



# ***VEDANTA CONCEPTS***

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# Peace Chanting (ShAnti PAtha)

Sanskrit	Transliteration	Meaning
<p>ॐ गुरुभ्यो नमः हरी ओम् ।</p> <p>सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै । तेजस्वि नावधीतमस्तु मा विद्विषावहै । ॐ शान्तिः शान्तिः शान्तिः । हरी ओम् ॥</p>	<p>Om Gurubhyo Namah Hari Om  </p> <p>Saha Nau-Avatu   Saha Nau Bhunaktu   Saha Viiryam Karavaavahai  Tejasvi Nau-Adhiitam-Astu Maa Vidvissaavahai   Om Shaantih Shaantih Shaantih   Hari Om   </p>	<p>Salutations to the Guru.</p> <p>May God Protect us Both, May God Nourish us Both, May we Work Together with Energy and Vigour, May our Study be Enlightening and not give rise to Hostility Om, Peace, Peace, Peace. Salutations to the Lord.</p>

# Our Quest

## Goal:

- Eternal Happiness
- End of All Sufferings
- Transcending Birth & Death

## Problem:

- Fleeting Happiness
- Endless Suffering
- Cycle of Birth & Death

# Vedanta - Introduction

## Definition:

- Veda = Knowledge, Anta = End
- End of Vedas
- Culmination or Essence of Vedas
- Leads to God (Truth) Realization

## Truth:

- Never changes; beyond Time-Space-Causation
- Is One
- Is Beneficial
- Transforms us
- Leads from Truth Speaking-> Truth Seeking-> Truth Seeing

# Vedantic Solution To Our Quest

## Our Quest:

### Goal:

- Eternal Happiness
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### Problem:

- Fleeting Happiness
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- Cycle of Birth & Death

## Vedantic Solution:

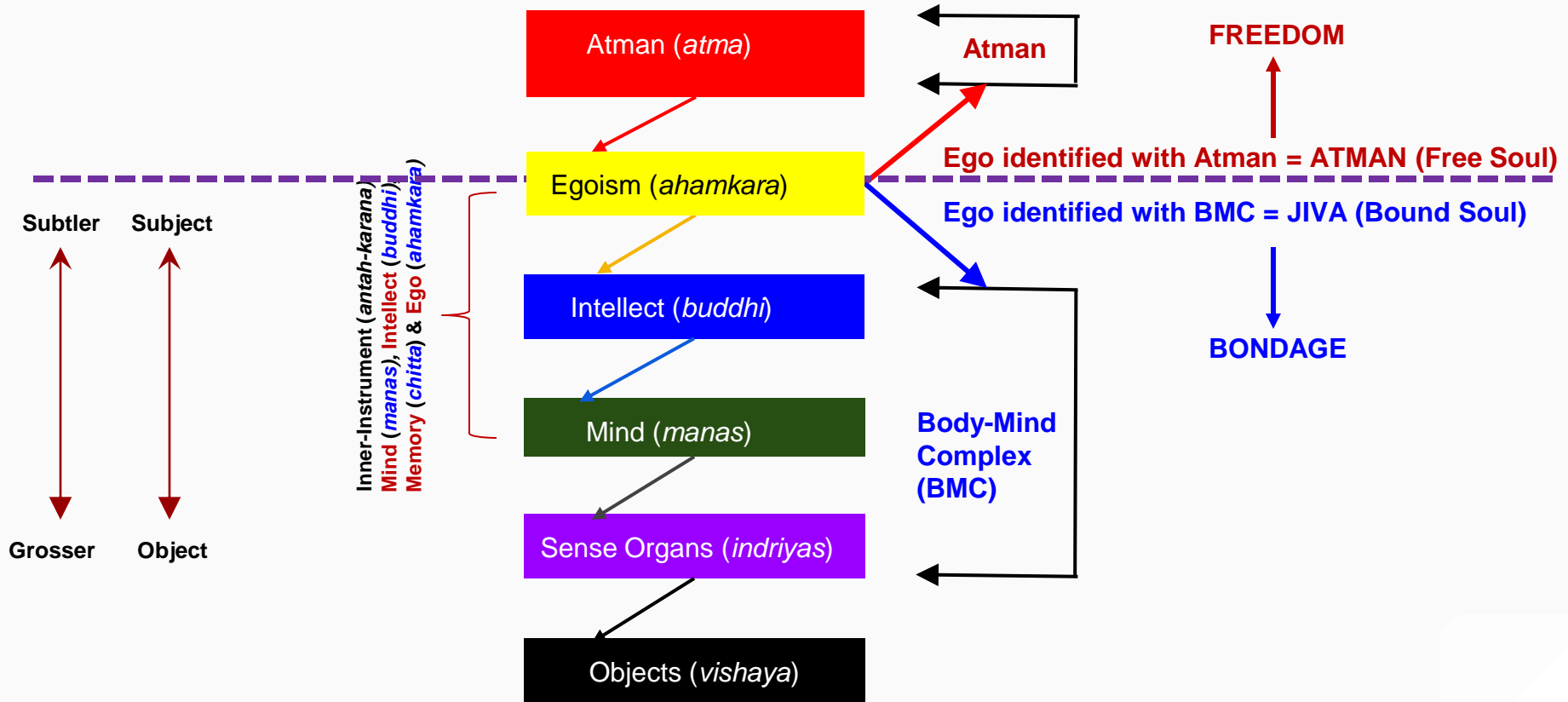
### Cause of Problem:

- Ignorance (*avidyA*) of our Real Nature
- Attachment (*ragah, sangah*) to fleeting Objects & Relations

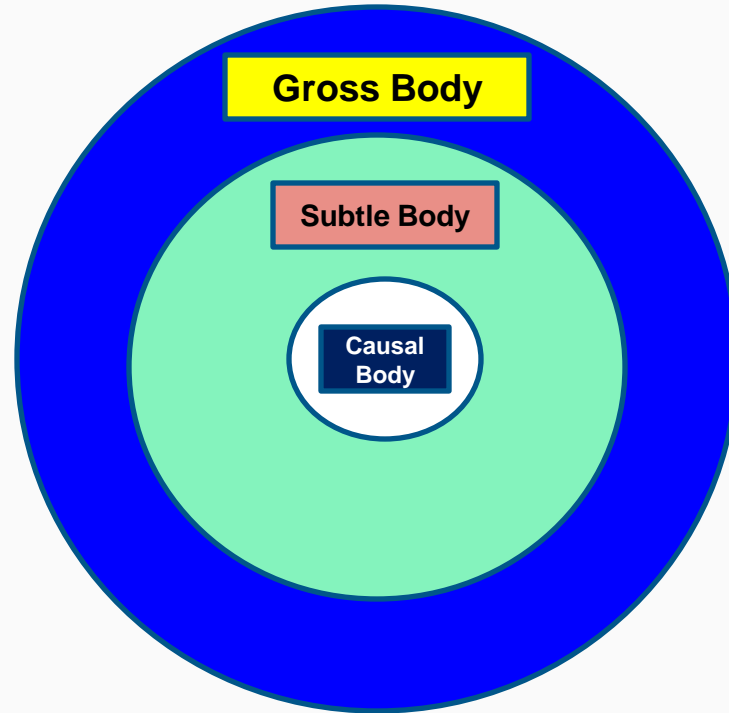
### Remedy:

- Intense Spiritual Practice (*sadhana*)
- Liberation (*mukti/moksha*)

# Identification & Hierarchy in Embodied Soul



# Three Bodies (*Sharira Traya*)



# Three Bodies (*Sharira Traya*)

- 1) Cause of Gross & Subtle Body
- 2) Extremely Subtle & not externally visible
- 3) Ignorant, Indescribable, Beginningless in nature

**Causal Body**  
(*kaarana sarira*)

creates

merges

- 1) Subtle & externally not visible
- 2) Product of 5 Subtle Elements
- 3) 5 Organs of Perception
- 4) 5 Organs of Action
- 5) 5 Vital Forces
- 6) Mind, Intellect, Memory & Ego
- 7) Instrumental in gathering experience

**Subtle Body**  
(*sukshma sarira*)

creates

merges

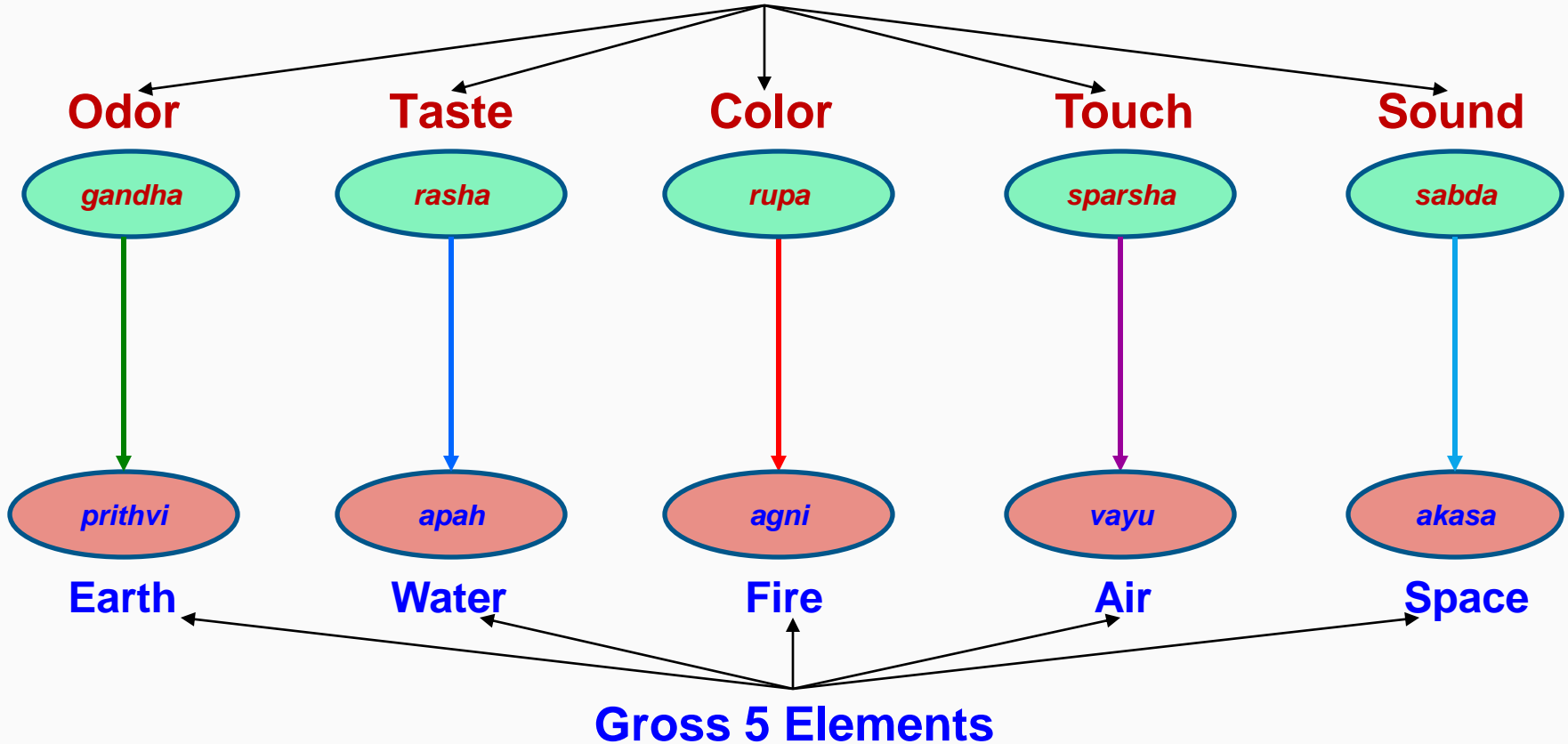
**Gross Body**  
(*sthula sarira*)

- 1) Gross and externally visible
- 2) Product of 5 Gross Elements (Earth, Water, Fire, Air, Space)
- 3) Subject to 6 changes (Existence, Birth, Growth, Change, Decay & Death)
- 4) Physical medium to experience pain & pleasure

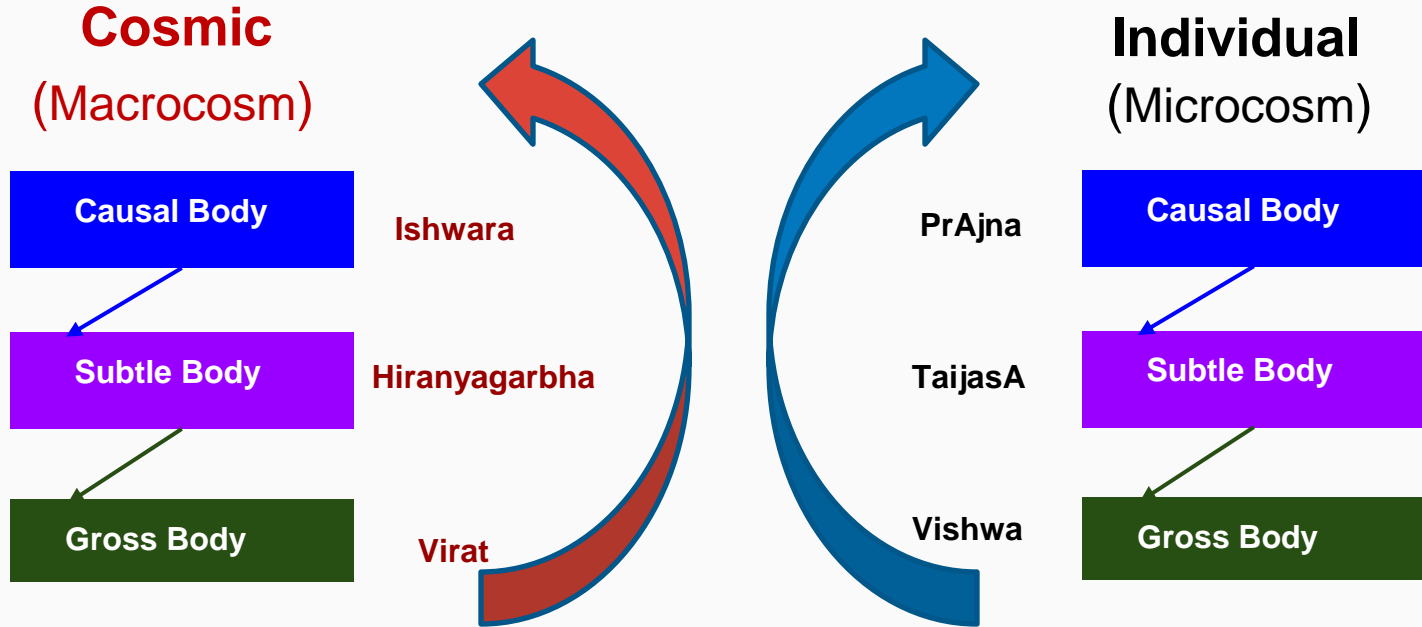


# Gross-Subtle Elements Relationship

## Subtle 5 Elements



# Cosmic Body & Individual Body



Ishwara = Sum Total of all Causal Bodies  
Hiranyagarbha = Sum Total of all Subtle Bodies  
Virat = Sum Total of Gross Bodies

# References

- I. *Vedantasara of Sadananda*
- II. *Tattva Bodha of Adi Sankaracharya*
- III. *Complete Works of Swami Vivekananda*
- IV. *The Gospel of Sri Ramakrishna*
- V. *Lectures of Revd. Swami Dayatmananda on Spiritual Progress, Hinduism, Karma Yoga, Upanishads, Patanjali etc.*

# Peace Chanting (*ShAnti PAttha*)

Sanskrit	Transliteration	Meaning
<p>ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते पूर्णंशु पूर्णमादाय पूर्णमेवावशिष्यते । ॐ शान्तिः शान्तिः शान्तिः । हरी ओम् तत् सत् ॥</p>	<p>Om Puurnnam-Adah Puurnnam- Idam Puurnnaat-Purnnam- Udacyate Puurnnashya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate   Om Shaantih Shaantih Shaantih   Hari Aum Tat Sat ॥</p>	<p>Om, That (Outer World) is Purna (Full with Divine Consciousness); This (Inner World) is also Purna (Full with Pure Consciousness); From Purna comes Purna (From the Fullness of Pure Consciousness the World is manifested) , Taking Purna from Purna, Purna Indeed Remains (Because Pure Consciousness is Non-Dual and Infinite). Om Peace, Peace, Peace. Supreme Absolute Truth.</p>