VIDHYA AND BHAKTHI
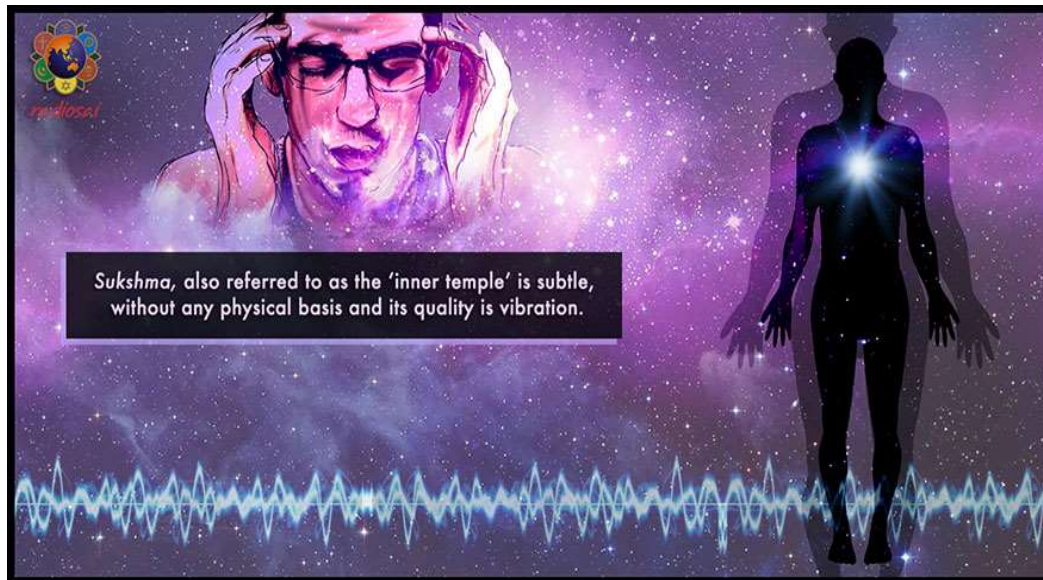
Four states of Consciousness

Jagrata (Waking),
Swapna (Dreaming),
Shushupti (Deep Sleep)
Thuriya (Samadhi) – Iswara sthana

Sukshma, also referred to as the 'inner temple' is subtle, without any physical basis and its quality is vibration.

The *sthula-sarira* or the gross body, gives the *Atma* a vehicle to perform action and deeds.

Amanaska, withdrawal of the mind, or **Manolaya** annihilation of the mind.

Sthula (Gross)
Sukshma (Subtle)
Karana (Causal)
Mahakarana – consciousness above them

Paramartha - Beyond the body and Senses
Paramapada – Limitless Open
Paripoorna - The Fullest of full

He has many names and forms
He is ungraspable by our words and thoughts

He fills the Universe and beyond. There is no place outside him. All names are his and no Name is alien to him.

The difference between the *Parabrahman* and the *Avatar* is like the difference between the Sun and its rays.

The *Parabrahman* has no name or form, and is not subject to change. The *Avatar* has name and form and is liable to change, but by its own Will.

Purusharthas

Four-point formula made up of four keywords.
They are:
- *Dharma* meaning Righteousness,
- *Artha* meaning Wealth,
- *Kama* meaning Desires, and
- *Moksha* meaning Liberation (The Ultimate *Purushartha)*

FOUR VIDYAS

➤ Anvikshiki - Science of inquiry / Science of logic/ Science of Thinking

➤ Trayi/Trayee – 3 Vedas Rigveda, Yajur Veda and Sama Veda

➤ Vartha - Agriculture, Animal husbandry, Trade and Commerce

➤ Dandaneethi - Politics and Public administration (*danda-niti*)

Anvikshiki is...

• Philosophy

• Brahma Vidya (Highest Spiritual Knowledge)

• Science of Thinking & Strategizing

• Methodology of "How to think"

The Four Immeasurable Virtues …

Maitri - Friendliness
Karuna - Compassion
Mudita - Joy
Upeksha - Equanimity

Positive attitudes for Peace of Mind PYS 1.33

मैत्रीकरुणामुदितोपेक्षणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चित्तप्रसादनम्

Maitri karuna mudita upekshanam sukha duhka punya apunya vishayanam bhavanatah chitta prasadanam

By cultivating attitudes of :
- Friendliness toward the happy
- Compassion for the unhappy
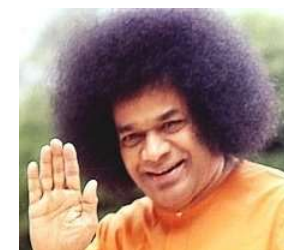- Delight in the virtuous, and
- Disregard toward the wicked

Then the mind-stuff retains its undisturbed calmness which is Called as Citta prasadana

FOUR TYPES OF BHAKTHI

Artah - The Troubled One
Artharthi - The Opportunist
Jijnasuh,- The Discriminate Devotee
Jnani -Seeker Of Knowledge

SAI RAM