



**The purpose of human birth is to experience the divinity.  
Try to understand your true nature.  
Do not compare yourself with others.  
Follow your own conscience and enjoy Bliss. Do not imitate others.**

దైవత్వాన్ని అనుభవించడమే మానవ జన్మ లక్ష్యం.  
మీ నిజ స్వరూపాన్ని అర్థం చేసుకోవడానికి ప్రయత్నించండి.  
మిమ్మల్ని ఇతరులతో పోల్చుకోకండి.  
మీ స్వంత మనస్సాక్షిని అనుసరించండి మరియు ఆనందాన్ని  
ఆస్వాదించండి. ఇతరులను అనుకరించవద్దు.

# Living with SRI SATHYA SAI

VAHINI SWADHYAYA – Online Spiritual conference  
PRASNOTTARA VAHINI



## ❖ Brahmacharya

- ❖ Contemplation on Brahma  
Thathva



## ❖ Grihastha

- ❖ Dharma, Artha, Kama,  
Moksha



## ❖ Vaanaprastha

- ❖ Sathsang, Sadhana, Mantra  
Japa, Physical Pleasures



## ❖ Sanyasa

- ❖ Jagath Mithya, Dhyana, No  
Home



Chapter III. THE FOUR ASHRAMAS

❖ Brahmacharya, Grihastha, Vanaprastha and Sanyasa

❖ Which Ashrama is Superior

❖ Basic Qualities

❖ Daya

❖ Astheya (Non-Stealing)

❖ Dhee (Discrimination)

❖ Soucha (Cleaning)

❖ Kshama(Patience)

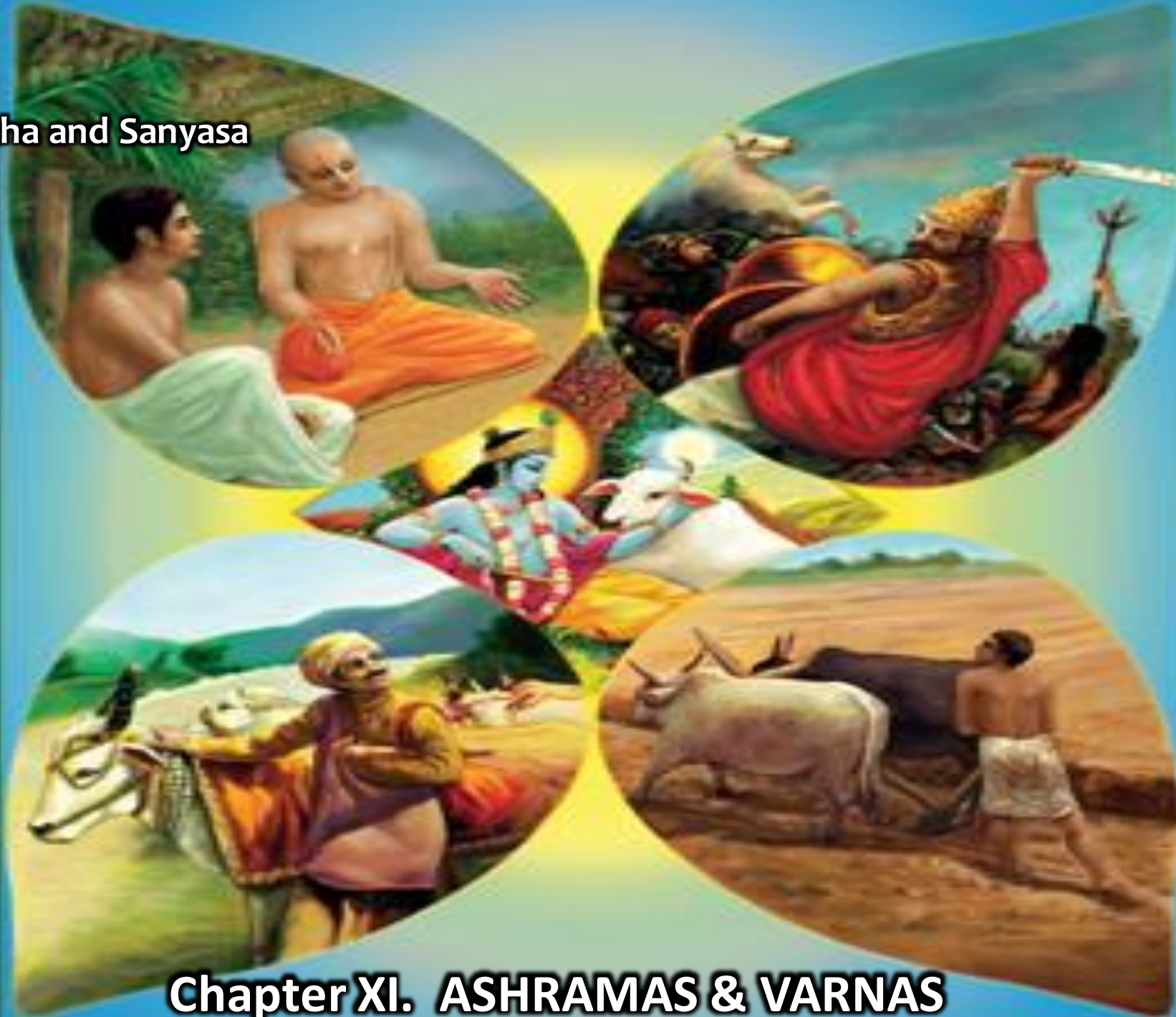
❖ Dhrithi (Steadfastness)

❖ Akrodha (No Anger)

❖ Varnas and significance

❖ Deha Dharma

❖ Sath Chith Ananda



## Chapter XI. ASHRAMAS & VARNAS

## Brahmacharya



- Basic Meaning
- Celibacy in Thought, Word and Deed
- One of the Yama which is first of the Patanjali's Ashtanga yoga.
- Spiritual Student: Brahma Thatwa
- Under Current for all the other Ashramas: Cannot assume as Stage of Life
- Role of Guru: Faith and Dedication of Student

## Grihastha



- Basic Meaning
- Celibacy: Controlled
- Duties are Important
- 8 Distractions
- Wealth and Desire
- Basis and Sustenance Support to other Ashramas
- King Janaka: one of the best examples
- Pancha Yajnas

## Vanaprastha



- Basic Meaning
- Conditions and Rules
- Dualities must be removed from Mind
- Purpose of this Stage
- Thinking of God



## Sanyasa



- Basic Meaning
- Conditions and Rules
- Ultimate Goal

### Other Questions

- Are all ochre-robed are renunciates
- Concept of Ashrams
- Example of Ramana Maharshi



# Prasnothara Vahini: Answers to Spiritual Questions

IMPORTANT OBSERVATIONS FOR OUR SPIRITUAL JOURNEY AS PER MY UNDERSTANDING

## 1. Pancha Koshas and Ashramas

- Annamaya kosha, "food" sheath (Anna)
- Pranamaya kosha, "energy" sheath (Prana)
- Manomaya kosha "mind" sheath (Manas)
- Vijñānamaya kosha, "discernment" or "Knowledge" sheath (Vigynana)
- Anandamaya kosha, "bliss" sheath (Ananda)

## 2. Concept of Purusartha and Ashramas

3. Dharma is the Basement and Underlying Current of all the Ashramas - Moksha is Goal

4. Concept of Guru in Ashramas - We have Sadguru

5. Does Age of the Human Body become an important factor in Ashrama Dharma?

- a. Exceptions of Age: Examples are King Parikshit and Adi Shankaracharya