after that what you add is wrong.

Acknowledge that You are ignorant.

Human problems remain the same and answers remain the Same.  
 You are not really conscious of what is your own, happiness,  
 timelessness.  
 Whatever you perceive is not you ⇒ you are the power of perception.

Eyed-man sees gravell/Diamond .  
 Mixes both. But he can separate out and give value to diamond and call  
 gravel worthless.  
 But a blind man cannot do it.

Value is the sight, not in the diamond.  
 Ajnani- You don't know & You don't know that you don't know.

Jijnasu- You don't know but you know that you don't know & plans to  
 rectify it.

Somayaji\_one who has conducted many Soma Yoga. He will not accept  
 that he is ajnani.  
 You are not normal-your desires and the actions you perform to fulfill  
 your desires are abnormal.  
 People are drifting in the river of time like a log. Not living.

Drifting- a phone call or Stomach ache can push one to the depths  
abyss of sorrow .

You know that you are but you don't know what you are!

Two things have not solved human predicament and actually keep them  
bound:

1) Theistic religion

2) Governments

Only one thing delves the problem-VIDYA

Ignorance in like a fever-makes you see things that don't exist

Act from desire

Fever is ignorance

It causes bondage

Act from happiness

Act from freedom

Ignorance creates a compulsion to create the mistakes again and again.

When you know, You see things as they are, and they are good-

Once ignorance is gone.

You Just be interested only in Ignorance

The way opens up.

Keep doing daily chores.

Want to say a few words about Guru.

People keep talking about guru.

Who is the real guru?

The person who helps you do Karma is a prohita .

One person go and asks the preist

What is God?

Priest say → Have Dharshan.

He asked again after dharshan ,

I am busy. Come back later.

He came back again

Asked what is God?

priest said, I know only to do worship to the Idol

I don't know anything else.

Panchankam the almanac folks. based on the wrong idea of the sun rotating around the moon.  
They are not a guru.

Guru word is reserved.  
But it is used all over.

Guru is the one who helps you dispel Ignorance.  
That's why We prefer the word Acharya

No discussion about theistic God in Gita. It is all Atma and Moksha.  
Topic is Atma & moksha  
Later Literature added about God.  
Even Bhagavatam has 60%. Atma 40%. God.  
Later literature became more about God.

Children have some vasanas , they are because of you only.  
You bring them up selfish and then complain about it.

Ignorance is very Painful.  
It is the root of desires.

All desires & fears are rooted in ignorance.  
The way light dispels darkness, Vidya dispels Avidya.

Om  
Class -7

**(परिच्छिन्न) अवच्छिन्न इवाज्ञानात्तन्नाशे सति केवलः।  
स्वयं प्रकाशते ह्यात्मा मेघापायेऽशुमानिव।।४।।**

**(Paricchinna) Avacchinna ivājñānāttannāśe sati kevalaḥ.**

**Svayaṃ prakāśate hyātmā  
meghāpāyeṃśumāniva..4..**

People assume many things about meditation. Unfortunately it is not part of life. It is not real meditation. People have esoteric ideas of spirituality. Some mantra or tantra. It is all an assumption. True spirituality is no more than a true understanding of life. This verse is about Atma. Atma is you. Don't think Atma is something out there.

### Question

1. Is putting on light an action?

That is not the point. The point is light is in you. There are a lot of things like switching on, wiring, getting a bulb etc. Generally Karma is used in the sense of rituals. In Gita, Lord Krishna is talking about rituals when he says about Karmanyeva We apply that to things we do in the world. Karma means ritual. We make it broader to include action

2. Action follows understanding. If appropriate action is not done after understanding, does that mean understanding is not complete?

No.

If action is warranted , it will be done after understanding. If no action is needed then also understanding is complete.

Knowledge Is complete in itself.

Action need not follow understanding.

Like seeing a real snake in Arizona, if you know what to do it is complete.

Seeing is complete. If you do something after that is fine too.

But that action is not coupled with understanding.

Understanding is complete itself.

If there is no real snake, it is a rope, if you understand it, then it is complete . If you do something, by putting the rope away need to be done.

Generally Karma people ask this question.

They feel that way . Karma if it doesn't follow knowledge then no value.

It is karma people contention.

They think that knowledge without karma is incomplete.

Learning and doing puja is complete for them.

This is the thesis of pūrva mimamsa.

In vedanta we say the knowledge that we are talking about is not that way. What you ( karma people) talk about may be that way.

2. The beliefs I had before studying Vedanta, keep bothering me.

Doing mantra japa, for grace of God or for better financial status.  
 It credit scene is poor, do mantra Japa  
 Most mantras are made up except few like Gayatri mantras

The answer is drop all of them  
 Keep only if they are authentic like Om Namashivaya , Sri Rama keep it. Gayatri mantra keep it.  
 Others you can drop.

But sometimes there is a fear of dropping.  
 That is how religion evolves.

It is like Anupama in Ayurveda. Take the medicine with milk or water.  
 This leads to insecurity and Insecurity of losing things like financial status.

Fear of Missing out ( FOMO

Fear of divine retribution. They say if you don't chant properly, the last mantra then you may go to hell. It is unfair. Worldly people may go to heaven or hell, but this person who is chanting improperly will go to hell.

This is how religions function.

If you understand Vedanta is truth, then you should believe in yourself.  
 You should just pursue the truth, even if you are threatened that you may go to hell, still pursue it.

It is like doing a PHD in science. It takes 5-6 years. Others might have gotten married, two children, home and promotion. You don't look at him and sit and cry.

You want a PHD, lose all those things.

There is no gain or loss in life.

Nothing to lose . Nothing to gain.

Not having children. They think they lost.

Those with children think they gained.

Life is an organic whole.

Don't divide them into bits, & pieces



It is only divided for conceptual treason  
 Success and failure is only if you look at the piece in isolation.  
 Failure also contributes to the whole.  
 Same is true with success.

You label things in life based on conditionality - avoid them  
 You get worked up by applying the condition to each piece and get  
 worked up.  
 By giving a label you are getting involved.

Life has a flow and it has its content- just watch the flow.  
 You are imagining things by labeling.  
 Be a witness for the contents of life.  
 I am not saying stop going to the office. Keep doing what you have to  
 do.  
 Be a witness

One man divorced, was initially disturbed and then said he is blessed.  
 Another person married late after worrying. Later he was happy after  
 getting married. Does marriage give happiness or divorce.

Fear and insecurity give you the worry.

Believe in Yourself to follow the right path - Have self-confidence  
 and move forward.

-

Atma

We have to find out Atma.  
 We talked about ignorance.  
 Ignorance of yourself.  
 A child is growing up in the village.  
 Playing in dust and heat.  
 Feels fit for nothing, poor children. That is the self image.  
 They don't know the potential.  
 Never would have believed Tat Tvam Asi then.  
 There was a potential in me.  
 I have to bring it out.  
 I have to work hard, study well in school, college, and now you are a  
 proud citizen of the USA.  
 You would not have believed all these things when you were a child.

Potential to understand oneself remains  
 It hidden in most of us as children  
 You did not know your true self as a young kid.  
 I will say now, today that you do not know your true self.  
 Will you agree?  
 You re yet to know...

What is the problem for me not knowing myself.

Ignorance (Ajnana) is the fundamental problem.  
 Then I feel constricted.  
 Parichinna  
 It means constricted.  
 I am mortal.  
 I am born, I am going to die.  
 Am I mortal?  
 Suppose I am immortal  
 To be mortal you have to be in the parameter called time.

Time has you in its grip.  
 You have to be in the net of time. Then you will die one day.  
 What is the Job of time?  
 To put an end to everything.  
 Time is not Just chronogram.  
 Sarva bhakshaka..  
 It devours everything.  
 It ends everything.

Suppose I say You are timeless.  
 It makes a tremendous difference between being in the net of time  
 misery and timeless.

People suffer from memory of the past  
 Comes as a wave. Makes us miserable.  
 All sorrows without exception has it origin in the memory of past  
 All fears I has it origin in the future  
 The moment you think of the future you are afraid  
 Future is utterly unknown.  
 Meaning of Future - that which is unknown  
 Something is known, then it is past  
 Use Common sense.

If You know what is going to happen tomorrow It is past.

Future- By very definition means it is unknown

9-11 was Unpredictable.

Some say after the event, people say I predicted it.

Most of these Predictions like some fire ball will come in the sky can apply to a dozen events.

No object can move beyond the speed of light. -Einstein's law. It is like that. Theoretically not possible.

If you 'Think' of future It is only -Imagination

Anticipated will never happen

Unexpected will certainly happen

You develop insecurity by imagining the future.

You are caught in the net of time

The memory of past contributes to sorrow

Future contributes to fear.

The imagination of the future causes fear.

What is Present?

"Present' - Is sandwiched between Past & future.

Today is a continuation of yesterday.

We don't know the real present.

Even tomorrow is a continuation of yesterday.

This is Ajnana.

You are caught in the net of time.

Paricheda is constriction.

Means your potential is limitless, you think you are limited.

Space is infinite, unlimited.

But gatākāsah is limited

But here it is constricted by the Volume of the pot. 'As though'. It is not really.

If you take water from the pot and put it in a cup, water in a cup is limited. Water takes the shape of the cup.

You can't say that to space.

Space is a continuum. Space has no parts.

You still believe the pot limits the space.

Did the pot limit the space?

No

The fact is

Space is inside the pot, outside the pot & is in & through the Pot-

Is space inside the pot or outside?

Is the pot inside the space?

There is nothing like gatacash.

Volume of the pot never limits the space.

If you understand space correctly, then you will never say space is limited by pot.

Entire universe is contained in space

NO boundaries.

you create boundary & call it gatakasah

parichinna-That which is limited.

You have to know yourself.

Atma Bodhah

Know correctly.

All suffering in life is because you fail to know correctly.

You have misapprehension

Due to Ajnana.

People come to hear routine things.

General things - walking for a 1 mile. But long walks, on and on .. they don't come.

They don't consider or get interested in weighty things.

There is a fear what if I get knowledge and freedom what will happen to my bank account, my wife & Children, my job.

You need freedom.

You can be free only when there is no fear.

This build up is because  
The mistake, misapprehension is you think you are born.

Misapprehension from the wrong notion that one is born.

You put the switch on. Light glows.  
Can you say electricity is born?  
You can't even say light is born.  
This is a weighty matter.

People would rather do puja to increase their credit score.  
When I ask, are you the doer? People say what kind of silly question is this?

- People don't have freedom to think as they are insecure.  
If you release a bunch of people from jail, not everyone is ready to leave.  
They worry about living outside.  
If you remain inside, there is a bell, there is food and no bill.  
Samsaris are like that.  
Most people are not ready to examine such weighty matters.  
Even Sanyasi in Rishikesh are sometimes like that.  
What to speak of people assembled in Phoenix.  
This particular verse is sitting in my throat.

People prefer to remain shackled.

'Released prisoner could not handle life outside and was refused re-entry  
He went back and broke the glass of buildings, -just to get back to jail in Chicago.  
He told the judge he did the crime only to get back to jail

Samsaris are similar-they don't want freedom from the constricting ignorance and bondage.

**You are not the bulb-You are the electricity.**

Kevalah

In Hindi it becomes akela

You are the one without the second

Layers of ignorance covering Atma.

Now Atma feels to you a morose, unhappy , insecure entity.

It is piled up around your svarūpa

Sometimes a bulb comes with a guarantee for 1000 hours.

It is not for electricity.

Surgeon- after the cardiac bypass said to the patient I give you 5 years of life for you. Patient believes he would have died otherwise.

People are gravely mistaken.

The moment you say you are born, you are the bulb

When you think you are the bulb, you will get fused.

One bulb fuses, nothing happens to electricity

1000 bulbs fuses still nothing happens to electricity

Bulbs are many.

Electricity is one.

ATMA-

You are not the personal,

You are the universal

People are waiting with fear to die

They are also afraid of life

They don;t welcome death either.

This is how you are caught in the net of time.

You need not remain caught in the net of time.

You can step out of the net of time this minute, this moment

But you must have the great longing for freedom

There is no freedom within the net.

Step out there is freedom

I wrote this couplet

**I am not a parrot in a golden cage  
I am a wild crane in the open sky**

If you say this to the parrot that is eating pomegranate seeds and drinking mineral water in the golden cage, and ask if you want to be the wild crane , it will say I will think about it.

Enormous mistake-when you think you are born.  
Try it and prove it yourself.  
My words may not be enough

You can live without the fear of death.  
You don't need hypnosis.  
This is the gospel truth.  
You are immortal .  
Welcome the god death with open hands

Pleasure and pain are two sides of the coin.  
You can never have only pleasure without pain.

You can step out of this cycle - Pleasure followed pain cycle.

You will remain in uninterrupted happiness  
It is not pleasure. You will not know what pain is.

You have to step out of pleasure also. .

If you don't have the openness to do that, You are stuck in the religion of the masses.

You do puja for pleasure. They promise no pain, only pleasure.  
You must be the dumbest guy to believe.  
Life is always 50-50 pleasure/pain.

Telugu Proverb

When the husband of the crying lady comes my husband also comes

A man with two wives, one lady cries because she is afraid her husband died as he didn't return from the forest, but the other lady was not crying, keep doing the chores happily.  
You will not do anything but want only pleasure.

I will take class only if you are ready to step out of the pleasure pain cycle.

Step out of the net of time.

Why do you assume you were born?

It is hearsay . your date, time of birth etc.

Is the child really born?

Prenatal topics for research

Psychiatry speciality for unborn children

It is a convention that a child is born.

You spend money on your birthday

It puts you in the net of time.

Now you become a bulb and is afraid of death.

Body now is stuck with race/gender/creed & religion.

You are unhappy when your body gets old. Hair color changes.

I am saying with anguish

You have built walls around you and imprisoned yourself .

All because of ajnana.

Then you cry.

You can demolish those walls!

Om

Class -8

Question- ? So many gurus, how do you find a spiritual guru? That was the essence of the question )

Answer

You don't convert the person who helps you learn into an institution in worldly matters.

But in religion and Vedanta you do that. This creates a gurudom.

You don't have to do that. You just be grateful to the guru who taught you.

You don't have to keep searching for opportunities to help.

If you get opportunities, do them. No need to divide life into secular, spiritual & religious.

This is spiritual • He is the guru , So i have to do this etc is not needed.

Verse

You don't need a separate means to find Atma. .



Atma is Yourself.

Svayam prakaśate  
It is Self luminous  
Self Shining

in a room, you have to search for this object and that object

But you need not search for the light.

A sense of - I am ness  
A sense of IS ness  
.It is literally that is what it is.  
It is, IS only.  
But you substitute as I am  
You can say I Is. or I being.  
Don't worry about grammar.  
Because it shines by itself.

Pot Is  
I is  
Pot is not luminous.  
It requires light  
It requires eyesight  
It requires a mind.  
It requires the knowing element.  
As it is shining in the wake of shining Atma.  
Pot shines in the wake up of Atma.

Atma shines by itself.  
I am  
I being  
I Know  
Here being is same as knowing  
I know -I be.  
I am that  
I am by which I know

Sat is being  
Chit is knowing  
Sat is chit

Chit is sat.

Sat is inside and chit is outside 'as though'.  
in the case of pot.

In care of I , I am & I know are together.  
What knows itself - IS

For knowing Atma you don't need 3 things -

Yantra

Tantra

Mantra

Yantra- is a geographical diagram.. Made in gold, silver Plate or copper plate.

In Hyderabad, they have a store where they sell yantra for all Devi and Devatas..

A square piece copper Plate. Different sizes.

Scientifically speaking, Do you need microscope, telescope or electron microscope to see yourself? Atma?

Tantra- is an elaborate ritual. No need.

Mantra- is a very secret thing to do.. You don't need any to know 'I'

I am first or God first ?

I am first or World first ?

I am first or Devi first ?

I am first or spouse first ?

I am is always first

That is Atma.

Atma has become an object of ignorance.

Atma is never sick-

You never need to give Atma a medicine..

In India physicians treat the illness.

In the USA physicians treat the patient.

In India, the details of the patient are entered by the clerk, the doctor does not even ask your name, they are treating only the illness. Here, the doctor asks everything, your name, your family etc. I prefer the Indian method.

Treatment is for illness only, not the patient.

Physicians knowing the difference between Atmman & body is a good thing.

If a patient needs treatment, they need Vedanta class.  
Illness needs treatment, they need a physician

'Pill yoga' - physiology and psychology one an organic whole.

A molecule can affect a thought as much as a thought can affect a molecule.

All illness begins in the mind- it is the locus.

Atma is Svayam Prakāśate

You have to heal the mind first.  
The body heals itself.

Mind is Egotistic, Greedy, Ambitious, Competitive, Worldly and is seeking pleasures.

Svarūpa Ajnana needs to be addressed.

Hatha Yoga - effort is required

Effort motivated by greed, jealousy, hatred.

Motive is in the mind.

Effort arises in the -mind → organs of action.

No effort or modification in Atma.

In some sects & Hinduism they have to do 16000 times Per day. They have a mala in a pouch they keep saying japa. They have worldly

conversations in between. But have to do 16,000 times and deposit it in an account called Vakunta.  
This is an effort.

None of these have anything to do with Atma.

You are the Atma.

Atma is not your nephew or niece.

Then we have Dukha.

Suffering

Suffering is not there for Atma.

If suffering is intrinsic to Atma, you should be comfortable with it.  
Like a scorpion is comfortable with its Poison.  
The poison hurts others, but not itself.  
Its poison is part of its body.  
But it is Xeno for you. Not for the scorpion.

Body has to deal with it.  
It has to metabolize/neutralize it.  
Otherwise body gets killed.

Dukha- Is it intrinsic to Atma or Xeno ?

If it is intrinsic then it must be comfortable .

Suffering is in the state of the mind.

Experience is suffering .  
It is not yours.  
It's not you.  
You target the suffering and examine.

Is this suffering Intrinsic to me?

AM I suffering?  
If it is not Intrinsic then You know "There is suffering"  
It is in the state of mind.

I am aware of it.  
 Others may think I am suffering.  
 In my case, there is a space.

A space between Atma & mind.

Put some seriousness into it.  
 Earnestness  
 you cannot be Nonchalant.

Do I have a space between mind & Atma?

Not physical Space.

Is there a discernment?  
 If not there then you are in trouble.

Here I am. There is the body  
 Create the space.

Suppose you are an emotion, sorrow or love.

Are you the body? or emotion?  
 You are the emotion.

An emotion is enough to take you out of the body conscious.  
 Then why you are identifying with the body 24 X 7

At sleep there is no identification.  
 In your dream you have a new body for a few seconds.  
 Only in the walking state, and on and off you identity with the body.

You identify when sick as You are the body.

you are with the body

When you are in pain, You identify with the body.

Learn from your own experience

Create a cognitive space.

Identifying with the body. That is Ajnana .

Body has a name and You take it as your name.

- I'am going for a walk.

I am mostly a loner.

From behind somebody Is calling me - Swami T.V

It takes me a while to recognize it.

Why?

Probably because,

1- I am dull

2. Maybe I don't identify with the name Swami T.V.

They badly identify with their names.

Your Identification with name is so deep seated..

Your thinking is affected.

Caste belongs to body

Creed belong to body

Religion belong to body

When you use above body consciousness you assume everything as you.

You have take it out step by step.

When sick, only the body Is sick.

You sit quietly

Watch the mend.

Mind must be IWAYS scheming Something

Create a space with reference to mInd

As a Witness

Mind then loses its fickleness

If you Identify with the mind it becomes capricious.

When you watch it ,it starts settling down.

Atma

is not inferior.

You are Kevala- One without the second.

You are not small

You are universal.

Language is Universal

Thought is Universal. Not Personal

Human thought is due to millions of years of evolution.

Entire history of mankind

It is universal.

You take It as Personal.

You segregate.

You Isolate

Then you become alienated from the whole

A fish is not afraid of the ocean .

But we are afraid of the world.

Dealing with another Person

Body is different.

Mind is different

But Atma is the same.

You think of him as an adversary because of wrong priorities.

Someone talks against me, if I feel personal, I give importance to body/  
mind-not  
the Atma.

Buddha was in a forest.

He was walking without fear

Angulimala approached with a butcher's knife

Expected to see terror in Buddha's eyes .

He is a sadist. He kills people.

There was only love and Smile in Budhhha's face.

Buddha said, "You are afraid that I'm not afraid"-

"I see Terror, violence in your eyes. But I only see your atma! I love you.

Angulimala became a bikshu after this incident.

He was stoned by the public because of his previous lootings.

Buddha accepted him after that.

If you miss your universality, you become sick.

Mind is infected with ajnana.

Having good conduct, or good qualities alone is-not Bodhah.

Meditation schools of superior state of mind.

Trance or Samadhi.

Usual states of mind- happy, unhappy, neutral or listless.

Super consciousness - is some meditative therapies - NOT Atmabodha either.

If you go to Samadhi with ajnana, you will come out of the samadhi with ajnana.

Example-( washer/dryer analogy)

You put clothes in the washer and then dry it.

You put it in the dryer without washing, you will still get unclean clothes only.

Samaaadhi states are not states of emancipation.

A sadhu asks for coffee. His Sishya prepared it. He went to samadhi by the time coffee was made. So Sishya drank it. But the yogi woke up from samadhi and asked for coffee again .

(story by Ramana Maharishi)

Atma Is Sesha

Reminder left after division.

Sloka from Srimad Bhagavatam

TAPAH- austerity is not Atmabodha either.

Ganga water is 4°C -Sadhus sit in the Ganga and do japa.

Others stand in one leg and do japa

Some fast all day.

No need to do all these things.

Nothing to be done or given up to realize alma.

We own nothing in this world-nothing to give up.

Look closely, not stare -



Whatever you perceive is NOT yours and is NOT You!

Example the House, children

Proverb

‘ Fools build houses, wise people live them”

Americans don't need to say" my house" (because bank that loaned the money owns )

Indians do.

Indian girls purchase husbands for a lot of money.

Your children are not yours.

These thoughts don't harm relationships -actually blesses it.

Sense of "I am"-never changes at any age.

However, body and mind have changed.

"Aham "-na hanti na hanyate

Another person can hurt body and mind but not the Atma.

Energy or matter is neither created nor destroyed.

Same with body, organs of action, intellect, mind etc.

Neither created nor destroyed.

You are the remainder- the inner light that is left.

Connect yourself with the ATMA JYOTHI

This is ATMA BODHA.

Om

Class 9

Verse.

Parichinna iva - kevalah

Atma - The self

The true self

Ajñath- Because of Ignorance

Parichinnah Iva- As though limited,

As though constricted,

As though oppressed.

Do you feel like that occasionally?  
 As though oppressed.  
 You say as though overwhelmed.

Do you feel like that occasionally?  
 If you feel like that ..  
 Don't look around outside to blame outside.

There is ignorance on you  
 Only that can hurt you.  
 No outsider can hurt You.

Swamy Vivekananda said inspiringly

Song of the Sannyasin

This body is here.  
 Somebody may put garland to it and revere it  
 Some body may kick in the face  
 It just doesn't matter

Oh Sannyasi!

You are the absolute being  
 Absolute knowledge  
 Absolute bliss  
 Look at that !

we get disturbed at silly things  
 endlessly  
 Our complaints never end.  
 high school, before college, after college, before marriage, after  
 marriage .  
 Never stop complaining.

In Hindi -Fariyad means complaint  
 In Telugu- Fariyadu  
 We are all Faryadi Ram.  
 It nicely fits our state of mind.

We feel crushed. Oppressed. Overwhelmed.  
We look around for causes.

Stop looking around the Causes.  
You will find them. Not because they are there, But because you are  
looking for them, you will find them.

There is a Proverb in Arizona

If you look for UFO, You will find them.

There are homes, living huts You can rent, they will provide food also.

You can stay overnight, you can look for UFOs, you will find them, you  
can Photograph them and keep them.

Don't look outside.  
Look within  
Stop outgoing attitude

Keep doing your duty, Work hard. Do a little more.  
But When You have a moment of free time, look within .

**You are not what you imagine yourself to be**

Please get that sentence

**You are not what you imagine yourself to be**

Because, after all  
You are not an image.  
You are the original.

The paricheda is only because of ignorance.  
Ignorance of what?  
Ignorance of yourself

There was a mahatma.  
During the Rama Janma movement he was put behind the bars.

Devotees were worried.  
They asked if he was feeling bad.

He said I am not feeling bad .

They said he is in the four walls behind bars.

At home also I am in a room within 4 walls.

What about food here, probably not good.

He said, no they give me good food.

What about walking outside?

No problem. They allow me to walk here. There is a nice garden.

What about sleep?

I am happily sleeping.

Shall we try to get you released?

You need not try to release me.

I am comfortable here.

I don't call it jail, cell, it is a good living place.

All others are criminals here?

No they are all Atma.

You are not the doer.

To understand this it takes a long time.

Once I Was Invited to a Jail.

I had food with them.

One person was asked to take care of the swami.

He was a murderer.

When I asked me how you did this murder,

He said, I did not kill. It happened. I committed murder. I am not complaining.

If i happen to see that person now, I will hug him

It happened in the fit of that moment, I can never do it willfully.

He spoke the highest knowledge of vedanta.

It is ok I am here in the Jail. He knows that he did not do it. Even a convict could feel when he looks within. He is not very far from the truth of the self.

It only requires from our part to look within

Therefore,  
Look within.

Examine the ignorance

How to find it?  
Another name for ignorance is mind.

**Avidya's other name is mind.**

Mind is everlastingly tricking You.  
Constantly under Pressure  
Constantly oppressed

Circles of Ignorance are ever widening.

The first circle Is I am body.

First circle is me

Next circle's my family.  
The name for the syndrome is  
Me and my family syndrome.

I don't mind if all other families get devastated.  
Me and my family should remain safe.  
That is the psyche.

It is like there is fire raging around.  
you want Your home not to be burnt.  
It doesn't matter about other houses, i want my house not to be burnt.  
It won't work like that.

Me and my family should be safe, happy.  
We are caught in that perimeter and center  
Whenever there is a Perimeter there is a center.  
There is a center, only because there is a Perimeter.  
So you live within this perimeter. There is s space  
The space has some contents.

Me, my career, my success, my failure, my family, my children, their studies or their career, their welfare etc.

It has a Perimeter.  
You live in that space.

But it is a bounded space forever, all life.

Is that not bondage?  
That's why it is called Me and my family syndrome.

We live bound.  
A frog in the well lives not knowing about Ocean.

While remaining in the bounded space with a center, me, and space my family.

Sometimes the circles are wide.

me and my caste

Very unfortunate. Even mountains & rivers have changed

The caste system is still there. Maybe nowadays it is changing.

This person is lower, this person is higher.

Then community, religion.

You remain bound.

Then what do you know about the space, that open inner space?

That boundless consciousness

You don't know about it

You are ever parichinna, constricted.

Bound can be noun also

Bind, bound, bound

That is different

bound bounded bounded, that is the verb

That is how we live.

We feel stifled

We feel uncomfortable

We don't know why we are uncomfortable.

That's why we are constantly running away from ourself

Multibillion dollar industry of entertainment  
 We are very unhappy and want distraction  
 Why do we want to spend billions in the entertainment industry?  
 Why do You need a distraction when You are alone?  
 Either Phone, newspaper, TV, phone call or make coffee etc  
 Or you adjust things in the house  
 You are disparate for distraction

When you are left with yourself, you are so miserable.  
 If it is miserable for you, how do you expect other person to deal with  
 You?

Somebody comes & Says This is not truth.  
 Suppose if you practice that yoga - if you Practice that yoga - not  
 asanas, this jnana yoga, ripening takes place.  
 maturity comes your way.  
 It is possible for the night of ignorance to go away

We don't know when the ignorance started.  
 It is immemorial  
 A beginningless night of ignorance dissolves.  
 There rises the sun of wisdom  
 Sun is always there.  
 There is no night to the sun  
 It is always there.  
 In vedanta Sun is always Atma  
 Atma is Suryah.

To the outer sun also there is no night  
 To the inner sun also there is no night  
 I have a complaint against the people who make Almanac. They keep  
 me away  
 They write 360 days, and for every day they write sunrise & Sunset.  
 We purchase and bring it home . They should write that sunrise and  
 sunset are incidental and not real.  
 People in villages believe that the sun has set.

If somebody is dead, we say astham hatah.  
 Sun never sets.  
 Surya asthamaya.  
 I feel bad.

Set is ok.

Astha has a Sense of death- It is inauspicious.  
It goes against the truth .

sun or Atma ever shines  
The mind is blind.

What is the fundamental blindness of the mind?  
Which makes you feel oppressed, Suppressed, overwhelmed in this world.

That one thing is .

Don't be reactive-

Be pliable. Be receptive.

In your mind itself , you should be ready to listen, understanding mode, pliable mode.

Let me examine.

When you put the finger on the ajnana it is

**I am the body idea**

Ask Yourself that question  
how much in this idea affects me

There was this Mahatma - He was feverish.

He said, no Satsang.

But there were 30-40 people assembled.

So he didn't want to disappoint them

So he said, today I will answer those questions only that are not associated with body mind identification.

He waited for five minutes.

No questions. Then he left.

Look at your ideas, thoughts, actions, reactions.

Check how much of all these are based on  
I am the Body idea.

Atmanava lokanam

Ripening takes place.

lot of the ideas in life are derived by this idea.



But there are instances where I am going beyond this body consciousness.

That is the maturity taking place.

I am-the body Idea.

It is only an Idea.

It is a mere Idea in the mind.

You are the body only when You think of the body.

Suppose You are not thinking of the body, you are not the body.

Modern Soccer game is like the old-fashioned battle .

They assemble . some band is going on

and when they hear Start

Then they kill each other.

It is a very well organized battalion.

They carry the wounded to the hospital. Some are dead.

Modern soccer is the same way.

Doctors, stretches & ambulances are ready.

They don't look at the leg as a leg. They only identify with the goal

They are beyond the body consciousness.

What about soldiers?

He identifies with the nation, not with the body. He identifies with the flag

We Swamis and students of vedanta we badly identify with the body.

This is the ajñāna. I am the body idea is the ajñāna.

It does not look like ajñāna

Suppose you go to beauty pageant

If you say this, They will throw you out .

I am the body idea ,

It spins out endlessly a thread of illusions.

Somebody is a friend or foe only because I am the body.

And this situation is not favorable only because I am the body  
t

I feel oppressed only because I am the body .

If I go to Rishikesh i will be liberated because I am the body

You will not be liberated.

You will be more bound in rishikesh if you go with this idea.

People dodge the real issue.

It is spinning Endlessly

It creates enormous illusion

One person came to me

I am going through lot of stress, so much suffering

Ok

I agree with you

Sit upright

You get this thing immediate

So much tension and stress

To whom?

To me

What is me?

Body, mind

What is the immediate

Body and mind

Can you put the immediate and be yourself

Can you rise above the immediate?

Ok

Rise above the immediate

Ok

Just be

Just be there

Now what happened?

All the tension is gone.

Can you rise above the immediate?

In yourself there is no bondage, there is no suffering.

When you associate with body mind, then suffering comes.

Saints worked on it

**Saint Francis called the body as 'Brother Donkey'**

People go around the donkey in those days

This is the donkey to take care

I give him some nutrition. It eats grass here and there.

They don't neglect the donkey

This is the donkey.

Don't neglect it.

Actually he said Brother Ass. Someone told me use donkey instead of Ass

Look at that he becomes a saint, by holding on to this knowledge

It is only an idea

It is not created by God

God gave me etc

It is merely an idea

There was a road accident

A person was thrown out of the steering wheel into a ditch.

Badly injured

There is no 911, golden hour etc in India. .

It happens slowly

If someone dies also , so what? We have 1.3 billion people.

After an hour or so,  
Finally some body pulled him out of the ditch and put him in the ambulance.

He started having pain as they pulled him out.

He didn't have pain when he was in the ditch.

He was stunned.

Mind became numb.

There was no spinning of 'I am the body' idea

Only when they moved him, mind woke up.

Even pain comes only when you have the I am the body idea

Pain is not entirely objective

Pain is born out of

spun out of

'I am the body' idea.

It is not difficult.

You already live outside

Also come out of the me and mine syndrome

It is a good model.

Work on it,

You are living in the small space with a perimeter

Is this the way to live?

Think about it

When the perimeter is not there, the center is also not there.

They go together.

You become egoless awareness

You are the egoless awareness

You just have to be conscious of it.

You are on and off egoistic

Look at the sunrise. While looking at it, you don't have an ego. Unless you want to take photographs.

If you carry a camera always then you are egoistic.

You are aware of the rain drops

If you hold to your karna pisasu called cell phone all the time you are not aware of these things

Look at the stars.

You are now egoless awareness

You own it up

You lost it

You regain it

Then the Me and mine boundary is dispelled

The center also goes away

Boundless awareness remains

Kevalah

Thannase Sati- As that ignorance vanishes

Kevalah -The Atma is one without the second

Kevalah- You have to understand this word.

Kaivalyam- it is Moksha

You are living in this cocoon

Caterpillar builds a cocoon, and dies within it.

Silkworms, if you allow to mature, it will fly off like a butterfly

But people put it into boiling water and make silk thread .

They make clothes and wear them.

Why ?

Caterpillar builds the cocoon, but breaks it and flies off

You built this cocoon

No no God built it

God built everything. That is not the point.

But you actually built it, break it.

Please examine.

These are weighty things.

You feel secure within in

Like that person who feels secure within penitentiary  
We feel secure within the perimeter

As long as you seek security, you remain insecure

Who seeks happiness?  
Unhappy people

Who goes to hospital?  
Sick people

Who sees security?  
Insecure people

Stop seeking security.  
See what happens

Sri Ramakrishna said,  
Taking Sannyasa is like holding on to a branch of tree, and now give up  
the branch  
If you ask then what will happen ? then you better hold on to the branch  
only.  
It is for courageous people  
Not for cowards

Stop seeking security  
You will feel very secure

Once you discover the security in yourself, without seeking it from the  
other  
You are liberated

Then you become egoless awareness

That awareness can encompass entire universe

All existence  
That is moksha

The you love all  
No enemies

Love thy neighbor  
Entire humanity is your neighbor

You are safe in that boundless awareness.  
Whole world is included  
You love all irrespective of caste, creed etc

Otherwise, we have an Isolation syndrome  
You isolate yourself,  
Within the family, Instead of including yourself, if you isolate yourself  
you go to a nuclear family , Of Course the spouse helps in this.  
They isolate form the family and start a new family

You can be happy if you don't isolate

Be one with the mankind

That is brahma  
Aham Brahmasmi  
That is Tat Tvam asi

Question

I am doing Internet śravanam . How can I show gratitude to guru?

Guru is not a physical entity.

You take yourself as physical entity

Then you take God, Guru as physical entity

You are the awareness

You are the Tattvam

Same light of awareness as Guru and God

You are the Tattvam

Guru, God, student merge in the light of awareness

Don't worry about showing respect, gratitude etc

Guru will be happy only if you know

Don't get devoteitis

Don't start fighting for Guru's attention

Paramananda's Sishya wanted to do service

He was sleeping.

They want to press his feet

They each took one leg and were pressing.  
 They were fighting and actually hurt guru's leg if by accident one touches the other leg.  
 This is just a story  
 Don't worry about gratitude etc.  
 Keep learning.  
 When the time comes you will be able to do service.

Om

Class -10

Atma shines by itself.  
 No effort needed to make Atma shine.  
 Keep the window clean for the sun to shine  
 Rajo & Tarmo gunas are the thick curtains for the window- so you don't feel the fullness.

ATMA-

It is the absolute peace/happiness  
 It should be felt.  
 Instead, the clouds obscure the realization of the self.  
 If you have a moment free of desire and fear, you will not remember God.  
 You remember God only with insecurity & unfulfilled desire.  
 Because, at those moments Tat Tvam Asi.

It is like a sick person wearing makeup and a safari suit.  
 Start with - I don't know God.  
 The admittance that God is Unknown & Unknowable will allow you to realize atma aka Godhead.

Belief is a cover to ignorance.  
 It then becomes a privilege, & then into organized religion.  
 You rely upon that for security.

The sun of atma shines by itself. You have to take the impurities off the diamond for it to shine.  
 Clouds do not cover the sun-they cover your vision.



Similarly, in a solar eclipse, the moon blocks your vision of the Sun.

Atma is very similar to this.

Atma is the closest to you.

The way to realize that is by doing nothing.

Sadhana-not 'doing'-goes against the teaching in Vedanta as it is a karma.If you take yourself to be the doer, then you are the cloud - Megha.

Once you realize you are not the doer, then you realize the atma.

We do NOT grow the children or the plants; you don't cook either-the fire cooks.

You don't breathe-breathing happens.

Doing happens -You are NOT the doer.

Sadhana is only "to be" - or watching/observing  
you ARE (" I be") - is all you have to remember.

Guru who said -'I have 100 sishyas' when he is actually Brahman  
prevents sishyas from  
Learning.

Basketball player-stayed forever in 3rd year of college to save the team.

Stop asserting what you are not-even the status of Guru (word not  
mentioned in BG or  
Upanishads)

Indian spirituality-only discussions or dialogues (Q & A format)

Questions are about moksha/atma.

Doctrine of Upanishads-"start near, go far. If you start far, you go  
nowhere"

People coming to Vedanta clans should be JIJNASUS - not father,  
mother etc.

Similarly, in temples you don't find bhaktas.

Make a beginning to be who you are

The day you look at yourself as a jijnasu, the day of realization is not far  
away.

The term father is assertion, Dad is love.  
 Be the Dad, not the Father.  
 Don't be the WIFE (assertion), be the love of the wife.

Word Husband comes with enormous conditioning. He has to be controlling  
 (patriarchal society among Tambrahms).

Don't assert the status in any relationship.  
 Unless you connect to your cit, you cannot get atma.

Experiences/experienced dipole- example watching a movie.

Theaters are adding other sense elements -gun powder/roses smell  
 We are immersed in the experiences, forgetting the light within - without which no experience is possible.  
 This is how we are caught in multiple experiences.

How to experience the Cit?  
 You are oblivious to the Cit until there is a power outage in the movie theater.  
 The mind is disappointed with the abrupt cessation and the darkness.

Mammoth caves - pitch dark  
 Mind is the experienter.  
 But you are 'aware' of the darkness and not absorbed into it.

Don't be so absorbed in worldly experiences - develop vairagya and connect to your true self (Atma)  
 Manmohan Desai - director of Sholay  
 A theater is still marked for it in Mumbai.

Story line-Rama/Lakshmana taken to forest + villains  
 Appealed to Indian audience as the Ramayana is in their hearts.

Walt Disney-studied philosophy and incorporated Advaita in Lion king.

Story of prince kidnapped to forest and brought up by a family of dacoits.

When he came back to steal in the palace, he was caught by the minister of the kingdom.

Prince did not believe.. Minister eventually made him act like a prince.

Taken to the inner

quarters of the palace and made to live like a prince. Made him repeat for 3 days. Then slowly he accepted himself as prince. They say 'Fake it until you make it. I don't agree with it. Here it is not Fake. It is real. You keep doing it.

You behave as you are all existence-

Go past caste, creed, race etc.

Get out of the net of time and space.

Start living as a human being.

Human being-beautiful expression

Nara -Narayana similarity

Megha-darkness covering the Sun

Self-forgetfulness (being absorbed in worldly non-self objects)

Example of Sofa- Shining in your consciousness.

Sofa or sofa consciousness?

Mountain in the dream- mountain consciousness.

"My sofa"-you have become the sofa.

WISDOM lies in never forgetting the Self

"Beautiful rose" - It is actually beautiful consciousness

Rose does not appear beautiful when something upsets you, like a dip in the stock market.

Connoisseur of Carnatic music- Was sitting and enjoying the concert.

But he could not enjoy the same music after an unpleasant message on his phone.

Music - silence between the notes is the atma (Mozart)

Whatever you see outside- your joy and beauty are reflected.

Forgetting yourself prevails-darkness of ignorance.

Doing element (Prakruti) is different from knowing element cit -

But not opposed to each other.

You can't tidy up a dark room.  
First you have to let the light in.

Infinite ability to be conditioned (MAYA)  
Self-confidence, anxiety, and lack of respect are conditionings.  
The rich, poor, powerful & powerless are conditioned.  
Knowledge of conditioning is self-awareness.  
Ego comes in the way and wants to retort .

Manisha Panchakam -Shankara accepted Chandala as guru.  
Once you realize the limitations of the body, then you are free from the limitations.  
When you are aware of your conditioning,you are free from it.

Hinduism- "In do" ism.  
Gospel of self-realization -like a seed in the ground. Will sprout at the right time and grow into a tree. Takes you nearer to the truth.

More Kamya karmas -further away one is from self-realization.  
Even if someone did injustice to you, avoid revenge and love the enemy.  
If you keep it in the heart, you are kept away from self-realization.

When you take a knife and hit, it forms a line in -  
Stone- 10000 years  
Sand-2 days  
Water - fraction of a second.  
Air-instantly smoothed  
Space-even lines are not formed. (Mahatmas minds are like space).

It is grievous mistake to identity with the external things

"Freedom is my birthright" -BG Tilak in his book on Gita - later adopted in the freedom struggle.

Q & A:

1. I say Atmanu anugraham or Atma arpanamastu instead of saying iswara anugraham or isvara arpanamastu. To reduce my confusion of various names. Can I tune my bhuddhi in that way?

We don't say IsvaraJnanam or Atma Bhakti. Go by Saguna Upasana protocol.

2. You mentioned Karma /Upasana/ yoga do not lead to moksha..., but having practiced this over a long time, it's hard to suddenly stop these practices.

Knowing that Gnanam is the only way to Moksha.. Can we continue the other modes for chitta Shuddi), although we are aware that it does not lead to Moksha, by itself.

#### KARMAS-

- 1) NISHIDHA (prohibited)
- 2) PRAYASCHITTA (atonement)
- 3) KAMYA -give up KAMA →realize yourself as desireless
- 4) NAIMITHIKKA- special occasions
- 5) NITHYA. Mandatory.

Give up all upasanas rooted in dualism

Soak the mind in desirelessness.

Pranayama and ASANAS- Do them. All that bends well, ends well

Good physical health is necessary for moksha.