

## Lesson 1: Take Charge

- *Jīvanasūtrāṇi* – Tips for Happy Living
  - A book of practical wisdom based on the philosophy of Vedānta
  - Brief statements that expound the theme of life and how it should be lived
- What is a sūtra-grantha?
  - Holds all principles and teachings of the particular subject matter together, like a ‘thread’
  - Contains minimum words but has a deep import of principles for contemplation
- Meaning of word ‘atha’
  - Marks the beginning of a text
  - Sound symbol for invoking auspiciousness
- Subject matter of *Jīvanasūtrāṇi* – Lessons of Life presented
  - Purpose of knowing the lessons of life
    - Knowing and practising, life becomes simple and happy
- Two kinds of things to be done in life
  - Facing/responding to situations in life as they arise
  - Create one’s destiny/future
- It is not possible to live the life of someone else
  - Mutual help, however is possible with humility
- One must take charge of one’s life and make it a success

## Lesson 2: Perform to Potential

- All human beings are eligible and capable of achieving success
- Human beings have special capacity of freedom to succeed
  - Freedom of action, knowledge and desire are available in human life
- The purpose for which the unique gift of freedom must be used
  - Must be used for one’s own and other’s upliftment and not for self-destruction or others’ destruction
- All potential exists within oneself and one must be aware of it
  - To manifest our potential, a great goal is required
  - When there is a higher goal, even though the goal seems to be external, the victory is always internal
  - The strength and potential is then discovered
- Goal is of two kinds – immediate and ultimate
  - Harmony and unity between the two goals

### **Lesson 3: Empowerment**

- Know that human effort is limited
- Tune one's mind to the Lord
- Seek God's grace and depending on Him one must put forth effort
  - Life then becomes beautiful, divine and happy
- Great goals will have great obstacles
- Worldly problems must be solved from a spiritual standpoint
- Success must be both individual and total
  - There must be harmony between them
  - If not, there will be calamity

### **Lesson 4: Workable Tips**

- Balance between work and rest
- Causes of failure and living a mediocre life
  - Performing action without prior thought
  - Not acting per one's understanding
- Causes of suffering and sorrow in our life
  - Ignoring what one has
  - Craving for what one does not have
- Mind is cause of sorrow, one must therefore take care of it
- Performance of action is in one's hand, its results are in control of prakriti
  - In any action, there is one part we must do, another part we must allow it to happen

### **Lesson 5: Harmony in Relationships**

- Respect and trust people
- Be strict with one's own faults
- Rules and regulations are needed in the absence of mutual love and respect
- A relationship that is based on the spiritual alone lasts and Liberates
  - Material objects when used to serve and purify will not bind
- Look upon others as your own Self
  - Live and let live with no dictatorship or fanaticism

### **Lesson 6: Relation with Things**

- Living beings are more important than inert things
  - Therefore for the sake of the inert, the living must not be destroyed
- Values of life are more important than the valuable goods
  - A person with values of life is respected and not one merely with riches
- A man of sacrifice alone becomes the ideal for all and not a man of compromise

### **Lesson 7: Mind your mind**

- One must not come under the sway of vices
  - They loot away mental tranquility

- One should not create desire in other people's mind
- One must cultivate virtues like faith and devotion in oneself and others
  - This will create mental tranquillity
- Learn from experiences of life as they are all meaningful
  - One should learn, but not become bitter through experience
- There is no pain without gain and no gain without pain
- Completeness in life is accomplished only by the infinite Lord
  - Fulfilment is never accomplished by attainment of finite things
- With the vision of the 'whole', one must live a whole life
- One must never forget God and His grace at any time, place or circumstance