



FOUNDATION VEDANTA COURSE

CHINMAYA INTERNATIONAL FOUNDATION

Centre for Sanskrit Research and Indology



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Course Content (IV Parts, 24 Lessons)

Part I

(8 Lessons)

Lesson 1

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| 1.1 Freedom and Licence | 1.2 Art of Right Contact |
| 1.3 Man's Heritage | 1.4 Joy of Living |

Lesson 2

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| 2.1 Inevitability of Action | 2.2 Secret of Success |
| 2.3 The Sacred and the Secular | 2.4 Dual Path |

Lesson 3

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| 3.1 Where is Peace? | 3.2 Harmony of Existence |
| 3.3 Personality Rehabilitation | 3.4 Mind and Man |

Lesson 4

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| 4.1 Path to Perfection | 4.2 Mechanism of Action |
| 4.3 Law of Karma | |

Lesson 5

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| 5.1 Play of the Mind | 5.2 Fundamentals of Living |
| 5.3 Harmony and Poise | |

Lesson 6

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| 6.1 Science and Religion | 6.2 What is Religion? |
| 6.3 Vitals of a Nation | 6.4 What is Culture? |

Course Content

Lesson 7

- 7.1 What Makes a Human Being?
- 7.2 Essence in a Human Being
- 7.3 Path to Divinity
- 7.4 State of Divinity

Lesson 8

Revision of Lesson 1-7

Part II ***(6 Lessons)***

Lesson 9

- 9.1 Fundamentals of Vedānta
- 9.2 Food Sheath
- 9.3 Vital-air Sheath
- 9.4 Mental and Intellectual Sheaths
- 9.5 Comparative Study of Mind and Intellect
- 9.6 Bliss Sheath

Lesson 10

- 10.1 Five Sheaths and Self
- 10.2 Three bodies and Ātman
- 10.3 Nature of Ātman

Lesson 11

- 11.1 Catharsis of Vāsanās
- 11.2 Reflection, Contemplation and Meditation
- 11.3 Microcosm and Macrocosm

Lesson 12

- 12.1 Six Schools of Philosophy (Ṣad-darśanas)
- 12.2 Mahāvākyas: Great Declarations
- 12.3 Philosophy and Religion

Course Content

Lesson 13

- 13.1 Fall and Rise of Human Beings
- 13.2 Fall of Human Beings
- 13.3 Veiling Power (Āvaraṇa)
- 13.4 Agitation of the Mind (Vikṣepa)

Lesson 14

Revision of Lessons 9-13

Part III
(5 Lessons)

Lesson 15

- 15.1 Seek the Eternal
- 15.2 'Wealth' and 'Woman'
- 15.3 Turn Inward—Here and Now
- 15.4 Process of Detachment

Lesson 16

- 16.1 The Changing and the Changeless
- 16.2 Desire, the Devil Within
- 16.3 A Bouquet of Flowers
- 16.4 What is Renunciation?

Lesson 17

- 17.1 Test of Perfection
- 17.2 Three fold Path of Perfection
- 17.3 Man of Perfection
- 17.4 The One Reality

Lesson 18

- 18.1 From Bondage to Liberation
- 18.2 External Disciplines (Bahiraṅga-sādhanā)
- 18.3 Passions Veil the Self
- 18.4 Internal Disciplines (Antaraṅga-sādhanā)

Lesson 19

Revision of Lesson 15-18

Course Content

Part IV
(5 Lessons)

Lesson 20

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| 20.1 Purpose of Existence | 20.2 State of Perfection |
| 20.3 The Distorting Elements | 20.4 Dynamic Mind |

Lesson 21

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| 21.1 Preliminaries to Meditation | 21.2 Process of Meditation |
| 21.3 Procedure in Meditation | 21.4 Harnessing the Mind |

Lesson 22

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| 22.1 Logic of Meditation | 22.2 Significance of ॐ |
| 22.3 Secret of Realization | 22.4 Faith that Assures |
| 22.5 Culmination of Evolution | |

Lesson 23

Revision of Lessons 20-22

Lesson 24

Highlights of the Course

