Course Content
(IV Parts, 24 Lessons)

Part I
(8 Lessons)

Lesson 1
1.1 Freedom and Licence
1.3 Man’s Heritage
1.2 Art of Right Contact
1.4 Joy of Living

Lesson 2
2.1 Inevitability of Action
2.3 The Sacred and the Secular
2.2 Secret of Success
2.4 Dual Path

Lesson 3
3.1 Where is Peace?
3.3 Personality Rehabilitation
3.2 Harmony of Existence
3.4 Mind and Man

Lesson 4
4.1 Path to Perfection
4.3 Law of Karma
4.2 Mechanism of Action

Lesson 5
5.1 Play of the Mind
5.3 Harmony and Poise
5.2 Fundamentals of Living

Lesson 6
6.1 Science and Religion
6.3 Vitals of a Nation
6.2 What is Religion?
6.4 What is Culture?
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

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

Lesson 21

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

Lesson 22

22.1 Logic of Meditation  
22.2 Significance of \( \square \)  
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