vyóma

॥ वाचं धेनुमुपासीत ॥

Saṃskṛtam · Value Education · Technology

Gītā

Class 36 Chapter 6 Class 7

13th October 2019

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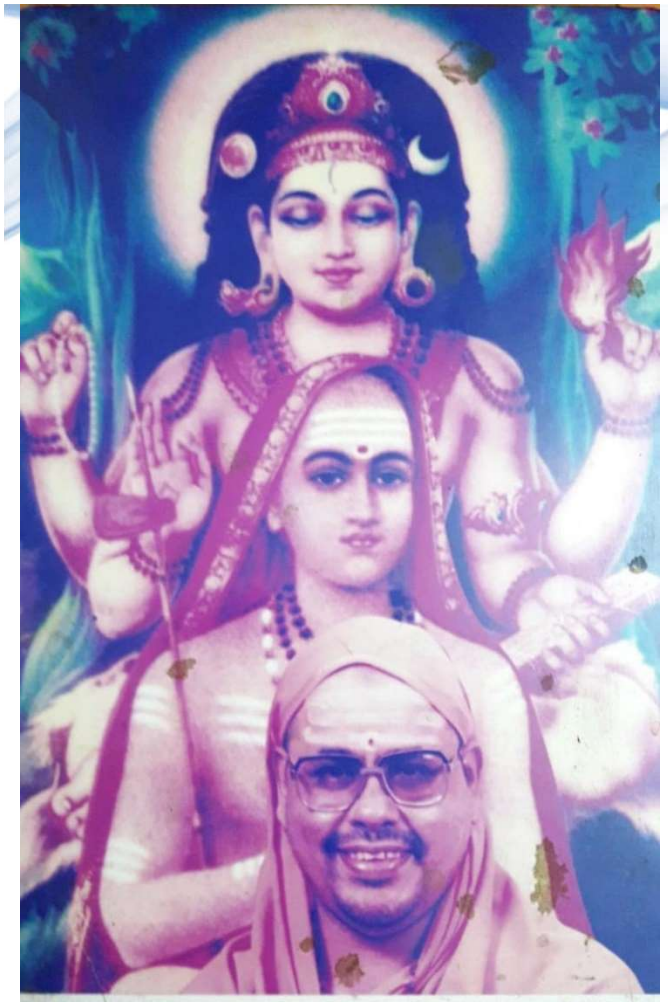


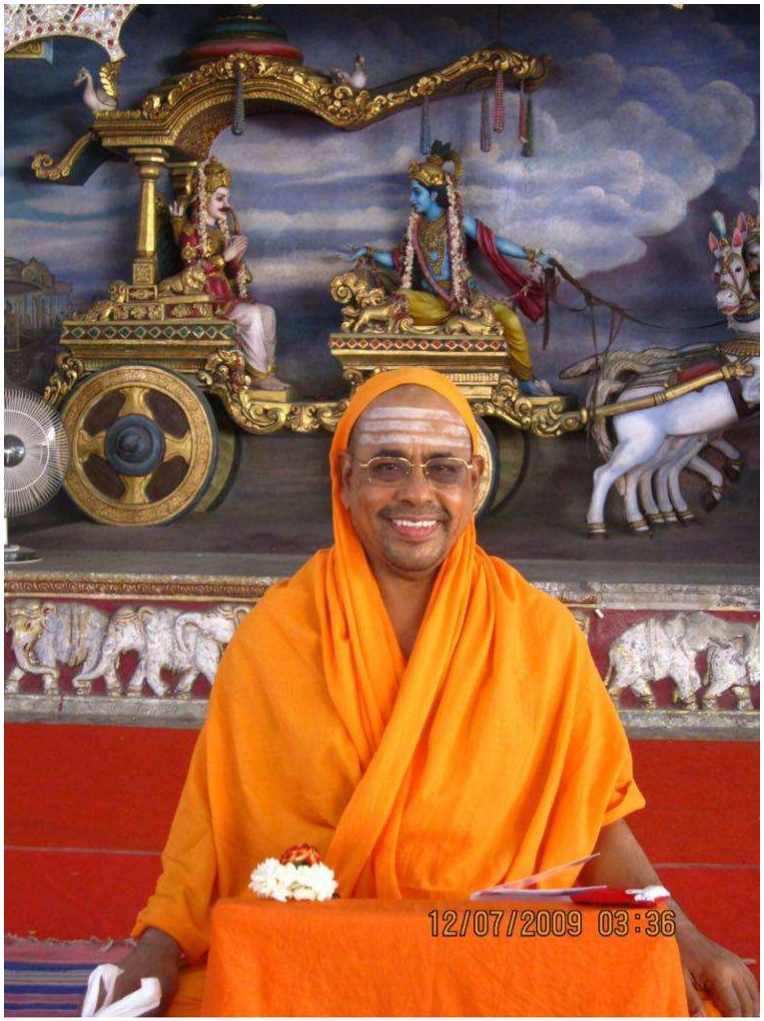
सदाशिव-समारम्भां शङ्कराचार्य-मध्यमाम्
अस्मदाचार्य-पर्यन्तां वन्दे गुरु-परम्पराम्

sadāśiva-samārambhāṃ
śaṅkarācārya-madhyamāṃ
asmadācārya-paryantāṃ
vande guru-paramparām

Beginning with Sadāśiva, through Adi Śaṅkarācārya in between and upto my own Guru I bow with reverence to the entire tradition of Guru lineage

Swami Paramarthananda

(http://www.yogamalika.org/)



Prayer to my Guru

परं वरिष्ठं ब्रह्मिष्ठं, परमानन्दरूपिणम्।
परमार्थनन्दयतिं, सद्गुरुं प्रणतोऽस्म्यहम्॥

paraṃ variṣṭaṃ brahmmiṣṭaṃ, paramānandarūpiṇam|
paramārthanandayatiṃ, sadguruṃ praṇato'smyaham||

Unto him, the greater than the greatest, ever established in the Absolute, the personification of supreme joy, *Paramārthanandayatih, (the Lord of the Supreme goal of Bliss), the teacher of Truth, I pay obeisance*

Composed by Smt Radha Raghunathan

Important: The spiritual journey is a long one spanning a life time, often multiple life times (janmas). This course takes a peek into the rich teachings of our Śāstras.

For a serious spiritual seeker, this course is not a substitute "for consistent and systematic study for a length of time under a live and competent Ācarya." *(in the words of my Guru)*

॥ अथ षष्ठोऽध्यायः ।
आत्मसंयमयोगः ॥

॥ atha ṣaṣṭho:'dhyāyaḥ |
ātmasaṃyamayogaḥ

शनैः शनैरुपरमेद् बुद्ध्या धृतिगृहीतया ।
आत्मसंस्थं मनः कृत्वा न किञ्चिदपि चिन्तयेत् ॥ ६-२५॥

śanaiḥ śanairuparamed buddhyā dhṛtigṛhītayā ।
ātmasaṃsthaṃ manaḥ kṛtvā na kiñcidapi cintayet ॥ 6-25॥

One should withdraw (the mind) gradually by the intellect which is endowed with will. Having made the mind abide in the Ātmā, one should not think of anything else.

यतो यतो निश्चरति मनश्चञ्चलमस्थिरम् ।
ततस्ततो नियम्यैतद् आत्मन्येव वशं नयेत् ॥ ६-२६॥

yato yato niścarati manaścañcalamasthiram ।
tatastato niyamyaitad ātmanyeva vaśaṃ nayet ॥ 6-26॥

One should bring back this fickle unsteady mind under the control of oneself by restraining from those (objects) due to which (the mind) goes out.

प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम् ।
उपैति शान्तरजसं ब्रह्मभूतमकल्मषम् ॥ ६-२७॥

praśāntamanasaṃ hyenaṃ yoginaṃ sukhamuttamam ।
upaiti śāntarajasaṃ brahmabhūtamakalmaṣam ॥ 6-27॥

Supreme ānanda comes indeed to this yogi who is free from impurities, whose agitations have subsided, whose mind is totally tranquil, (and) who has become brahman.

युञ्जन्नेवं सदात्मानं योगी विगतकल्मषः ।
सुखेन ब्रह्मसंस्पर्शम् अत्यन्तं सुखमश्नुते ॥ ६-२८॥

yuñjannevaṃ sadātmānaṃ yogī vigatakalmaṣaḥ ।
sukhena brahmasaṃsparśam atyantaṃ sukhamaśnute॥6-28॥

Five capsules of vedanta-as summarised by Swami Paramarthananda

1. I am of the nature of eternal and all pervading consciousness
2. I am the only source of permanent peace, security and happiness
3. By mere presence, I give life to the material body, and through the body, I experience the material universe
4. I am not affected by anything that takes place in the material world and in the material body
5. By forgetting my real nature, I convert life into a struggle and by remembering my nature, I convert life into a sport/entertainment

युञ्जन्नेवं सदात्मानं योगी विगतकल्मषः ।
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Thus constantly engaging the mind (in meditation,) the purified yogī effortlessly attains limitless ānanda which belongs to Brahman.

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥ ६-२९॥

sarvabhūtasthamātmānaṃ sarvabhūtāni cātmani ।
īkṣate yogayuktātmā sarvatra samadarśanaḥ ॥ 6-29॥

One whose mind is disciplined through meditation perceives the Ātmā in all beings and all beings in the Ātmā. He has the same vision everywhere.

यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ।
तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥ ६-३०॥

yo māṃ paśyati sarvatra sarvaṃ ca mayi paśyati ।
tasyāhaṃ na praṇaśyāmi sa ca me na praṇaśyati ॥ 6-30॥

I am not lost to him who sees Me everywhere and sees everything in Me. He also is not lost to Me.

सर्वभूतस्थितं यो मां भजत्येकत्वमास्थितः ।
सर्वथा वर्तमानोऽपि स योगी मयि वर्तते ॥ ६-३१॥

sarvabhūtasthitaṃ yo māṃ bhajatyekatvamāsthitaḥ ।
sarvathā vartamāno'pi sa yogī mayi vartate ॥ 6-31॥

One who has attained (the vision of) oneness worships Me who am present in all beings. That yogī abides in Me, though engaged everyway.

आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन ।
सुखं वा यदि वा दुःखं स योगी परमो मतः ॥ ६-३२॥

ātmaupamyena sarvatra samaṃ paśyati yo'rjuna ।
sukhaṃ vā yadi vā duḥkhaṃ sa yogī paramo mataḥ॥6-32॥

Oh Arjuna! Keeping himself as the standard, that yogi who sees pleasure and pain alike in all is considered to be the greatest.

Benefits or phalam

- Peace and joy
- infinite ananda is my own real nature
- Never loses sight of atma – sama darsanam
- Sees God in everyone
- kindness with regard to everyone around (empathy)

अर्जुन उवाच ।
योऽयं योगस्त्वया प्रोक्तः साम्येन मधुसूदन ।
एतस्याहं न पश्यामि चञ्चलत्वात्स्थितिं स्थिराम् ॥ ६-३३॥

arjuna uvāca ।
yo'yaṃ yogastvayā proktaḥ sāmyena madhusūdana ।
etasyāhaṃ na paśyāmi cañcalatvātsthitiṃ sthirām ॥ 6-33॥

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

oṁ pūrṇamadaḥ pūrṇamidaṁ pūrṇātpūrṇamudacyatē |
pūrṇasya pūrṇamādāya pūrṇamēvāvaśiṣyatē ॥
oṁ śāntiḥ śāntiḥ śāntiḥ ॥

important links

Tattvabodhah- link
https://nivedita2015.wordpress.com/tattvabodhah/ This is the link to the post.

https://youtu.be/XLWGLpaC5VU This is the link to the video on YouTube.

Śiva-Mānasa-Pūjā A hymn depicting the mental worship offered to Lord Śiva.

https://nivedita2015.wordpress.com/shivamaanasapoojaa/

https://www.youtube.com/watch?v=03KDKh0D0yI

Next 4 weeks' schedule:

20th October 2019 (Sunday)– 8.25 PM to 9.30 PM IST – no class
27th October 2019 (Sunday)– 8.25 PM to 9.30 PM IST – no class
Diwali
3rd November 2019 (Sunday)– 8.25 PM to 9.30 PM IST
10th November 2019 (Sunday)– 8.25 PM to 9.30 PM IST – no class
17th November 2019 (Sunday)– 8.25 PM to 9.30 PM IST – no class

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