



Prasanthi Vahini

Athāto Brahma Jijñāsā



Prasanthi Vahini: Stream of Meditation



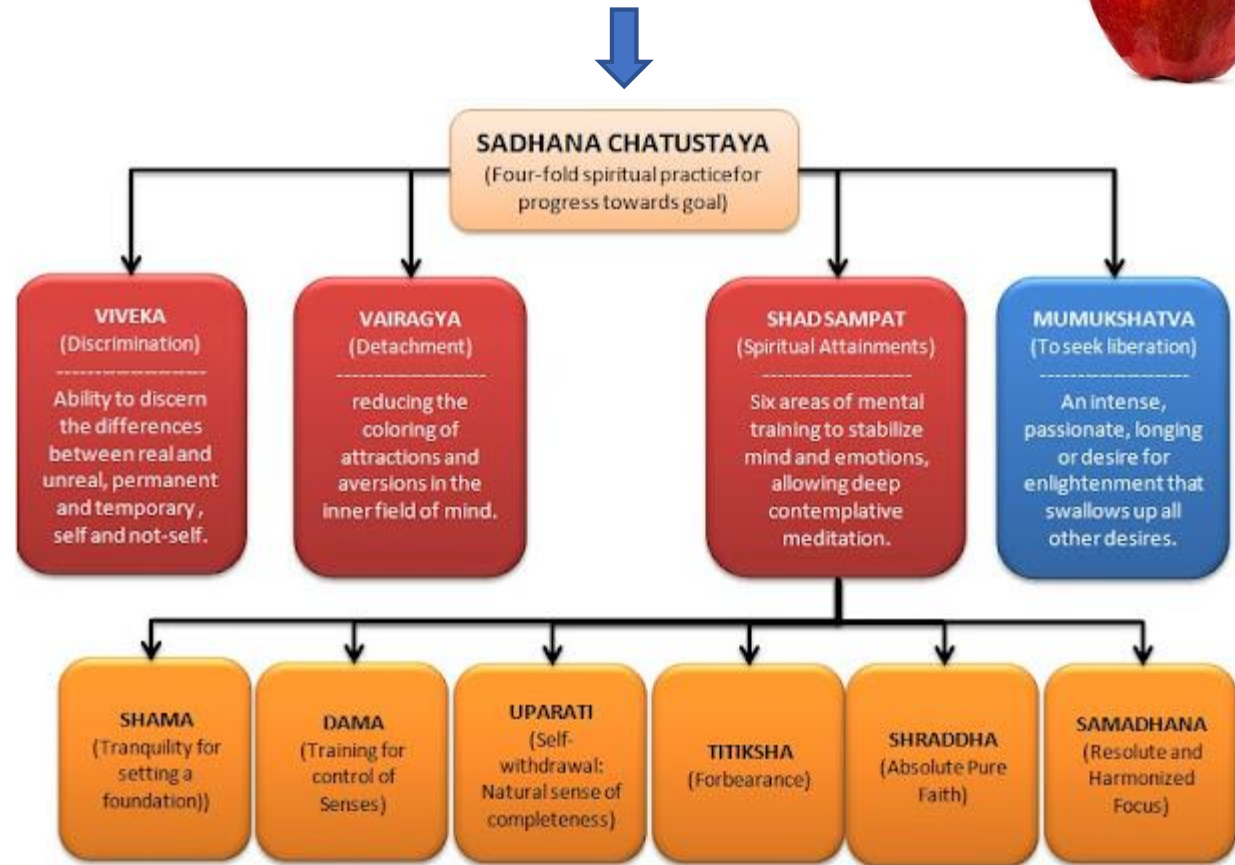
Knowledge of Brahman is always Indirect until we experience Brahman



Role of the Guru



Contemplating on Brahman is Meditation (Dhyana)



Prasanthi Vahini: Stream of Meditation

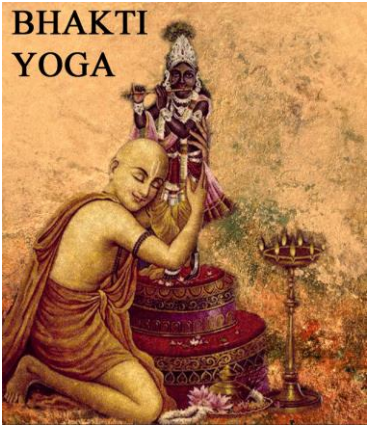
The Paths of Yoga

Yoga

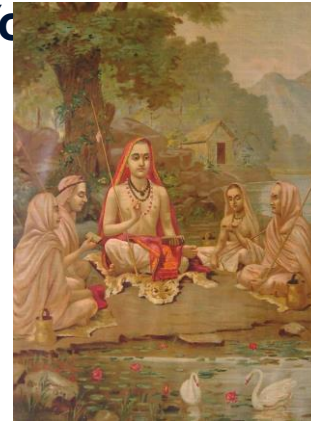
Bhakti

Karma

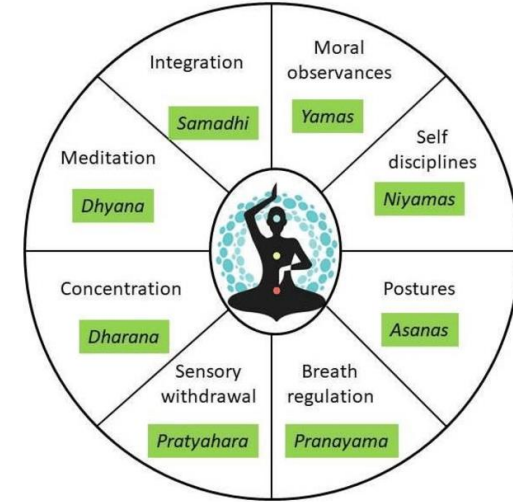
Gyana (Jnana) Yoga



Path of Unselfish Action



Raja



Patanjali's 8 Limbs of Yoga



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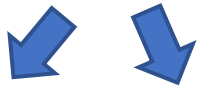


Giving up of attachment to the body and to the senses.

Brahman



Creation



Individual form of a Whole

Collective form of the Individual Parts



Chaithanya =

Gross (Sthula)
Subtle (Sukshma)
Causal (Karana)

<p>Yama: external ethics</p> <p>ahimsa: non-harming</p> <p>satya: benevolent truthfulness</p> <p>asteya: responsibility, non-stealing</p> <p>brahmacharya: unity</p> <p>aparigraha: simplicity, generosity</p>	<p>Niyama: internal ethics</p> <p>saucha: clarity, purity</p> <p>santosha: contentment</p> <p>tapas: discipline, sacrifice for others</p> <p>svadyaya: self-study</p> <p>ishvara pranidhana: surrender, service to something bigger</p>
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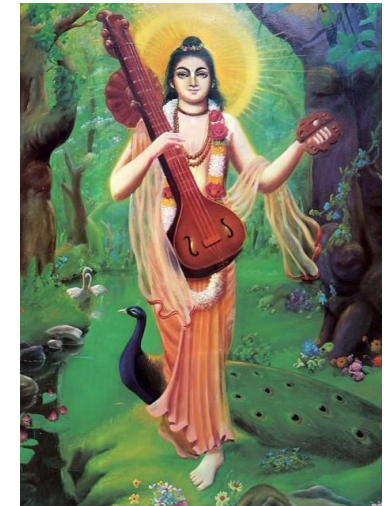
True Self Yoga

Steadfast Love towards the Absolute

We are enjoying this worldly sweetness because of existence of Brahman in every bit of it.

Once experience Brahman, one cannot resist – Ocean of Nectar

Narada Bhakthi Sutra



The establishment of one's intellect in this consciousness is the real renunciation of the body and the senses, which is implied in the word Yama.

Niyama - Seeing Brahman in everything when the inner sense is pure, and we have achieved control of the outer senses.



Asana means both steadiness of the physical frame and inner joy that blooms in the heart. Posture in which one is most unaffected by the external world.

Do not let people influence you on the opposite way, which is towards worldly pleasures.

Steadiness and Stability of Posture (*Asana*) is possible when the reality of *Brahman* and the unreality of the world is understood.



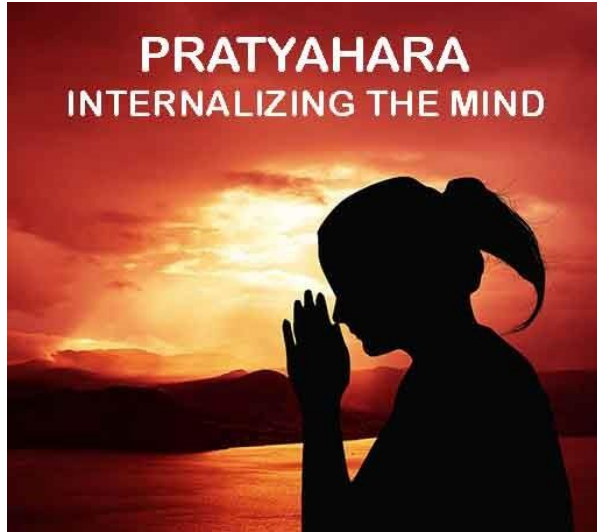
Pranayama

Golden Ornaments and Gold

Take everything to be *Brahman* and *Brahman* alone

The genuine master of breath control will picture the world like letters written in pencil many years ago: indistinct, hazy, misty. Knowing that Brahman alone is all this, such a one will never be drawn toward their environment, however fascinating it may be. Earnings, wealth, property — everything is unreal, valueless, not worthwhile. This conviction is the best sign of breath control (Pranayama).

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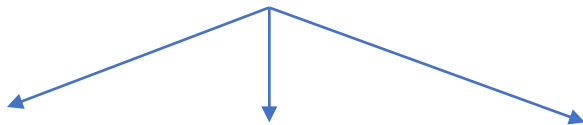


Mental Consciousness (*Chittha*) should understand what is real and what is delusion.

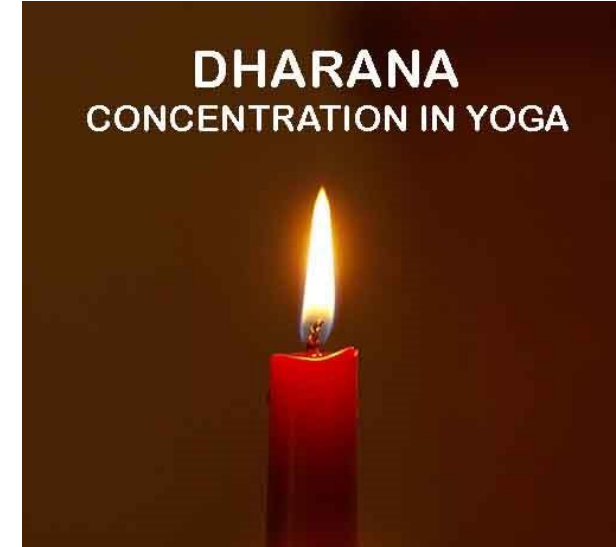
[Chinna Katha Link](#)

The straight, sharp, single-pointed vision of the mind toward the *Atma* within is the real control of the mind (*Prathyahara*).

How to control the Mind



Daiva Preethi, Paapa Bheethi & Sangha
Neethi



To whichever place the mind may wander, instruct it to find only Brahman there. Whatever ideas and pictures it may form, instruct it to find only Brahman in those creations of the mind stuff.

Examine your Thoughts and replace them
Read and engage in the thought of Brahman



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DHYANA MEDITATION IN YOGA



Meditation, in short, is the uninterrupted dwelling of the consciousness in wisdom, the consciousness itself becoming thereby the embodiment of wisdom.

All is *Brahman*



River Water



Well water



Tap water



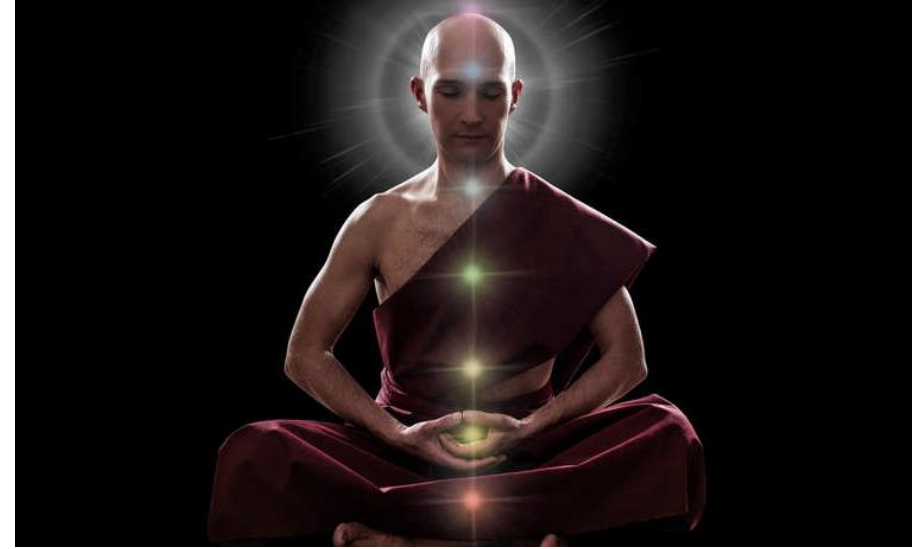
Underground Water



Sea water



Lake water



When someone who is engaged in meditation on the Divine forgets both themselves and the fact that one is engaged in meditation, then it becomes Samadhi.

When one knows that there is not one iota of distinction between the individual (jiva) and the Atma, that they are one and the same, then it is the highest Samadhi.

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IMPORTANT OBSERVATIONS FOR OUR SPIRITUAL JOURNEY AS PER MY UNDERSTANDING

Indirect knowledge given by Guru will always be simple and confusing. Please do not ignore them.

There are many paths to attain Brahman in which we all will be following similar steps. Follow just one path and have trust in that path.

Ashtanga Yoga are considered as limbs and not steps.

Controlling Mind and channeling to the right path is the predominant part of the life.



Samastha Loka Sukhino Bhavanthu

Sai Ram and Thank You