



vyoma  
॥ वाचं धेनुमुपासीत ॥

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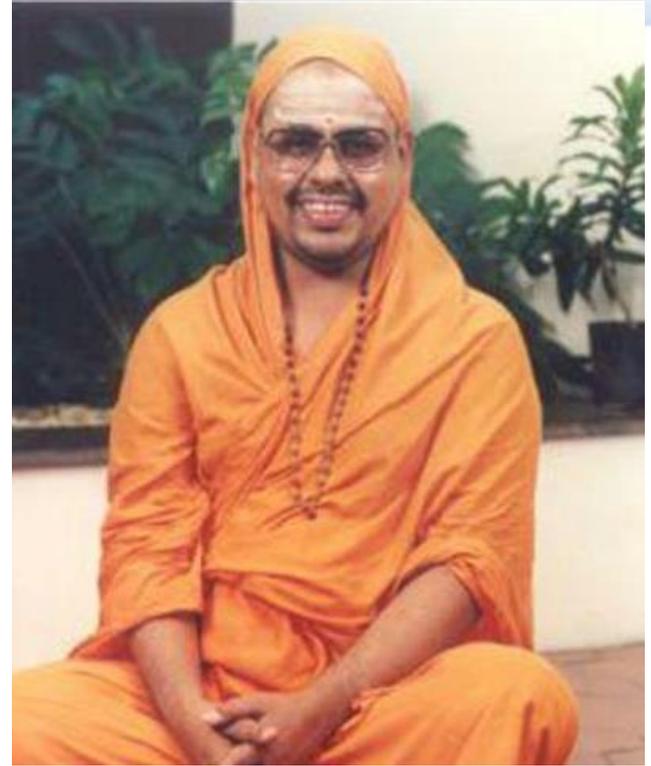
# Gītā

Session 13

14th July 2018

# Swami Paramarthananda

(<http://www.vedantavidyarthisingha.org/>)



सदाशिव-समारम्भां शङ्कराचार्य-मध्यमाम्  
अस्मद्-आचार्य-पर्यन्ताम् वन्दे गुरु-परम्पराम्

*sadāśiva-samārambhām śaṅkarācārya-madhyamām  
asmad-ācārya-paryantām vandē guru paramparām*

Beginning with Sadashiva, through Adi Shankaracharya in  
between and up to my own Guru,  
I bow with reverence to the entire tradition of Guru lineage

# Recap

## Features of Ātmā

- Verse 12- नित्यः nityaḥ; eternal
- Verse 13- निर्विकारः, nirvikāraḥ; changeless
- Verse 16- सत्यम्; satyaṃ; independently existent
- Now
- Verse 17- एकम् ekam; one
- Verse 17 - सर्वगतम् sarvagatam; all-pervading

# Wise man's learnings

- whole world is continuously changing
- there is no stability in this world
- World has got variety, novelty and beauty
- World includes pancaanĀtmā, inclusive of body and mind
- expecting security from the changing अनात्मा (Anātmā)  
World is a risky proposal
- intelligence is use the world for everything except security
- Learn to lean on the stable God for security
- That god is very आत्मा (Ātmā) your inner essence
- Hold on to आत्मा (Ātmā) and enjoy life

अन्तवन्त इमे देहा नित्यस्योक्ताः शरीरिणः।

अनाशिनोऽप्रमेयस्य तस्माद्युध्यस्व भारत॥१८॥

antavanta ime dehā nityasyoktāḥ śarīriṇaḥ|

Anāśino'prameyasya tasmādyudhyasva bhārata||18||

- It is said- Perishable are these bodies which belong to the eternal, imperishable, and unobjectifiable Ātmā. Therefore fight, Oh Arjuna!.



- ललितासहस्रनामस्तोत्रम्
- Lalitāśahasranāmastotram
- अप्रमेया स्वप्रकाशा मनोवाचामगोचरा
- aprameyā svaprakāśā manovācāmagocarā
- विष्णुसहस्रनामस्तोत्रम्
- viṣṇu sahasranāmastotram
- अप्रमेयो हृषीकेशः पद्मनाभोऽमरप्रभुः।
- विश्वकर्मा मनुस्त्वष्टा स्थविष्ठः स्थविरो ध्रुवः ॥ ६ ॥
- aprameyo hr̥ṣīkeśaḥ padmanābho'maraprabhuḥ।
- viśvakarmā manustvaṣṭā sthaviṣṭhaḥ sthaviro dhruvaḥ ॥ 6 ॥



य एनं वेत्ति हन्तारं, यश्चैनं मन्यते हतम्।  
उभौ तौ न विजानीतः, नायं हन्ति न हन्यते ॥ १९ ॥

ya enaṃ vetti hantāraṃ, yaścainaṃ manyate hatam|  
ubhau tau na vijānītaḥ, nāyaṃ hanti na hanyate ||19||



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ya enaṃ vetti hantāraṃ, yaścainaṃ manyate hatam|

ubhau tau na vijānītaḥ, nāyaṃ hanti na hanyate|| 19||

- He who considers this (Ātmā) to be a killer and he who considers this (Ātmā) to be killed, both of them, do not know. This (Ātmā) does not kill, nor is it killed.



न जायते म्रियते वा कदाचित्,  
नायं भूत्वा भविता वा न भूयः।  
अजो नित्यः शाश्वतोऽयं पुराणः,  
न हन्यते हन्यमाने शरीरे ॥२०॥

na jāyate mriyate vā kadācit,  
nāyaṃ bhūtvā bhavitā vā na bhūyaḥ|  
ajo nityaḥ śāśvato'yaṃ purāṇaḥ  
na hanyate hanyamāne śarīre ||20||

# Six fold modification of our body

- अस्ति - asti
- जायते - jāyatē
- वर्धते - vardhatē
- विपरिणामते - vipariṇamatē
- अपक्षीयते - apakṣīyatē
- विनश्यति - vinaśyati



न जायते म्रियते वा कदाचित्,  
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न हन्यते हन्यमाने शरीरे॥२०॥

na jāyate mriyate vā kadācit, nāyaṃ bhūtvābhavitā vā na bhūyaḥ।  
ajo nitya śāśvato'yam purāṇaḥ, na hanyate hanyamāne śarīre॥20॥

- *This (Ātmā) is neither born at any time nor does it die. It will neither come to existence nor will it disappear again. It is birthless, deathless, decayless and growthless. (it) is not affected when the body is affected.*

# Chandraśekharaṣṭakam

( A prayer to God - as master of time)

मृत्युभीतमृकण्डसूनुकृतस्तवं शिवसन्निधौ  
यत्र कुत्र च यः पठेन्न हि तस्य मृत्युभयं भवेत्।  
पूर्णमायुररोगितामखिलार्थसम्पदमादरं  
चन्द्रशेखर एव तस्य ददाति मुक्तिमयत्नतः ॥

mṛtyubhītamṛkaṇḍasūnukṛtastavaṃ śivasannidhau  
yatra kutra ca yaḥ paṭhenna hi tasya mṛtyubhayaṃ bhavet|  
pūrṇamāyurarogitāmakhilārthasampadamādaraṃ  
candraśekhara eva tasya dadāti muktimayatnataḥ ॥

- He who reads this prayer, composed by the son of Mrkaṇḍu, who was fear struck with death in the temple of Lord Śiva, will not have the fear of death. He would have full healthy life, with all grains and all wealth. Lord Candraśekhara would give him “salvation” in the end.
- This is composed by Mārkaṇḍeya.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

om̐ pūrṇamadaḥ pūrṇamidaṁ pūrṇātpurṇamudacyatē |  
pūrṇasya pūrṇamādāya pūrṇamēvāvaśiṣyatē ॥  
om̐ śāntiḥ śāntiḥ śāntiḥ ॥



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