Blessed Self,
Hari Om!

I have great pleasure in welcoming you to the study of the Advanced Vedanta Course. This course is based on the prakaraëa-granthas and aims to provide an in-depth knowledge of Vedântic concepts. I congratulate Chinmaya International Foundation for having brought out these lessons in such an excellent manner.

My prayers and best wishes for your successful completion of the course. May this study pave the way for your inner transformation.

With Prem and Om,

Swami Tejomayananda
Head, Chinmaya Mission Worldwide

July 10, 2006
Advanced Vedanta Course

Acknowledgements

Many individuals have helped at various stages during the preparation of the Advanced Vedanta Course. Smt. Meera Seth ensured that the explanations were clear. Smt. Radhika Krishnakumar helped in content editing, language editing and also contributed to the stories, anecdotes and other practice tips that embellish these lessons. Smt. Sandhya Sundar gave the final shape to these lessons with her excellent editing skills. Her presence at Chinmaya International Foundation (CIF) during the final stages of editing has given the required finesse.

Dr. K.H. Subramanian verified the Sanskrit verses, helped in decision making whenever occasion arose and was a pillar of support to the whole project. Smt. Sarala Suresh, Dr. V. R. Manoj and Br. Sagar Chaitanya helped in proofreading, indexing and preparation of glossary. Smt. Radhika Manoj worked hard in typesetting and presentation. Sri Sitanshu helped in developing the software for the Online Course and took care of other related website matters. Our printers S.T. Reddiar & Sons have given an excellent finish to these lessons.

Our profound thanks to all.

We express our indebtedness to Smt. Gita Patel, mother of Br. Girish Chaitanya, Acharya, Chinmaya Mission, Los Angeles, for having sponsored the entire project.

These lessons have been prepared under the guidance of Pujya Guruji Swami Tejomayanandaji, Head of the Chinmaya Mission worldwide. Pujya Guruji conceived the idea of this course and his blessings ensured its completion too. The voice in these lessons is verily the echo of the voices of the Saints and Sages of India. We are ever indebted to them for having bestowed on us this life-giving and liberating knowledge of Advaita Vedānta.

Adi Sankara Nilayam

Guru Pūrṇimā, July 10, 2006

Swami Advayananda

Acharya, CIF
We take great pleasure in welcoming you to the Advanced Vedanta Course. This course is based on the prakaraṇa-granthas and comprises 24 lessons. These lessons are centred on the thought flow of Śaṅkarācārya’s Vivekacūḍāmaṇi. While elaborating the concepts, help has been taken freely from other prakaraṇa-granthas such as Tattva-bodha, Ātma-bodha, Vākyavṛtti, Pañcadaśī and so on. A list of important texts that have been drawn upon in the preparation of this Course has been appended. The aim of these lessons is to give an overall picture of the philosophy of Vedānta and an in-depth understanding of its concepts so as to enable you to live the Vedāntic way of life.

The Advanced Vedanta Course is a sequel to the Foundation Vedanta Course that is being presently run by Chinmaya International Foundation (CIF). This course can be considered ‘advanced’ only to that extent; it is in no way intended to connote that this course is meant for those who have already studied the prasthāna-trayī. If you have been introduced to Vedānta through the CIF’s Foundation Vedanta Course or have already learnt the basics of Vedānta, you are sure to benefit from it.

This one-year course with 24 lessons has been planned in such a manner that a diligent student will be able to complete the course in a span of 12 months, that is at the rate of two lessons per month. At the end of each lesson are some questions that you are expected to answer.

You may take a fortnight to study each lesson and submit your answers to these questions. If you do not submit your answers continually and on time, you will be taken off our rolls. Once you have been taken off, if you want to continue the Course, you will have to re-register for the Course and start afresh from the first lesson. Needless to mention, those of you who have
genuine reasons for not submitting the answers on time may intimate the HSC Department and your requests will be duly considered.

The course content, glossary of the Sanskrit terms used in these lessons, as well as the index of the concepts will be sent to you at the beginning of the course.

For best results, we recommend the following method of study:

- Devote at least half an hour daily to study these lessons. You must spend at least 3 hours in a week for study and reflection.
- Once you are clear with all the concepts, answer the questions at the end of the lessons. We expect your answers to be to the point and in your own words. Ideally, you should avoid referring to the lessons while answering the questions.
- Make it a point to revise the earlier lesson before you start studying the new one. Once in three months, revise all the lessons that you have studied.
- As far as doubts are concerned – make a note of them in a separate book. As the concepts unfold in the subsequent lessons, you will see that your doubts are automatically cleared. Hence, we discourage learners from writing to us their doubts the very moment they arise. Revisit your ‘doubt-book’ before you start the study of the next lesson; it is sure that you will be able to answer many of your doubts by yourself. You are of course welcome to write/email us in case your doubts persist.
- These lessons are not meant for an intellectual appreciation of the Vedāntic concepts alone; they are aimed at enabling the actual living of Vedānta. Jot down the ideas that inspire you. Read this book often and see how far you are able to practise what you have understood.
- You may also discuss with like-minded friends the ideas you have understood. Such discussion is bound to enhance your clarity of the subject.
Knowledge of Vedānta must be coupled with spiritual practices like prayer, worship of the Lord, japa, meditation and so on. Only then will you be able to reap its full benefits. Hence, devote time for these spiritual practices also along with the study. If you ensure all these, you are certain to find that this study will transform the way you feel, think and live.

You are also welcome to pass on the information about the CIF’s courses to your friends and fellow-seekers.

All your correspondence with respect to the Advanced Vedanta Course should carry your Registration Number and should be addressed to:

Advanced Postal and E-Vedanta Courses,  
Chinmaya International Foundation,  
Adi Sankara Nilayam, Veliyanad – 682 313.  
Ernakulam Dist, Kerala, India.  
Email: vedantacourses@chinfo.org

Adi Sankara Nilayam  
Academic Director  
Guru Pûrṇimā, July 10, 2006  
CIF
Advanced Vedanta Course

Key to Transliteration and Pronunciation

THE SANSKRIT LANGUAGE, written in the Devanāgarī script, has nearly twice as many characters in its alphabet as has English. In these lessons, the Devanāgarī characters have been transliterated according to the scheme adopted by the International Congress of Orientalists at Athens in 1912 and since then generally acknowledged to be the only rational and satisfactory scheme. The following is the key for the transliteration and pronunciation of the Sanskrit alphabet. One ‘sound value’ is given to each letter; f, g, w, x, and z are not used at all.

अ  a  like the o in son
आ  ā  like the a in far
इ  i  like the i in if
ई  ī  like the ee in feel
उ  u  like the u in full
ऋ  ō  like the oo in pool
ॠ  ṛ  like the ri in rig
ऌ  ḷ  no equivalent in English
ॡ  ḯ  no equivalent in English
े  e  like the a in gate
ए  ai  like the y in my
ओ  o  like the o in note
औ  au  like the ou in loud

क  k  like the k in look
ख  kh  like the kh in khan
ग  g  like the g in gap
घ  gh  like the gh in ghost
च  c  like the ch in chuckle
छ  ch  like the ch in treachery
ज  j  like the j in jam
ञ  jh  like the geh in hedgehog
<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>t</td>
<td>like the <em>t</em> in tank</td>
</tr>
<tr>
<td>th</td>
<td>like the <em>th</em> in ant hill (approximate)</td>
</tr>
<tr>
<td>d</td>
<td>like the <em>d</em> in dog</td>
</tr>
<tr>
<td>dh</td>
<td>like the <em>dd</em> in midday (approximate)</td>
</tr>
<tr>
<td>t</td>
<td>like the <em>th</em> in thump</td>
</tr>
<tr>
<td>th</td>
<td>like the <em>th</em> in Othello</td>
</tr>
<tr>
<td>d</td>
<td>like the <em>th</em> in then</td>
</tr>
<tr>
<td>dh</td>
<td>like the <em>dh</em> in dhobi</td>
</tr>
<tr>
<td>p</td>
<td>like the <em>p</em> in put</td>
</tr>
<tr>
<td>ph</td>
<td>like the <em>ph</em> in uphill (approximate)</td>
</tr>
<tr>
<td>b</td>
<td>like the <em>b</em> in bad</td>
</tr>
<tr>
<td>bh</td>
<td>like the <em>bh</em> in bhangra</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>n</td>
<td>like the <em>ng</em> in sing</td>
</tr>
<tr>
<td>ny</td>
<td>like the <em>ny</em> in canyon (approximate)</td>
</tr>
<tr>
<td>n</td>
<td>like the <em>n</em> in under</td>
</tr>
<tr>
<td>n</td>
<td>like the <em>n</em> in nose</td>
</tr>
<tr>
<td>y</td>
<td>like the <em>y</em> in yap</td>
</tr>
<tr>
<td>r</td>
<td>like the <em>R</em> in Raja</td>
</tr>
<tr>
<td>l</td>
<td>like the <em>l</em> in lap</td>
</tr>
<tr>
<td>v</td>
<td>like the <em>v</em> in avert (approximate)</td>
</tr>
<tr>
<td>s</td>
<td>like the <em>sh</em> in shri</td>
</tr>
<tr>
<td>s</td>
<td>like the <em>sh</em> in shall</td>
</tr>
<tr>
<td>s</td>
<td>like the <em>s</em> in sand</td>
</tr>
<tr>
<td>h</td>
<td>like the <em>h</em> in hat (approximate)</td>
</tr>
<tr>
<td>ñ</td>
<td>a distinct hard aspiration that echoes the vowel which immediately precedes it</td>
</tr>
<tr>
<td>m</td>
<td>the nasal belonging to the preceding vowel, the precise sound of which depends upon the consonants that follow it. Represented by a dot above the alphabet.</td>
</tr>
</tbody>
</table>
The following are the important texts that have been used in the preparation of the lessons. The commentaries of Pujya Gurudev Swami Chinmayananda on some of these texts have been extensively used.

1. Advaita-makaranda of Lakñmédhara Kavi
2. Ātma-bodha of Čai karācārya
3. Upadeça-sāra of Ramaëa Maharñi
4. Upadeça-sāhasré of Čai karācārya
5. Jévan-mukti-viveka of Svämé Vidyāraēya
6. Jī āna-sāra of Svämé Tejomayānanda
7. Tattva-bodha of Čai karācārya
8. Dakñēēmūrti-stotra of Čai karācārya
9. Dåg-dåçya-viveka of Svämé Vidyāraēya
10. Dhanyāōoakam of Čai karācārya
11. Nāra-da-bhakti-sūtra of Nārada Muni
12. Nirvāēa-ōākam of Čai karācārya
13. Nēi-çatakam of Bhartåhari
14. Naiñkarmya-siddhi of Sureçvarācārya
15. Paï cādaçé of Svämé Vidyāraēya
16. Badaréça-stotra of Svämé Tapovanam
17. Bhaja-govindam of Čai karācārya
18. Manaù-çodhanam of Svämé Tejomayānanda
19. Manēñā-paï cakam of Čai karācārya
20. Yogavāsiññā of Vālmēki
21. Yogavāsiññā-sārasai graha of Svämé Tejomayānanda
22. Rāma-gō of Veda Vyāsa
23. Laghu-yogavāsiññā of Abhinanda
24. Vākya-våtti of Čai karācārya
25. Vivekaçōōmaēi of Čai karācārya
26. Vedānta-sāra of Svämé Sadānanda
27. Vedānta-sudhā of Brahmaléna Muni
28. Sad-darçanam of Ramaëa Maharñi
29. Sarva-vedānta-siddhānta-sārasai graha of Čai karācārya
30. Sādhī-çakam of Čai karācārya
31. Subodhinē of Nāsià hasarasváté
32. Hastāmalaka-stotra of Hastāmalakācārya
Advanced Vedanta Course

Course Content

(VI Sections, 24 Lessons)

Section I
(4 Lessons)

1. The Nine Blessings
   Enumeration of the nine blessings
   Human birth
   Manhood
   Sāttvic attitude in life
   Steadfastness on the path of dharma prescribed in the Vedas
   Knowledge of the deep significances of the Vedas
   Differentiation between the Self and the not-Self
   Direct experience
   To be established in the awareness of the identity of Brahman and Ātman
   Liberation
   Milestones on the road to perfection

2. Prakaraṇa-grantha, Maṅgalācaraṇa and Anubandha-catuṣṭaya
   Prakaraṇa-grantha
   Maṅgalācaraṇa
   Anubandha-catuṣṭaya
     Adhikāri
     Viṣaya
     Prayojana
     Sambandha

3. Sādhana-catuṣṭaya
   Viveka
   Vairāgya
   Śamādi-ṣaṭka-sampatti
   Śama
Course Content

Dama
Uparama
Titikaśa
Śraddhā
Samādhāna
Mumukṣutvam

4. Approaching the Guru
Qualifications of Guru
Śrotriya
Brahma-niṣṭha
Guru is indispensable
Duty of the Guru
The seven questions

Section II
(12 Lessons)

5. Sthūla-śarīra and Jāgrad-avasthā
Anātman
Sthūla-śarīra
Jāgrad-avasthā
Sthūla-śarīra as annamaya-kośa
Identification and attachment with the sthūla-śarīra
Giving up identification with the sthūla-śarīra

6. Sūkṣma-śarīra and svapna-avasthā
Sūkṣma-śarīra
Jñānendriya
Karmendriya
Prāṇa
Manas
Buddhi
Liṅga-śarīra
Svapna-avasthā and taijasa
Sūkṣma-śarīra as three koṣas
7. Kāraṇa-Śarīra and Suṣupti-Avasthā
   Kāraṇa-śarīra
   Suṣupti-avasthā
   Kāraṇa-śarīra as Ānandamaya-kośa

8. Nature of Paramātman
   Paramātman
   Effects of tādātmya
   Ātma-anātma-viveka
   Practice of ātma-anātma-viveka
   Nature of Paramātman
     Sat
     Cit
     Ānanda

9. Defining the Self
   Definitions as word-pointers
   Three kinds of definitions
   Svarūpa-lakṣaṇā of Ātman
   Taṭāṭha-lakṣaṇā of Ātman
     Ātman as Enlivener
     Ātman as Sākṣi
   Atad-vyāvṛtti-lakṣaṇā of Ātman
     Nirākāra
     Nirvikāra
     Niṣkriya
     Nirvikalpa
     Nirguṇa
     Nirañjana
     Nirmala

10. Nature of Bondage
    The three limitations
        Spatial limitation
        Temporal limitation
        Objectival limitation
Course Content

The three differences
Sajātiya-bhedā
Vijātiya-bhedā
Svagata-bhedā
Defining bondage
Understanding bondage
Characteristics of a baddha

11. Cause of Bondage

Ignorance
  Rope-snake analogy
  Post-thief analogy
Nature of ignorance
  Anirvacaniya
  Jñānavirodhi
  Triguṇātmakam
Various appellations of ignorance
  Ajñāna
  Avidyā
  Śakti
  Māyā
The two powers of ajñāna
  Āvaraṇa-śakti
  Vikṣepa-śakti

12. Persistence of Bondage

Ajñāna is twofold
  Anātmanī ātma-buddhi
  Jagati satya-buddhi
The power of vāsanās
Vāsanā-traya
  Loka-vāsanā
  Śāstra-vāsanā
  Deha-vāsanā
Anartha-paramparā
Course Content

13. **Methods to Purify the Mind**
   - Yajña
   - Dānam
   - Tapas
   - Japa
   - Tirtham
   - Vrata
   - Vicāra

14. **Six Steps to Liberation**
   - Vairāgya
   - Śamādi-śaṭka-sampatti
   - Śravana
   - Manana
   - Dhyāna
   - Samādhi

15. **Pañca-kośa-viveka (Part 1)**
   - Logical Basis for Ātma-anātma-viveka
   - Negation of annamaya-kośa
   - Negation of prāṇamaya-kośa
   - Negation of manomaya-kośa

16. **Pañca-kośa-viveka (Part 2)**
   - Constituents of the vijñānamaya-kośa
   - Features of the vijñānamaya-kośa
   - Negation of vijñānamaya-kośa
   - Negation of Ānandamaya-kośa

**Section III**
 *(2 Lessons)*

17. **Ātman is Brahman**
   - Jīva
   - Īśvara
   - Differences between Jīva and Īśvara
Course Content

Differences between Jīva and Īsvara are illusory
Ātman
Brahman
Identity between Ātman and Brahma
Mahāvākyā
Interconnecting the mahāvākyas

18. Tat Tvam Asi
Tat
Tvam
Asi
Lakṣyārtha
Jahati lakṣaṇā
Ajahati lakṣaṇā
Bhāgatyāga-lakṣaṇā
Applying Bhāga-tyāga-lakṣaṇā in ‘Tat tvam asi’

Section IV
(2 Lessons)

19. Nididhyāsana and Samādhi
Viparīta-bhāvanā
Brahmākāra-vṛtti
Anātma-vāsanā
tackling anātma-vāsanā
Nididhyāsana
Dhāraṇā
Dhyāna
Samādhi
Savikalpa-samādhi
Nirvikalpa-samādhi
Difference between nirvikalpa-samādhi and savikalpa-samādhi

20. Sapta-jñāna-bhūmikās
Śubhecchā
Course Content

Vicāraṇā
Tanumānasā
Sattvoṇattī
Asaiṁaktī
Padārtha-abhāvanā
Turyogā

Section V
(2 Lessons)

21. Jīvan-mukti
Jīvan-mukta
Brahma-niṣṭha
Three types of karma
   Prārabdha-karma
   Āgāmi-karma
   Sañcita-karma
Jīvan-mukta’s sañcita-karma
Jīvan-mukta’s prārabdha-karma
Jīvan-mukta’s āgāmi-karma

22. From Jīvan-mukti to Videha-mukti
Bādhita-ahaṅkāra
Yatheṣṭācaranā
Siddhis
Videha-mukti

Section VI
(2 Lessons)

23. Path to Truth - 1 (verses 1-3 of Sādhanā-paṇćakam)
24. Path to Truth - 2 (verses 4-5 of Sādhanā-paṇćakam)
Advanced Vedanta Course

Glossary of Important Vedantic Terms
(in Sanskrit Alphabetic Order)

Akhaṇḍa – homogenous.

Akhaṇḍākāra-vṛtti – the term akhaṇḍākāra-vṛtti means thought (vṛtti) that has taken the form (ākāra) of the Homogenous (akhaṇḍa). This thought is also called 'brahmākāra-vṛtti'. Both these terms stand for the firm ‘I am Brahman’ thought which puts an end to ignorance.

Ajahati lakṣaṇā – translated as ‘implication by inclusion’, this is the method of implication wherein the implied meaning is arrived by adding on to the direct meaning a special meaning related to the direct meaning.

Ajñāna – ignorance, in the Vedāntic context stands for the ignorance of the Self.

Ajñānī – ignorant, in the Vedāntic context stands for one who is ignorant of the Self.

Atad-vyāvṛtti-lakṣaṇā – description of an object through negation of what it is not.

Adhikārī – qualified aspirant.

Adhiśṭhāna – substratum.

Adhyāsa – superimposition.

Ananta – that which is not limited, in other words, infinite.

Anartha-parampara – cycle of ignorance. This is the causal cycle of vāsanā (tendency), cintā (desire) and kārya (action).

Anātma-dharma – qualities of the not-Self.

Anātman – not-Self

Anātma-vāsanā – the basic tendency of identifying with the not-Self.

Anādi – that which has no beginning, that is beginningless.

Anitya – impermanent.

Anirvācyya or Anirvacaniya – that which cannot be described as either sat (permanent) or asat (non-existent).

Anubandha-catuṣṭaya – the four preliminary considerations with respect to the text.

Anubhūti – experience; in the context of Vedānta stands for Self-Experience.

Anusandhāna – constant reflection or practice.

Antah-karaṇa – the inner instruments made up of manas, buddhi, citta and ahaṅkāra.

Annamaya-kośa – the food sheath, corresponding to the physical body.
Glossary

Anyonya-adhyāsa – mutual superimposition. This is also called itaretara-adhyāsa.
Aparokṣa – known directly without any medium.
Aparokṣa-jañāna – direct Knowledge of the Self.
Aparokṣaṇābhubhī – direct Experience of the Self.
Apāna – the physiological function of evacuation.
Abhāva – absence.
Alpajña – of limited knowledge.
Avasthā-traya – the three states of awareness – waking, dream and deep sleep.
Avidyā – ignorance.
Aryakta – unmanifest, the term is used as an appellation for māyā also.
Aṣṭamūrtibhṛt – this terms stands for the Lord and literally means ‘endowed with the eightfold form’. The Lord can be contemplated upon as being endowed with eight aspects: the five elements (space, air, fire, water and earth), the sun (representing all luminaries), the moon (signifying all planets and satellites) and the jīva or individual (standing for all conscious beings).
Asat – that which is totally non-existent like the ‘horns of a rabbit’ or the ‘son of a childless woman’.
Asaṁsakti – this is the fifth stage of the sapta-jañāna-bhūmikā and is translated as ‘absence of attachment or non-union’.
Ahaṅkāra – ego or the I-thought characterised by the notion ‘I am the gross, subtle and the causal bodies’ which expresses as the doership and the enjoyership notions.
Āgāmi-karma – results born from the actions of the present embodiment that are to be accrued to the individual in the future.
Ācārya – teacher.
Ātma-anātma-viveka – differentiating the Ātman (Self) from the anātman (not-Self).
Ātman – a term that is used to denote the Self.
Ānanda – bliss or happiness.
Ānandamaya-kośa – the bliss sheath, corresponding to the causal body.
Āvaraṇa-śakti – the veiling power of māyā.
Āśramas – stages of life. They are totally four in number – brahmacarya (student stage), gārhaṣṭya (house-holder stage), vānaprastha (retirement stage) and sannyāsa (monk stage).
Itaretara-adhyāsa – mutual superimposition. This is also called anyonya-adhyāsa.
Indriya – an organ.
Glossary

Iṣṭa-devatā – deity of one’s personal worship, such as Lord Śiva, Lord Rāma, Lord Kṛṣṇa and so on.

Īśvara – the Lord. Defined as the Sat-Cit-Ānanda Principle qualified by the macrocosm conditioning of collective gross, subtle and causal bodies, that is the entire gross, subtle and causal worlds.

Udāna – the vital-air that controls physiological reverse functions such as sneezing, burping and so on.

Udāśina – indifferent.

Upaniṣad – the portion of the Vedas that contains the Knowledge of the Self as its subject matter. Traditionally, 108 Upaniṣads are considered to be authentic.

Utparana – effortless and natural withdrawal of the senses and the mind from the external objects.

Upastha – reproductive organ.

Upādhi – conditioning or limitation.

Upāsanā – prayer or contemplation of the Lord.

Ṛṣi – those who have discovered the Vedas.

Ekānta – aloneness; also interpreted to mean single-pointedness.

Om – symbol of the Self or Lord.

Kartā – doer.

Kartṛtyva – notion of doership.

Karma – action or fruit of action.

Karma-yoga – to do our duty with the feeling that through our knowledge, talent, strength and so on, we are serving the Lord, and accepting with equanimity the results of one’s actions – whether success or failure – as the prasāda of the Lord.

Karmendriya – the organs of action such as speech, hands and so on.

Kāma – desire.

Kāraṇa – cause.

Kāraṇa-śarīra – causal body.

Kārya – effect. Also means action.

Kāla – time.

Kāla-pariccheda – temporal limitation. One of the three kinds of limitations.

Kīnna – one of the various kinds of beings, higher in evolution than that of the human but lower in evolution than that of the deva.
**Glossary**

**Kevala** – of one nature and free of all the three differences – sajātiya-bheda, vijātiya-bheda and svagata-bheda.

**Kośa** – sheaths, totally five in number – annamaya-kośa (food sheath), prāṇamaya-kośa (vital-air sheath), mano-maya-kośa (mental sheath), vijñānamaya-kośa (intellectual sheath) and ānandamaya-kośa (bliss sheath).

**Krodha** – anger.

**Kṣatriya** – one of the four classes into which people were divided in the Hindu society. They represent the ruling-class – manager, administrator, politician and so on.

**Gandharva** – celestial musician.

**Guṇa** – though literally translated as quality, in the Vedāntic context, can be more precisely translated as ‘characteristic constituents’. There are three guṇas – sattva, rajas and tamas.

**Guṇāṭita** – the Man of Self-Realisation who has transcended the three guṇas.

**Guru** – teacher.

**Gurukula** – traditional residential schools.

**Gurūpasadana or Gurūpagamana** – reaching the Guru for the study of Vedānta.

**Golaka** – the external ears, eyes and other appendages that are used as instruments by the indriya (inner faculty) to carry out their respective functions.

**Ghrūṇa** – nose.

**Caksuḥ** – eye.

**Cit** – Consciousness.

**Citta** – memory.

**Citta-ekāgratā** – single-pointedness of the mind.

**Citta-śuddhi** – purity of mind.

**Cidābhāsa** – reflection of Consciousness in the vijñānamaya-kośa.

**Cintā** – desires or thought agitations.

**Chandas** – Vedic prosody.

**Jagat** – world or cosmos.

**Jaḍa** – inert.

**Japa** – repetition of the Lord’s name.

**Jahati-ajahati-lakṣaṇā** – also called bhāga-tyāga-lakṣaṇā. In this manner of arriving at the implied meaning, there is both the rejection and the retention of the literal meaning – the contradictory part is rejected and the non-contradictory part is retained.
**Jahati lakṣaṇā** – the method of implication in which the word totally gives up its direct meaning and signifies a meaning that is related to it’s direct meaning. Translated as ‘implication by exclusion’.

**Jāgrad-avasthā** – waking state.

**Jīva or Jīvātman** – the limited individual or the bound self. Technically, the jīva is defined as the Sat-Cit-Ānanda (Existence-Consciousness-Bliss) Principle qualified by the microcosm conditioning of the individual gross, subtle and causal bodies.

**Jīva-bhāva** – the notion or sense of being a limited individual.

**Jīvan-mukta** – one who is liberated even while living, that is the one free from the sorrow even when the body is existant.

**Jñāna** – the term indicates knowledge in general. When compared with ‘vijñāna’ or ‘actual Experience’, this term connotes ‘doubtless intellectual knowledge’.

**Jñāna-svarūpa** – of the nature of Knowledge.

**Jñānī** – the one endowed with Self-Knowledge.

**Jñānendriya** – the organs of knowledge such as ears, skin and so on.

**Taṭastha-lakṣaṇā** – described as qualification *per accidens* or the description of an object based on its extraneous or associated property.

**Tanumānasā** – this is the third stage in the sapta-jñāna-bhūmikā and is translated as ‘attenuation or thinning of the mind’. This stage is equated to the states of nīdīdhyaśana and savikalpa-samādhi.

**Tanmātra** – the five elements – space, air, fire, water and earth – in their subtle or ungrossified state.

**Tapas** – austerity.

**Tamas** – one of the three characteristic constituents or guṇas of māyā. This guṇa expresses as ignorance and stupor.

**Tādātmya** – identification or notion of ‘I-ness’ with respect to the not-Self.

**Titikṣā** – endurance or forbearance.

**Tīrtha** – pilgrimage or pilgrimage centre.

**Turiya** – literally means ‘fourth’. Compared to the three states of waking, dream and deep sleep that we experience, the Self is called the ‘fourth’.

**Turýagā** – this is the seventh and the last stage of the sapta-jñāna-bhūmikā and is translated as ‘transcendence’.

**Taijasa** – refers to the dream state ego; this term literally means ‘the effulgent one’. 
**Glossary**

*Triṣuṭi* – this is the triad: the meditator-meditated-meditation, the enjoyer-enjoyed-enjoyment and so on.

*Tvāk* – skin.

*Dama* – control of the senses.

*Dānām* – charity.

*Dānti* – another appellation for dama or sense control.

*Deva or devatā* – category of beings higher in evolution than that of the human who control the various phenomenal forces, such as wind, rain, fire and so on. Some of the popular devas are Indra, Vāyu and Agni.

*Deśa-pariccheda* – spatial limitation. One of the three types of limitations.

*Deha-vāsanā* – the tendency characterised by attachment towards the body.

*Drg* – seer.

*Dṛg-dṛṣya-viveka* – differentiation between the seer and the seen.

*Dṛḍha-vāsanā* – strong habitual tendency.

*Dṛṣya* – seen.

*Dvanda* – pairs of opposites such as heat and cold, joy and sorrow, praise and insult.

*Dharma* – essential nature of an object (same as svarūpa). This term is also used in the context of righteousness and nobility.

*Dhāraṇā* – literally ‘holding’ or ‘binding’. Herein one holds the mind to the object of concentration.

*Dhyāna* – contemplation. Also termed nididhyāsana, this is the continuous flow of a single thought referring to Brahman, dissociated from thoughts of other objects like the body.

*Dhyeya-mātra-avasthiti* – this is the state wherein the meditator (dhyātri) becomes the dhyeya (meditated), as against merely knowing the dhyeya. In this State of Being, the arrogation of the ego that ‘I am meditating’ vanishes and the triṣuṭi or triad of meditator-meditated-meditation comes to an end.

*Naraka* – hell.

*Nara-janma* – human birth.

*Nitya* – eternal or permanent.

*Nitya-jiotī* – eternal effulgence.

*Nitya-mukta* – ever liberated.

*Nitya-śuddha-buddha-mukta* – eternal, pure, awakened and liberated. This is the phrase which is often used to describe the nature of the supreme Self.
Glossary

Nirañjana – without taint.
Nirantar – without break.
Nirākāra – without form.
Nirukta – Sanskrit etymology.
Nirguna – without attributes.
Nirmala – without dirt.
Nirvikalpa or Nirvikalpaka – without thoughts or without distinctions.
Nirvikalpa-samādhi – the term ‘nir-vikalpa’ means ‘no-division’. In this state of absorption or meditation there is the absence of the tripuṭi or the triad of the meditator, the meditated and meditation.
Nirvikāra – without modifications.
Nirviśiṣṭa – unqualified.
Niṣkriya – without actions.
Niṣṭhā – firm abidance.
Padārtha-abhāvanā – this is the sixth stage of ‘sapta-jñāna-bhūmikā’ and is translated as ‘objectlessness’.
Pañca-kośa-viveka – the methodology of differentiating the Self from the five sheaths.
Paṇcīkaraṇa – the process of pentamerous division and combination of the five subtle elements by which they are converted to gross elements.
Paramahansa – this term is used to indicate a Man of Self-Realisation who is beyond the relative concepts of dharma and adharma.
Paramātman – the Supreme Self of the nature of Existence-Consciousness-Bliss.
Paricccheda – conditioning.
Parokṣa – not known directly, known through a medium, expresses a sense of difference and distance between oneself and the object concerned.
Pāṇi – hand.
Pāda – leg.
Pāpa – demerit.
Pāyu – anus.
Pūnya – merit.
Pujā – worship of the Lord.
Prakaraṇa-grantha – these are ‘topical texts’ that explain a few selected topics of a particular subject.
Prakṛti – nature, an appellation for māyā or the Lord’s power.
Glossary

Pradhāna – an appellation for māyā or the Lord’s power.
Pramāṇa – instrument or means of knowledge.
Pramoda – the happiness of actually enjoying the object of one’s liking.
Prayojana – result.
Prasthāna-trayī – Upaniṣads, Bhagavad-gītā and Brahma-sūtra are collectively given this appellation.
Prājña – the deep sleep ego or the deep sleeper.
Prāṇa – translated commonly as vital-airs. They are totally five in number and they control the various physiological functions. This word also refers to the first of the five vital airs that controls respiration.
Prāṇamaya-koṣa – the vital-air sheath constituted by the five prāṇas and the five organs of action.
Prārabdha – destiny.
Prārabdha-karma – results of those actions that have caused the present embodiment and the experiences thereof.
Priya – the joy of perceiving the object of one’s liking.
Phala – result.
Baddha – bound person.
Bandha – bondage.
Bāhyā-karaṇa – outer or external instruments constituted of the jñānendriyas and karmendriyas.
Buddhi – intellect.
Brahma – creator of the various universes (brahmāṇḍa).
Brahma-vit – literally ‘knower of Brahman’. In the scheme of the sapta-jñāna-bhūmikā the Jīvan-mukta who has reached the fourth stage of ‘sattvāpattī’ or ‘attainment of the Real’.
Brahman – a term used for denoting the Reality that is the substratum of the entire cosmos. This appellation is apt, for the word ‘Brahman’ is derived from a Sanskrit verbal root that denotes ‘that which is ever big’ (bhavat brahma).
Brahma-niṣṭha – he who has the direct Experience of the Self as being identical with Brahman and ever abides in this understanding.
Brahma-vidyā – the knowledge of Brahman.
Brahma-vidvāra – the term literally means ‘the superior knower of Brahman’. In the scheme of the sapta-jñāna-bhūmikā this is the Jīvan-mukta of the ‘asamsakti’ or
Glossary

‘absence of attachment (or non-union)’ stage.

**Brahma-vidvāriṣṭha** – this term literally means ‘the most exalted knower of Brahman’.

In the scheme of sapta-jñāna-bhūmikā this is the Jīvan-mukta who is established in the seventh plane of ‘turyagā’.

**Brahma-vidvariyaṇ** – this term literally means ‘the one who is higher than the Brahman-vidvara’. In the scheme of the sapta-jñāna-bhūmikā this is the Jīvan-mukta who is established in the sixth plane of padārtha-abhāvanā.

**Brahmākāra-vṛtti** – literally means ‘thought (vṛtti) that has taken the form (ākāra) of Brahman; also called akhaṇḍākāra-vṛtti. Both these terms stand for the firm ‘I am Brahman’ thought which puts an end to ignorance.

**Brahmāṇḍa** – a total of fourteen worlds (lokas) together constitute one ‘cosmos’ or ‘brahmāṇḍa’.

**Brāhmaṇa** – one of the four classes into which people were divided in the Hindu society. They are the knowledge-class such as the teacher, professor and so on.

**Bhajana** – devotional song.

**Bhāga-tyāga-lakṣaṇā** – is that manner of implication wherein a part of the literal meaning is rejected and another part of it is retained. Also termed jaḥati-ajahati-lakṣaṇā.

**Bhāva** – feeling.

**Bhāvanā** – feeling.

**Bhikṣā** – food gathered by a monk for his physical sustenance.

**Bheda** – difference.

**Bhoktā** – enjoyer.

**Bhoktṛtva** – enjoyership.

**Bhoga-āyatanam** – literally, ‘tenement of experience’; this term is used to describe the gross body.

**Bhoga-sādhanam** – literally, ‘instrument of experience’; this term is used to describe the subtle body.

**Bhrānti** – delusion.

**Maṅgalācarana** – invocation.

**Manana** – constant reflection on that which one has heard from the teacher through arguments agreeable to the purport of Vedānta.

**Manas** – mind.
Glossary

**Manomaya-kośa** – the mental sheath constituted by the mind and the five organs of knowledge.

**Mantra** – a verse from the Vedas, the sacred books of the Hindus.

**Mala** – literally ‘dirt’; this term is used to indicate the impurities of the mind.

**Mahātmā** – this term literally means ‘great-soul’ and in the Vedāntic context is used to connote the Man of Realisation.

**Mahābhūta** – the five great elements: space, air, fire, water and earth.

**Mahāvākyas** – ‘identity revealing statements’. Upaniṣadic sentences that point out the identity between Ātman and Brahma by falsifying the seeming differences that exist between the jiva and the Īśvara are termed mahāvākyas.

**Māyā** – this term indicates illusion or magic. Used as an appellation for the Lord’s power.

**Mithyā** – illusion or that which is not truly existent.

**Muktī** – liberation from bondage.

**Mumukṣu** – the one desirous of Liberation.

**Mumukṣutvam** – the desire for Liberation.

**Mokṣa** – Liberation.

**Moda** – the thrill of attaining the object of one’s liking.

**Yakṣa** – a demi-god.

**Yajña** – worship of the Lord. In the Vedic context this term stands for the fire rituals.

**Rajas** – one of the three characteristic constituents or guṇas of māyā. This guṇa expresses as restlessness and desire.

**Rajju-sarpa-nāya** – the example of the rope being misunderstood to be the snake.

**Rasanā** – tongue.

**Lakṣaṇā** – definition.

**Lakṣaṇā-vṛtti** – the method of implication.

**Lakṣyārtha** – implied meaning.

**Liṅga-śarīra** – literally means ‘indicating body’; used as an appellation for the subtle body.

**Loka** – world or field of experience.

**Loka-vāsanā** – worldly tendency.

**Lobha** – greed.

**Vārṇas** – castes. They are totally four in number – brāhmaṇa, kṣatriya, vaiśya and śūdra, and the classification is based on one’s qualities and actions.
Glossary

**Vastu** – an object or thing. This term is also used to indicate Reality.

**Vastu-pariccheda** – objectival limitation or limitation by object. One of the three kinds of limitations.

**Vāk** – the organ of speech.

**Vācyārtha** – direct meaning of the word.

**Vāsanā** – habitual tendencies born from the impressions that are gained from experiences in this life or the earlier ones.

**Vikalpa** – difference or distinction; also used as a term for thought or volition.

**Vikāra** – modification.

**Vikṣepa-śakti** – the projecting power of māyā.

**Vicāra** – enquiry.

**Vicāraṇā** – translated as ‘reflection’ or ‘enquiry’, this is the second stage in the saptajñāna-bhūmikā. The seeker in this stage becomes reflective and spends time thinking upon the words of the Scriptures and the Guru. This is the stage of study (śravaṇa) and reflection (manana).

**Vijātiya-bhedā** – one of the three kinds of differences. This is the difference that exists between beings and objects of different species.

**Vijñāna** – when compared with ‘jñāna’, which is the intellectual knowledge of the Self, this term connotes the actual Experience of the Self.

**Vijñānamaya-kośa** – the intellectual sheath constituted by the intellect and the five organs of knowledge.

**Videha-mukti** – Liberation occasioned by the death of the body.

**Viparīta-bhāvanā** – the term ‘literally means ‘contrary notion’ and connotes notions that are at variance to the knowledge ‘I am Brahman’.

**Vibhu** – all-pervading.

**Viśiṣṭa** – means ‘qualified’. This implies possession of the qualities of the conditionings.

**Viṣaya** – subject matter of the text or any object in general.

**Vṛtti** – modification of the antah-karaṇa (inner equipment).

**Veda** – the revealed knowledge that forms the foundation of Hinduism. The Vedas were compiled and subdivided by Vyāsa into four – *Ṛg, Yajus, Sāma and Atharvāṇa.*

**Vedānta** – literally ‘end of the Vedas’, the term is used to denote the philosophy of the *Upaniṣads.*

**Vairāgya** – dispassion.
**Glossary**

**Vaiśya** – one of the four classes into which people were divided in the Hindu society. They represent the business or trading class.

**Vyaśti** – microcosm or the individual as opposed to the macrocosm or the totality.

**Vyākaraṇa** – Sanskrit grammar.

**Vyāna** – the vital-air which controls the physiological function of blood circulation.

**Vrata** – vow.

**Śakti** – literally ‘power’. Sometimes used as an appellation for māyā.

**Śama** – control of the mind.

**Śarīra** – body.

**Śānti** – mental peace. Also used in the sense of ‘śama’ or control of the mind.

**Śāstra** – Scripture; texts that cover a complete range of topics pertaining to their subject.

**Śāstra-grantha** – texts that cover a complete range of topics pertaining to the subject.

**Śāstra-vāsanā** – the propensity for too much studying of the Scriptures.

**Śubhecchā** – auspicious resolve. This is the first plane of spiritual unfoldment in the sapta-jñāna-bhūmikā wherein one becomes a mumukṣu endowed with the burning desire for Liberation.

**Śūdra** – one of the four classes into which people were divided in the Hindu society. In the present day context they can be considered as those who serve the society with talents in carpentry, plumbing, manual labour and so on.

**Śraddhā** – faith.

**Śravaṇa** – listening. The ascertainment of the purport of Vedānta, through the words of the teacher, as being the oneness of the inner Self with Brahman.

**Śruti** – that which is heard, a term which connotes the Vedas.

**Śrotam** – ear.

**Śrotiriya** – one who is well learned in the Vedic lore.

**Saṅga** – attachment.

**Sajātiya-bheda** – one of the three kinds of differences. This is the difference that is seen between beings and objects of the same species.

**Sattva** – one of the three characteristic constituents or guṇas of māyā. This guṇa expresses as knowledge and serenity.

**Saṅcīta-karma** – the collection of the results of all actions performed by the individual in his past embodiments.
Glossary

**Sat** – the permanent, that is that which exists in all the three states of time – past, present and future.

**Sat-ciṭ-ānanda** – Existence-Consciousness-Bliss, the essential nature of the Self.

**Satya** – truth.

**Satya-buddhi** – notion of reality.

**Sattvāpatti** – ‘attainment of the Real’; this is the fourth stage of ‘sāpta-jñāna-bhūmikā’. This stage is equated to the state of nirvikalpa-samādhi wherein the mind is utterly still.

**Satsaṅga** – company of the good.

**Sadā-eka-rūpa** – of the same nature.

**Sannidhi-mātra** – mere presence.

**Sapta-jñāna-bhūmikā** – the seven stages or planes of spiritual unfoldment.

**Samaṣṭi** – macrocosm is the collective as opposed to the microcosm or the individual.

**Samādhi** – absorption of the mind in the thought ‘I am Brahman’.

**Samādhāna** – single-pointedness or concentration of the mind-intellect.

**Samāna** – the vital-air that is in charge of digestion and assimilation of the food and liquids that we take in.

**Samit** – sacrificial faggots for the Vedic fire sacrifice.

**Sambandha** – relationship.

**Sarvajña** – all-knowing or omniscient.

**Sarveśvara** – omnipotent or all-powerful.

**Savikalpa-samādhi** – the absorption or meditation that is characterised by the perception of the ‘tripuṭi’, or the triad of meditator-meditated-meditation.

**Sāṁśaya** – doubt.

**Sāṁsāra** – literally ‘movement’; used in the Vedāntic literature to indicate the cycle of birth and death.

**Sākṣi** – Witness.

**Sādхаka** – an aspirant. In the Vedānta context connotes a seeker of Truth.

**Sādхана** – the means. This term is also used as a general word for all spiritual practices.

**Sādḥana-catuṣṭaya** – fourfold qualification comprising of viveka, vairågya, śamādi-śaṭka-sampatti and mumukṣutvam.

**Sukṛta** – results of past good deeds. Also termed ‘puṇya’.

**Suṣupti-avasthā** – deep sleep state.

**Sūkṣma** – subtle or that which is not perceived by the senses.
**Glossary**

Sūkṣma-śarīra – subtle body.
Seva – service.
Sevā-bhāva – the attitude of service.
Sthānu-puruṣa-nyāya – the example of the post being misunderstood as a man.
Sthita-prajñā – Man of firm Wisdom who is established in Self-Knowledge.
Sthūla – gross or that which is perceivable by the senses.
Sthūla-bhūta – gross elements.
Sthūla-śarīra – physical body, also called gross body.
Svagata-bhedā – one of the three kinds of differences. This is the difference that is found within the object itself.
Svatantra – independent.
Svadharma – one’s duty or one’s real nature.
Svapna-avasthā – dream state.
SvAYAñjyoti – self-fulgence.
Svarūpa – an object’s essential nature.
Svarūpa-lakṣaṇā – a definition based on the object’s intrinsic characteristics.
Svarga – heaven.
Svādhyāya – study of the Scriptures.
Hṛdaya-grantha – ‘knot of the heart’. This term connotes the identification of the Self with the not-Self (the body, mind and so on). This identification is called a knot, for it ties the Self to the not-Self.
Advanced Vedanta Course

Subject Index
(The index is arranged in the English alphabetical order.
The numbering connotes the lesson and page.)

Adhikāri
  definition, 2.5
  importance, 3.1
  qualification, 3.1-11
  fourfold aspects, 3.2
  attitude of humility, 4.7

Ahaṅkāra
  definition, 6.5

Ajahatī-lakṣaṇā
  definition, 18.9-10
  inadmissible for Tattvamasi, 18.11

Ajñāna
  definition, 11.7
  two powers, 11.9
  nature, 11.3-7
  anirvacaniya, 11.4
  opposed to knowledge, 11.5
  three gunas, 11.5
  various appellations, 11.7
  results, 11.13, 12.1

Anartha-paramparā
  definition, 12.9
  destruction, 12.10-12

Anātman
  definition, 1.8, 5.2
  constituents, 5.1

Anātma-vāsanā
  cause, 19.3
  effects, 19.3
  destruction, 19.4, 19.6-11

Ānandamaya-kośa
  definition, 7.9, 16.10
priya, 7.9, 8.12
moda, 7.9, 8.12
pramoda, 7.9, 8.12
gradation of happiness, 8.12-14
negation as not-Self, 16.10-12
Anirvācyā
   definition, 7.4
Annamaya-koṣa
   definition, 5.7, 15.7
   negation as not-Self, 15.7-8
Antah-karaṇa
   definition, 6.6
   constituents, 6.6
   relationship with brain, 6.6
Anubandha-catuṣṭaya
   definition, 2.4
Anyonyādhyāsa
   definition, 16.5
   example, 16.5
Aparokṣāṇubhūti
   definition, 14.9
Asat
   definition, 7.4, 11.4
   examples, 7.4-5, 11.4
Āśrama
   four, 23.11
Aṣṭamūrtibhṛt
   definition, 13.3
Ātma-anātma-viveka
   definition, 8.3
   practice, 8.6
   application, 8.7
   destroys identification, 8.7
   logical basis, 15.5-6
Ātman
   definition, 17.6, 18.1
   different from the not-Self, 1.8
   identity between Ātman and Brahman, 17.6-8, 17.9-10
Subject Index

Attachment
overcoming, 5.9

Āvarana
definition, 11.9
āvaraṇa-sakti, 11.9, 11.12
two kinds, 11.12

Avasthā
overview, 7.7
experiner, 16.4-5

Avidyā
definition, 11.7

Baddha
definition, 10.8
characteristics, 10.8-10

Bādhita-ahaṅkāra
definition, 22.3-4

Bandha
definition, 10.4, 11.1
nature, 10.4-8
indication, 11.1
symptoms, 10.4, 11.1
cause, 11.2

Bhāga-tyāga-lakṣaṇā
definition, 18.11
example, 18.12-14
application in Tattvamasi, 18.14-16
also called as jahati-ajahati-lakṣaṇā, 18.14

Bhakti
definition, 23.6
towards Guru, 23.7

Bhikṣā
food as bhikṣā, 24.2

Bhogasādhanam
definition, 6.7
difference from bhoga-āyatanam, 6.7

Blessings
nine, 1.2

Brahma-niṣṭha
definition, 4.2
Subject Index

difference from śrotriya, 4.2
is a Jivan-mukta, 21.2-4

Brahman
  definition, 17.6, 18.1
  identity with Ātman, 17.7-8, 17.9-10

Brahmākāra-vṛtti
  definition, 19.2
  called as akhaṇḍākāra-vṛtti, 19.2

Brahma-vidyā
  questions, 4.7
  answers, 16.13-14

Brahmin
  definition, 1.6

Buddhi
  definition, 6.5

Cidābhāsa
  definition, 16.2
  relationship with jiva, 16.2

Citta
  definition, 6.5

Citta-ekāgratā
  definition, 1.7
  importance, 13.11-12
  pre-requisite, 14.1

Citta-śuddhi
  definition, 1.7
  methods, 13.1
  importance, 13.11-12
  pre-requisite, 14.1

Dama
  definition, 3.7
  difference from śama, 3.7
  why difficult, 3.7
  benefit, 3.7
  relation with viveka and vairāgya, 3.7
  as emergency brake, 3.8

Dānam
  definition, 13.4
  wrong, 13.5
Subject Index

foundation, 13.5

Deha-vāsanā
definition, 12.7

Dhāraṇā
definition, 19.5
difference from dhyāna, 19.6

Dhyāna
definition, 14.6, 19.5
difference from dhāraṇā, 19.6

Differences
sajātiya-bheda, 10.3
vijātiya-bheda, 10.3
svagata-bheda, 10.3
Self free of differences, 10.3

Dṛg-dṛśya-viveka
definition, 8.5

Ekānta
definition, 24.4

God-Realisation
Road map, 1.10

Guṇātīta, 1.10

Guru
simple definition, 4.1
Vedāntic definition, 4.1-2
approaching the Guru, 4.4
mauna-guru, 4.2
proof of Knowledge, 4.3
gurukula, 4.4
attitude towards the Guru, 4.4
finding one’s Guru, 4.5
fake Guru, 4.5
duty of the Guru, 4.5
compassion, 4.6
questions to the Guru, 4.6
avoiding arguments, 23.10

Home
Vedāntic definition, 23.4-5
escape from home, 23.5
Subject Index

**Hṛdaya-granthi**
- definition, 21.10
- destruction, 21.10

**Human birth**
- nobility, 1.2
- rarity, 1.2
- supremacy, 1.2
- difference from animals, 1.3, 6.8
- cause, 6.8

**Intellectual knowledge**
- ineffective, 4.2

**Īṣṭa-devatā, 2.2**

**Īśvara**
- definition, 17.1-2, 18.1, 18.3
- difference from jīva, 17.3-4, 17.9-10
- difference from jīva is illusory, 17.4-5

**Jagat**
- definition, 11.6

**Jāgradation-avasthā**
- definition, 5.6
- ego, 5.6

**Jahati-ajahatī-lakṣaṇā**
- definition, 18.14

**Jahati-lakṣaṇā**
- definition, 18.7
- inadmissible for Tattvamasi, 18.8-9

**Japa**
- definition, 13.7
- purpose, 13.7
- results, 13.8

**Jīva**
- definition, 8.2, 17.1, 18.1, 18.4
- doership notion, 10.10
- enjowership notion, 10.10
- difference from Īśvara, 17.3-4, 17.9-10
- difference from Īśvara is illusory, 17.4-5
- identity between Jīva and Īśvara, 18.4-16

**Jīva-bhāva**
- definition, 10.3-4
Subject Index

effects, 10.4
cause, 11.3

Jīva-brahma-aikya
definition, 14.5

Jīvan-mukta
definition, 1.10, 14.10, 20.5
nature, 14.10
brahma-vit, 20.6
brahma-vidvara, 20.8
brahma-vidvariyān, 20.9
brahma-vidvariṣṭha, 20.10
free from bondage, 21.2
sañcita, 21.7
prārabdha, 21.7
āgāmi, 21.9
individuality, 22.1-4
yatheṣṭācaraṇa, 22.4
naturally righteous, 22.5-6

Jīvan-mukti
definition, 21.1, 21.4-6
siddhis, 22.6-8

Jñāna
means, 4.1
to be revealed, 4.3
definition, 19.1
difference from vijñāna, 19.1
intellectual knowledge inadequate, 19.7

Jñānendriya
definition, 6.2
five, 6.3
internal faculties, 6.4

Kāraṇa-śarīra
definition, 7.1
characteristics, 7.2-6
cause of gross and subtle bodies, 7.2
beginningless, 7.3
inexplicable, 7.4
of the nature of ignorance, 7.4
constituents, 7.5-6
as bliss sheath, 7.8

**Karma**
- definition, 21.6
- three types, 21.6, 22.1, 24.6
- sañcita, 21.6
- prārabdha, 21.6
- āgāmi, 21.7

**Karma-yoga**
- definition, 13.3, 20.3

**Karmendriya**
- definition, 6.3
- internal faculties, 6.4

**Kartṛtya**
- definition, 16.2-3
- leads to bhokṛtya, 16.3

**Koṣa**
- definition, 5.7
- as śarīra, 7.9

**Lakṣaṇā**
- definition, 18.6
- three types, 18.6-7

**Lakṣyārtha**
- definition, 18.5-6

**Limitation**
- spatial, 10.2
- temporal, 10.2
- objectival, 10.2

**Loka-vāsanā**
- definition, 12.4

**Mahātmā**
- nature, 4.6

**Mahāvākyya**
- definition, 17.11
- four, 17.12, 23.9
- interconnection between the four, 17.12-13

**Maṅgalācarana**
- purpose, 2.3
- definition, 2.3
Subject Index

Manana
   definition, 14.5-6

Manas
   definition, 6.5

Manhood
   rarity, 1.4
   definition, 1.5

Manomaya-kośa
   definition, 6.10, 15.9
   negation as not-Self, 15.9-11

Māyā
   definition, 11.8, 17.2
   evolution, 17.2

Misapprehension
   definition, 11.9

Mithyā
   definition, 7.5, 11.4
   effect, 17.5

Mukti
   six steps, 14.2

Nididhyāsana
   definition, 14.7, 19.4
   two substages, 19.5
   as tanumānasā, 20.5

Nirvikalpa
   definition, 7.6
   causal body, 7.6

Nirvikalpa-samādhi
   definition, 19.10-11
   difference from savikalpa-samādhi, 19.12-13
   role of grace, 19.14

Non-apprehension
   definition, 11.9

OM
   definition, 23.8
   chanting, 23.8

Pañcakośa
   five, 15.2
   attributes superimposed, 15.3
constituents, 15.2

_Pañcakośa-viveka_
methodology, 15.6-11, 16.1-12

_Pañcikaraṇa_
definition, 5.3
process, 5.3-4

_Pāpa, 1.3_

_Paramahāṁsa, 1.10_

_Paramātman_
definition, 8.1-2
complete definition, 9.12-13
purpose of definition, 9.1, 9.13
difference from jivatman, 8.2
as sat, 8.8
as cit, 8.9
as ānanda, 8.11
svarūpa-lakṣaṇa, 9.2-3
tatstatha-lakṣaṇa, 9.2, 9.3-10
atad-vyāvṛtti-lakṣaṇa, 9.2, 9.10
nirākāra, 9.10
nirvikāra, 9.10
niṣkriya, 9.11
nirvikalpa, 9.11
nirguṇa, 9.11
nirāṇjana, 9.11
nirmala, 9.11

_Pilgrimage_
purpose, 13.8

_Post-theft analogy, 11.2_

_Pradhāna_
definition, 11.8

_Prājña_
definition, 7.7

_Prakṛti_
definition, 11.8

_Prakaraṇa-grantha,_
definition, 2.1
difference from śāstra-grantha, 2.1

_Pramāṇa, 4.1_
Subject Index

Prāṇa
   definition, 6.4
   five, 6.4
Prāṇamaya-kośa
   definition, 6.10, 15.8
   negation as not-Self, 15.8-9
Prasthānātṛayī, 4.1
Prayojana
   definition, 2.5
Puṇya, 1.3
Rajas
   description, 11.7
   effects, 11.7
Rope-snake analogy, 11.2
Sādhana-catuṣṭaya
   overview, 3.12
   when absent, 3.12
Sākṣī
   definition, 9.8
   Ātman, 9.8
Śakti
   definition, 11.8
   Self’s delusory power, 11.8
Śama
   definition, 3.6
   purpose, 3.6
Śamādhāna
   definition, 3.10
   importance, 3.10
   effortless, 3.10
Śamādhi
   definition, 1.9, 14.9, 19.8
   comparison with sleep, 14.9
   two types, 19.8-9
   purpose, 19.8
   overview, 19.13
Śamādī-ṣaṭka-sampatti
   definition, 3.6, 14.4, 23.6
   six aspects, 3.6
Subject Index

Sambandha, 2.5
Samsāra
    definition, 8.3
    foundation, 8.3
    nourishment, 16.4
    actual cause, 16.6
    destruction, 16.8-9
Sanskrit
    knowledge inadequate for Realisation, 4.3
Sapta-jñāna-bhūmikā
    definition, 20.1
    enumeration, 20.2
    explanation, 20.2-10
    overview, 20.11
    śubhecchā, 20.2
    vicāraṇā, 20.3
    tanumānasā, 20.4
    satvāpattī, 20.6
    asaṁsaktī, 20.7
    padārtha-abhāvanā, 20.9
    turyagā, 20.10
Śāstra-vāsanā
    definition, 12.5-6
Sat
    definition, 7.4, 11.4
    different from asat, 7.4, 11.4
Satsaṅga
    definition, 23.5
Sattva
    description, 11.7
    effects, 11.7
Sāvikalpa-samādhi
    definition, 19.9
Spiritual unfoldment
    gradual, 20.1
    practical programmes, 23.1-13, 24.1-7
Śraddhā
    definition, 3.10
    different from blind belief, 3.9
Subject Index

St. Augustine on śrādhā, 3.9
Śravaṇa
  definition, 14.5
Śrotriya, 4.2
Sthita-prajña, 1.10
Sthūla-śarīra
  definition, 5.2
  aspects, 5.2-6
  six modifications, 5.5
  birth, 5.4, 5.7
  bhogāyatanam, 5.5
  as annamaya-kośa, 5.7
  attachment, 5.7
  effects of identification, 5.7-9
  giving up identification, 5.9
Śūkṣma-śarīra
  definition, 6.1
  comparison with sthūla-śarīra, 6.1
  constituents, 6.2-6
  liṅga- śarīra, 6.8
  as three kośas, 6.10
Śunya
  Self is not, 16.13
Suṣupti-avasthā
  definition, 7.7
Śvādhnyāya
  importance, 23.2
Śvapna-avasthā
  definition, 6.9
  cause for dreams, 6.9
Śvarga
  definition, 1.5
  eligibility for Vedāntic studies, 1.4
Taijasa
  definition, 6.9
Tādātmya
  definition, 5.7, 8.1
  seeming, 15.4
  effects, 5.7, 8.2, 15.4
Subject Index

known as identification, 8.1
destruction, 8.3-5, 15.4-5
root cause, 15.4

Tamas
   description, 11.7
   effects, 11.7

Tanmātra
   definition, 5.3, 6.2
   aspects, 5.3

Tapas
   definition, 13.6
   moderation, 13.6

Tattvamasi
   meaning, 18.2
   interpretation through bhāga-tyāga-lakṣaṇā, 18.14-16

Titikṣā
   definition, 3.9
   practice, 3.9, 24.3

Tripuṭī
   definition, 19.9
   falsification, 19.9-10

Upādhi
   definition, 9.3
   Ātman seemingly conditioned by the upādhis, 9.3-5

Upaniṣad
   contradictory statements, 4.3

Vācyārtha
   definition, 18.6
   of jīva, 18.4
   of Īśvara, 18.3

Vairāgya
   definition, 3.5-6, 14.2
   misunderstanding, 3.4
   real strength, 3.5
   cause, 14.2
   importance, 14.3
   forced, 20.4

Varṇa
   four, 23.11
Subject Index

Vāsanā
- definition, 3.7, 23.3
- expression in dreams, 6.7
- effects, 12.3, 13.1
- prevents Knowledge, 12.3
- three types, 12.3
- destruction, 14.6, 14.8, 23.3
- antidote, 23.11

Vicāra
- uniqueness, 13.9-10
- practice, 13.11
- worldly pain, 23.4

Videha-mukti
- definition, 1.10, 22.8
- difference from Jīvan-mukti, 22.9

Vijnñānamaya-kośa
- definition, 6.11, 16.1-2
- features, 16.2-5
- negation, 16.7-8

Vikalpa
- definition, 7.5

Vikṣepa
- definition, 11.9
- vikṣepa-śakti, 11.9, 11.11

Viparīta-bhāvanā
- definition, 14.6, 19.2
- cause, 14.6, 19.3
- destruction, 14.7
- effects, 19.2

Viṣaya
- definition, 2.5

Viśva
- definition, 5.6

Viveka
- definition, 3.2-3
- unique to human, 3.3

Vrata
- explanation, 13.8
- results, 13.9
Subject Index

Udāsīna
   maintain, 24.3
Uparama
   definition, 3.8
   difference from śama and dama, 3.8
Wealth
   of the seeker, 3.11
Women 1.5
Yajña
   explanation, 13.2, 23.3
   best, 13.3
   ritual, 13.4
### Marks Distribution

**Lesson 1**

<table>
<thead>
<tr>
<th>I.</th>
<th>Answer in brief</th>
<th>Marks 30 (5x6)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Answer in detail</td>
<td>Marks 20 (1x20)</td>
</tr>
</tbody>
</table>

**Lesson 2**

<table>
<thead>
<tr>
<th>I.</th>
<th>Answer briefly</th>
<th>Marks 20 (2x10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Answer in detail</td>
<td>Marks 30 (1x30)</td>
</tr>
</tbody>
</table>

**Lesson 3**

<table>
<thead>
<tr>
<th>I.</th>
<th>Define the terms</th>
<th>Marks 32 (8x4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Answer briefly</td>
<td>Marks 18 (3x6)</td>
</tr>
</tbody>
</table>

**Lesson 4**

<table>
<thead>
<tr>
<th>I.</th>
<th>Write short notes on</th>
<th>Marks 20 (4x5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Answer in detail</td>
<td>Marks 30 (2x15)</td>
</tr>
</tbody>
</table>

**Lesson 5**

<table>
<thead>
<tr>
<th>I.</th>
<th>Define the terms</th>
<th>Marks 6 (3x2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Explain the terms</td>
<td>Marks 18 (3x6)</td>
</tr>
<tr>
<td>III.</td>
<td>Answer in detail</td>
<td>Marks 26 (2x8+1x10)</td>
</tr>
</tbody>
</table>

**Lesson 6**

<table>
<thead>
<tr>
<th>I.</th>
<th>Differentiate the following</th>
<th>Marks 15 (5x3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Write short notes on</td>
<td>Marks 18 (3x6)</td>
</tr>
<tr>
<td>III.</td>
<td>List the 17 limbs of the Sukshma Sarira along with their functions</td>
<td>Marks 17 (1x17)</td>
</tr>
</tbody>
</table>

**Lesson 7**

<table>
<thead>
<tr>
<th>I.</th>
<th>Fill in the blanks</th>
<th>Marks 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>II.</td>
<td>Answer in brief</td>
<td>Marks 20 (4x5)</td>
</tr>
<tr>
<td>III.</td>
<td>Answer in detail</td>
<td>Marks 25 (1x13), (1x12)</td>
</tr>
</tbody>
</table>
Lesson 8
I. Define the following terms  –  Marks 12 (4x3)
II. Answer briefly  –  Marks 18 (3x6)
III. Answer in detail  –  Marks 20 (2x10)

Lesson 9
I. Match the following  –  Marks 8 (1x8)
II. Write short notes on  –  Marks 18 (3x6)
III. Answer in detail  –  Marks 24 (2x12)

Lesson 10
I. Define  –  Marks 6 (2x3)
II. Answer briefly  –  Marks 24 (3x8)
III. Answer in detail  –  Marks 20 (1x20)

Lesson 11
I. Differentiate between the following  –  Marks 6 (2x3)
II. Answer briefly  –  Marks 24 (3x8)
III. Answer in detail  –  Marks 20 (1x20)

Lesson 12
I. Write short notes on  –  Marks 10 (2x5)
II. Answer briefly  –  Marks 20 (2x10)
III. Answer in detail  –  Marks 20 (1x20)

Lesson 13
I. Write short notes on  –  Marks 20 (5x4)
II. Answer in detail  –  Marks 30 (2x15)

Lesson 14
I. Answer briefly  –  Marks 12 (2x6)
II. Differentiate between the following  –  Marks 24 (3x8)
III. Answer in detail  –  Marks 14 (1x14)
Marks Distribution

Lesson 15
I. Answer briefly – Marks 6 (2x3)
II. Write short notes on – Marks 24 (4x6)
III. Answer in detail – Marks 20 (2x10)

Lesson 16
I. Differentiate between – Marks 8 (2x4)
II. Write short notes on – Marks 18 (3x6)
III. Answer in detail – Marks 24 (3x8)

Lesson 17
I. Define the terms – Marks 10 (5x2)
II. Answer briefly – Marks 24 (3x8)
III. Answer in detail – Marks 16 (1x16)

Lesson 18
I. Differentiate between – Marks 4 (2x2)
II. Write short notes on – Marks 15 (3x5)
III. Answer briefly – Marks 21 (3x7)
IV. Answer in detail – Marks 10 (1x10)

Lesson 19
I. Differentiate between – Marks 6 (3x2)
II. Write short notes on – Marks 24 (3x8)
III. Answer in detail – Marks 20 (1x20)

Lesson 20
I. Write notes on – Marks 12 (3x4)
II. Answer briefly – Marks 38 (1x20) (1x8) (2x5)

Lesson 21
I. Answer briefly – Marks 30 (3x10)
II. Answer in detail – Marks 20 (1x20)
Lesson 22
I. Write short notes – Marks 30 (3x10)
II. Answer in detail – Marks 20 (1x20)

Lesson 23
I. Answer briefly – Marks 30 (3x10)
II. Answer in detail – Marks 20 (1x20)

Lesson 24
I. Answer briefly – Marks 30 (5x6)
II. Answer in detail – Marks 20 (1x20)
Lesson 1

The Nine Blessings

To AWaken to a spiritual life is a rare blessing accorded to the most evolved and accomplished among humans. Śaṅkarācārya delineates at the very outset of his composition, *Vivekacūḍāmaṇī*, a list of nine rare blessings. In this first lesson, we shall study in detail what these nine blessings are and, in doing so, discover our personal road map to God-Realisation.

 Enumeration of the Nine Blessings

The following verse from *Vivekacūḍāmaṇī* (verse 2) enumerates the nine blessings:

```
janṭūnāṁ nārajanma durlabhamaṁ puṁstvam tato vipratā
tasmādvidhayāḥ kharmanārthaṁ pyo viśvaṁśaṁ páram,
ātmanātma-vivecchanānāṁ svanubhavo brahmaṁ mānaṁ saṁsthīti
muktiṁ śatājanmakoṭisukṣṭaiḥ puṣyārvinā labhyate.
```

For all living creatures, a human birth is indeed rare; rarer still to attain full manhood; rarer than these is the sāttvic attitude in life. Steadfastness on the path of the dharma prescribed in the Vedas is yet rarer; much more so a correct knowledge of the deep significances of the Vedas. Differentiation between the Self and the not-Self, a personal experience and, ultimately, to become fully established in the Knowledge that the Ātman is Brahman – these come later on and culminate in Liberation, which cannot be had without
the earned merits of a hundred crores of lives lived intelligently.

The following is a list of the nine blessings:

(1) Human birth (nara-janma)
(2) Manhood (purñtvam)
(3) Sāttvic attitude in life (vipratā)
(4) Steadfastness on the path of righteousness, as prescribed in the Vedas (vaidika-dharma-mārga-paratā)
(5) Correct knowledge of the deep significances of the Vedas (vidvattvam)
(6) Differentiation between the Self and the not-Self (ātma-anātma-vivecanam)
(7) Direct experience (svanubhava)
(8) To be established in the awareness of the identity of Brahman and Ātman (brahmātmanā saṁsthiti)
(9) Liberation (muki)

1. Human Birth (nara-janma)

Of the various kinds of births, human birth is indeed rare. There are so many species of living beings – unicellular amoebae, algae, plants, insects, fishes, animals, birds and so on. Among all, human birth alone is considered rare and noble. Why? Is it because of man’s physical prowess? After all, the physical capabilities of most animals far exceed that of humans. The blue whale holds the world record for size; the cheetah holds the record for speed; dogs can hear a wider range of sounds than we can and even snakes can see a more diverse range of colours than their human counterparts!

Why then is human birth considered rare and noble? One reason why the modern scientific age, in ignorance, considers humans to be supreme is that scientists have deconstructed many natural phenomena and used that knowledge to create new sciences and technologies. But, even while science and technology has been harnessed to produce comforts and conveniences, it has also been misused to build weapons of mass destruction.
Human birth is noble, not because man has conquered nature by erecting tall skyscrapers that embrace the clouds or massive dams that forestall the powerful flow of gushing rivers. Vedānta points out that human birth is exalted because:

1. Human beings alone are endowed with the faculty of self-awareness (i.e. the ability to be objectively aware of one’s actions, words, thoughts and habitual tendencies) that is capable of effecting a quantum change in their thinking.

2. All creatures in this world lead ‘programmed’ lives, largely guided by their instincts. They do not have the ability to choose their response and re-program themselves. Human beings alone have this rare capacity.

3. Above all, human beings alone are capable of noble and divine pursuits. Man alone can ponder over questions of vital importance: Who am I? Is there a purpose to life? Is there a creator of the world? What is the nature of the world? What is my relationship with God? and so on.

Exercise

Write down in clear and precise points how you think man is similar to and different from an animal. Now look at each point in which you have said that man is superior to animals. For instance:

- Man can go beyond his instincts and climb the ladder of evolution.
- Man alone thinks of the higher non-material aspects of life, such as religion and spirituality.

Study each point and compare it against your life. Where do you stand in relation to it? Have you applied it in your life as much as you really can? Think!

The Vedas talk of births higher than that of a human, such as that of a yakṣa, kinnara, devatā and so on. By puṇya, or the merits earned through good deeds, one attains the state of a god (a deva); by pāpa, or the sins accrued by doing unrighteous and prohibited actions, one goes to naraka (hell). And by an even combination of puṇya and pāpa, one gains the birth of a human being. However,
then too we cannot consider birth as a deva to be superior to birth as a human because:

(1) Births such as that of a deva, kinnara, yakṣa and so on are only ‘bhoga-kṣaya-artham’, that is for the sake of enjoyment. One goes to the heavens, enjoys the exalted pleasures therein for a finite period of time and then is born again on earth. Going to heaven does not solve the problem of suffering. It is only a temporary relief. It is as if a person, having earned a good amount of wealth, went on a holiday to an exotic place and spent hard-earned money on pleasures – but then had to return when the money was exhausted. So too a person earns the wealth of punya (merit), goes to svarga (heaven), enjoys the pleasures there and, when his punya is exhausted, ultimately returns to earth – back to square one!

(2) Also, in heaven, there is no progress in one’s spiritual life. Only in human birth (nara-janma) is there a chance to put an end to the cycle of birth and death. It is only as a human that one gets the right mixture of joy and sorrow, which can generate dispassion for all finite pleasures and help one turn towards the Higher. It is then that an individual becomes qualified for scriptural study, reaches a Guru, learns the way pointed out by Vedānta and finally becomes liberated.

2. Manhood (punīstvam)

Having got a human birth, to have a ‘masculine’ temperament is even more rare. Hasty readers have concluded from such statements that women are prohibited from Vedāntic studies and that this is a condemnation of women. These conclusions are erroneous. The Hindu Scriptures are full of references to women being both students as well as teachers. Sage Yājñavalkya taught his

---

1. The term ‘Vedānta’ literally means ‘end of Vedas’. The *Upaniṣads* that pertain to knowledge usually form the end portion of the Vedas, and hence it is the *Upaniṣads* that are basically termed ‘Vedānta’. The term Vedānta can also mean the ‘final essence’ of the Vedas. Since the *Upaniṣads* deliberate on this topic, they have come to be called Vedānta. Texts such as *Bhagavad-gītā, Brāhma-sūtra, Ātma-bodha, Vivekacūḍāmaṇi, Pañcadasī* and others also explain the *Upaniṣadic* thoughts and concepts; therefore, they too have come to deserve the appellation ‘Vedānta’.
wife Maitreyī; Kapila Muni taught his mother Devahūtī; Gārgī questioned the wisdom of Yājñavalkya in a learned assembly of scholars; Cūḍālā taught the king – her husband ... the examples are too many to enumerate here. Agreed that women are not as physically strong as men; but then we are talking of scriptural studies, which have to be undertaken with the brain – and in which brawn has no significance!

Why then is ‘manhood’ (puṣṭvam) considered rare? Swami Chinmayananda explains this beautifully: “By ‘puṣṭvam’ is meant the manly qualities of the head and the heart. A woman is a symbol of softness, attachment, sentiments and anxieties; she is essentially a mother. Wherever these qualities predominate, there we have a ‘woman’. In this sense, there are many women among the bearded ones, and if firmness of determination, detachment, intellectual hardiness and steadiness of composure are signs of a better evolution, these masculine tendencies of head and heart are amply seen in many women.” Thus manhood is not a reference to the body but to an intellect that is free of the attachments and sentiments that blunt its sharpness and make the power of reasoning twisted, shallow and defective.

Manhood in the spiritual context essentially means courage, strength, a constancy to pursue with steadfastness and the will to achieve in the spiritual path. This is indeed rare.

★★★★

Manhood in its higher and universal sense is expressed in a unique and telling manner in the poem ‘IF’ by Rudyard Kipling. It is interesting to note that this poem holds the world record for being the poem published the maximum number of times in anthologies of poems across the globe.

If
If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don’t deal in lies,
Or being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise;

If you can dream — and not make dreams your master;
If you can think — and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two imposters just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build ‘em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: “Hold on!”

If you can talk with crowds and keep your virtue,
Or walk with kings — nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds’ worth of distance run —
Yours is the Earth and everything that’s in it,
And — which is more — you’ll be a Man, my son!

3. Sāttvic Attitude in Life (vipratā)
‘Vipratā’ literally means ‘brāhminhood’. By this is meant once again a certain psychological nature characterised by ‘sattva’. The Bhagavad-gītā enumerates the brāhmanical sāttvic qualities as serenity, self-restraint, austerity, purity,
forgiveness, uprightness, knowledge and belief in God. Thus when Vedānta declares that to be a ‘brāhmin’ is rare, what is meant is that to be endowed with these sattvic and divine qualities is rare. These qualities raise one from ‘manhood’ to ‘mature manhood’.

4. Steadfastness on the Path of the Dharma Prescribed in the Vedas (vaidika-dharma-mārga-paratā)

Many consider mistakenly that it is enough to be a good person. But that is not so. ‘Goodness’ is a path to ‘Godhood’. We have to build up sufficient purity of mind (citta-śuddhi) and single-pointedness of the intellect (citta-ekāgratā) in order to walk on the path to God-Realisation.

Śaṅkarācārya says that even among those who are endowed with sattvic qualities, there will be only a few who are steadfast and apply themselves faithfully to the techniques of spiritual progress, such as the daily study of the Scriptures, eschewing prohibited and desire-promoted actions, offering one’s duties as worship unto the Lord, practising japa (repetition of the Lord’s name), pūjā (worship) and so on. Not all take up these sādhanas (spiritual practices) even when advised. And after starting them, fewer still have the mental stamina to continue.

Spiritual practices, such as the study of the Scriptures, are sure methods to develop citta-śuddhi (purity of mind) and citta-ekāgratā (single-pointedness of the intellect) and move forward in our evolution. Thus, those who have moved to the next step of steadily living a life based on scriptural injunctions are more rare than those who are just merely good and mature humans.

5. Knowledge of the Deep Significances of the Vedas (vidvattvam)

The Chāndogya-upaniṣad asserts: “Whatever is done with the knowledge of the meaning of the Vedic verses, and with an earnestness born of insight and faith, is more efficacious than what is done without knowing their inner meaning.” Śaṅkarācārya explains this statement of the Upiṇiṣad with an example: “It is a matter of common knowledge that when a gemmologist and
a fisherman each comes across a diamond, the former gains a huge profit by his knowledge of the nature of the diamond, whereas the latter, because of his ignorance, fails to do so.” The example is self-explanatory – both the gemmologist and the fisherman get the diamond, but only the former benefits from it because he knows its worth. Thus, it is one thing to be able to chant the Bhagavad-gītā and the Upaniṣads, but quite another to understand, through the guidance of a Guru, its inner significances, deeper meanings and subtle suggestions. In contrast with ‘steadfastness in the Vedic path’, which means regular and dedicated religious practices, such as japa (repetition of the Lord’s name), chanting of the Vedas, performing selfless actions and so on, ‘vidvattvam’ refers to an understanding of the scriptural meaning in all its depth and expanse.

Vedānta is deep and subtle and cannot be grasped by the gross intellect. One needs a special faculty of perception – an intuitive capacity to go beyond superficial meanings – and a mature intellect to understand its uncommon and deep logic. Only by the dedicated practice of spiritual disciplines, that is vaidika-dharma-mārga-paratā, does one gain the purity of mind (citta-suddhi) and single-pointedness of the intellect (citta-ekāgratā) that, in turn, lead to an understanding of the subtler implications of the Vedas. Thus, vaidika-dharma-mārga-paratā endows an individual with the capacity to proceed to vidvattvam – the right understanding of the Vedas. The former is action based merely on belief; the latter is action based on belief fortified with understanding. Hence, those who come to the level of vidvattvam are regarded as even more blessed than those who stagnate at the level of vaidika-dharma-mārga-paratā, that is mere practice of spiritual disciplines without understanding their logic and purpose.

6. Differentiation between the Self and the not-Self (ātma-anātma-vivecanam)

The ‘Self’ is the pure Consciousness and the ‘not-Self’ is the inert matter vestures – the body, the mind and the intellect. A right understanding of the Vedas (vidvattvam) gives one the ability to differentiate the pure Consciousness from
the matter vestures and, thus, one comes to be intellectually convinced that one is not the body, mind and intellect. Those who can intellectually differentiate between the two – the Self and the not-Self, the Real and the unreal – have progressed to a more advanced state of spirituality. The later lessons will detail the methods of ‘ātma-anātma-vivecanam’. (See Lessons 15 and 16.)

Exercise

Sit down in an erect and yet relaxed posture at a quiet time and in a place where you can be by yourself for a few minutes. Close your eyes, still your body and calm your mind. Quietly watch your body and mind. As you do so, you will get a clear sense of being apart from your body and mind. You are a powerful living presence who is a witness to your body and mind and yet quite apart from them. This quiet State of Being is the real You. This is referred to by Vedānta as the Self (Ātman). All else – be it the world and all its objects, people and situations and even your own body and mind – are different from the Self and are hence bundled together under a single term – the not-Self (Anātman).

7. Direct Experience (svanubhava)

The previous qualification – ātma-anātma-vivecanam or differentiation between the Self and not-Self – is of the nature of intellectual knowledge. But ‘svanubhava’ is higher than mere intellectual conviction, for it is of the nature of direct experience. By the steady process of meditation (samādhi), one transcends the conditioning of body, mind and intellect and merges with the pure Consciousness within. Very few people can come to this sanctum sanctorum of the Lord in one’s heart. This is rare...very rare.

8. To Be Established in the Awareness of the Identity of Brahman and Ātman (brahmātmanā saṁsthitī)

A person may have had a momentary experience, a flash of awareness of the Self in an inspired moment of contemplation, but that is not sufficient. There is the lurking possibility of fall. One must be continuously aware of one’s true nature and abide in the understanding that the Self in me - the Ātman - is the
Self - the Brahman - everywhere. This firm abidance has been described herein as ‘brahma-ātmanā-saṁsthiti’. This is the summum bonum of our existence in this world, the very purpose of birth. This is the accomplishment that fills the abysmal vacuum of one’s heart with overflowing beatitude.

A person who has come to this state is truly a perfect person, a man of God-Realisation who has climbed to the very zenith of his spiritual evolution. Such a person has been glorified in the *Upaniṣads* as a Jīvan-mukta (liberated while living), Sthita-prajña (man of firm wisdom), Guṇātita (one who transcended the three guṇas of sattva, rajas and tamas) and a Paramahamsa (great saint). Even his mere presence is a benediction on this world.

9. Liberation (mukti)

A person who has thus reached the very pinnacle of spiritual life is liberated from the cycle of birth and death. Once his body drops after the exhaustion of its destiny (prārabdha), he no more takes a new embodiment. This final Liberation from the body is called ‘videha-mukti’. Those who are ignorant of their true nature, bound by the fetters of desire and cocooned in their own selfishness, they alone have to be reborn. A person free of all desires and selfishness has no rebirth. To fulfil which desire will he have to be born again? Śaṅkarācārya declares that this kind of perfect Liberation cannot be had without the earned merits of a hundred crores of lives lived intelligently.

Our salutations to such spiritual stalwarts!

*Milestones on the Road to Perfection*

On the basis of the discussion so far, we can chalk out our road map to perfection (arrow indicates the direction of progress):

**HUMAN BIRTH** → manhood → noble attitude in life → steadfastness on the path of dharma as prescribed in the Vedas → knowledge of the deep significances of the Vedas → differentiation between the Self and the not-Self → direct Experience → establishment in the awareness of the identity of Brahman and Ātman → **LIBERATION**.
By the Lord’s grace and the result of our past deeds, we have attained human birth and have also stepped onto the spiritual path. We have come a long way. There is yet more distance to be covered. It is now incumbent on us to march forward and claim our birthright, Self-Knowledge, which alone can free us from all bondage and liberate us from the thralldom of saṁsāra (cycle of birth and death).

Verses for Reflection

दुर्लभम् अन्यमेवतुद् देवानुरस्तहेतुकम् ||
मनुष्यत्वं सुमुखुत्वं महापुरुषसंस्करः: ||
durlabhāṁ trayamevaitad devānugrahahetukam,  
manuṣyatvam mumukṣutvam mahāpurūṣasāṁśrayaḥ.

Manhood, burning desire for Liberation, the capacity to surrender completely to a Man of Wisdom – these three things are rare indeed, and wherever they are found, they are due to the Lord’s own Grace. (Vivekacūḍāmaṇī of Śaṅkara, verse 3).

tतज्ज्ञानं प्रशासकरं यदिन्द्रियाणां तत्ज्ञो सदुपनिषतस्तु निश्चितार्थम् ||
ते धन्यं भुवि परमार्थनिष्ठितेहां: शेषास्तु भ्रमसिद्धे परिभ्रमणं: ||
tajjñānaṁ praśamakaraṁ yadindrīyāṇāṁ tajjñeyoṁ yadupaniṣtstu niścitārtham,  
te dhanyā bhuvi paramārthanîṣṭeḥāḥ śeṣāstu bhramanilaye pariḥramantaḥ.

Knowledge is that which quietens the senses. That Knowledge alone is worthy of knowing which is the ascertained theme of the Upaniṣads. They alone are blessed persons who strive to realise the Supreme Truth, whereas all others are wandering in the quagmire of delusion. (Dhanyāṣṭakam of Śaṅkara, verse 1)
Questions

I. Answer in brief

1. What are the ‘nine blessings’?
2. Why is ‘human birth’ considered rare?
3. What is the meaning of ‘puññstvam’ (manhood)? Are women debarred from Vedantic study?
4. What is vipratā? What is its role in the spiritual pursuit?
5. In what way is ‘vidvattvam’ superior to ‘vaidika-dharma-mārga-paratā’?

II. Answer in detail

1. What are the milestones on the ‘Road to Perfection’? Briefly explain each of them.