

*Living with* SRI SATHYA SAI  
VAHINI SWADHYAYA – *Online Spiritual conference*



PRASNOTTARA VAHINI

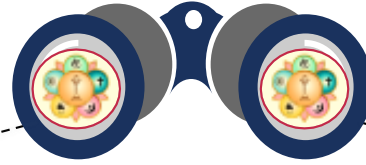


SRI SATHYA SAI SEVA ORGANIZATION, KARNATAKA

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SANDEHA



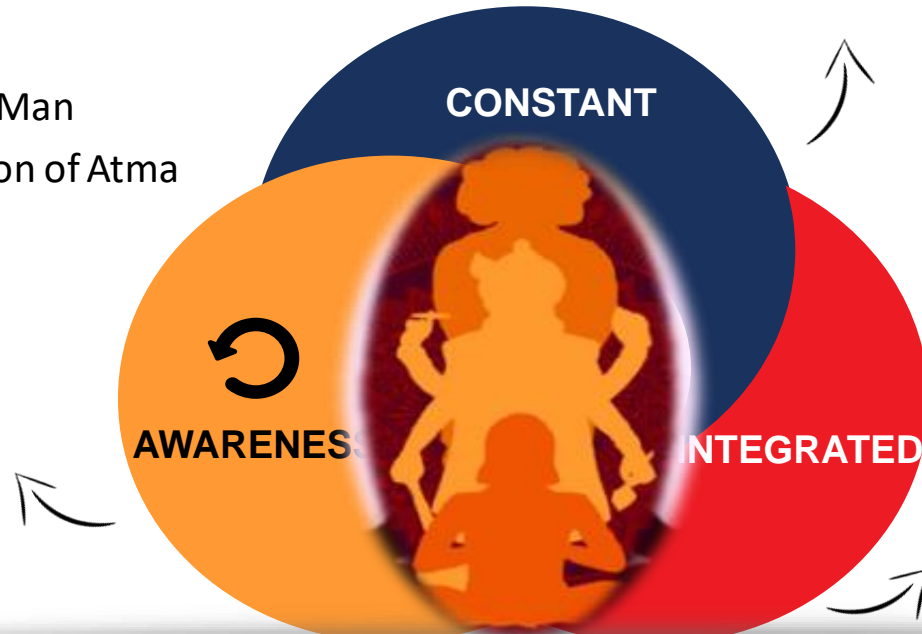
NIVARINI

- 1. Gurus and Mantras
- 2. Listen to Yourself, Not to Disbelievers
- 3. The External World, Internal World, and Bhagavan
- 4. Awareness and its Lower Form
- 5. Thai! Thai! Thai! Dummy!
- 6. The Internal and External Senses
- 7. Forty-six Maxims of Conduct



- 12. The Gross and the Subtle
- 13. The Ramayana in the Heart of Man
- 14. The Bhagavatha: the Description of Atma
- 15. Gurus and Ashrams
- 16. Meditation
- 17. The Power of Ignorance

- 8. The Meaning of Superimposition
- 9. The Supreme Soul
- 10. Reflections on Manifesting and Merging
- 11. Obstructions of the Past, Present and Future



# PRASNOTTARA VAHINI

## AN INTROSPECT



- 3. The Four Ashramas
- 11. Ashramas and Varnas
- 12. The Sastras and Sanyasa
- 10. Brahma Vidya and Women

- 5. Vidya and Bhakti
- 4. Moksha and Karma
- 6. Obstacles to Moksha
- 9. Jnana and Yoga
- 8. Yoga and Moksha



- 1. The Body & Indriyas
- 2. The Fourteen Lokas
- 7. The Pancha Kosas

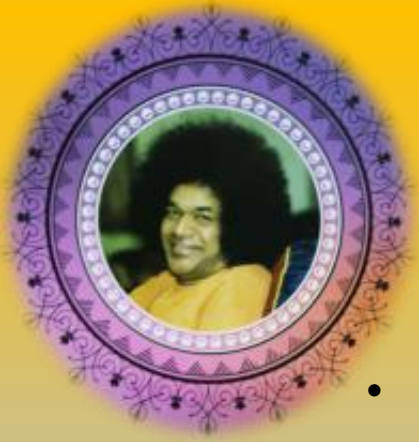
- 13. Mantra and Japa
- 14. Tapas
- 15. Asthanga Yoga

# Chapter I. THE BODY & INDRIYAS



- ❖ **Brahman**
  - ❖ **Yathna, Mahath (From Cosmos)**
  
- ❖ **Five Elements**
  - **Aakasa - Inner Senses**
  - **Vayu - Pancha Pranas**
  - **Agni – Jnanedriyas**
  - **Water – Pancha Thanmatras**
  - **Earth – Karmendriyas**
  
- ❖ **Dehas**
  - **Sthula Deha**
  - **Sookshma Deha**
  - **Karana Deha**
  - **Maha Karana Deha**
  
- ❖ **Vasanas**
  - **Body, mind, wealth and attraction to other Gender**
  
- ❖ **Pride**
  - **Caste, wealth, Youth, Scholar**

# Chapter I. THE BODY & INDRIYAS



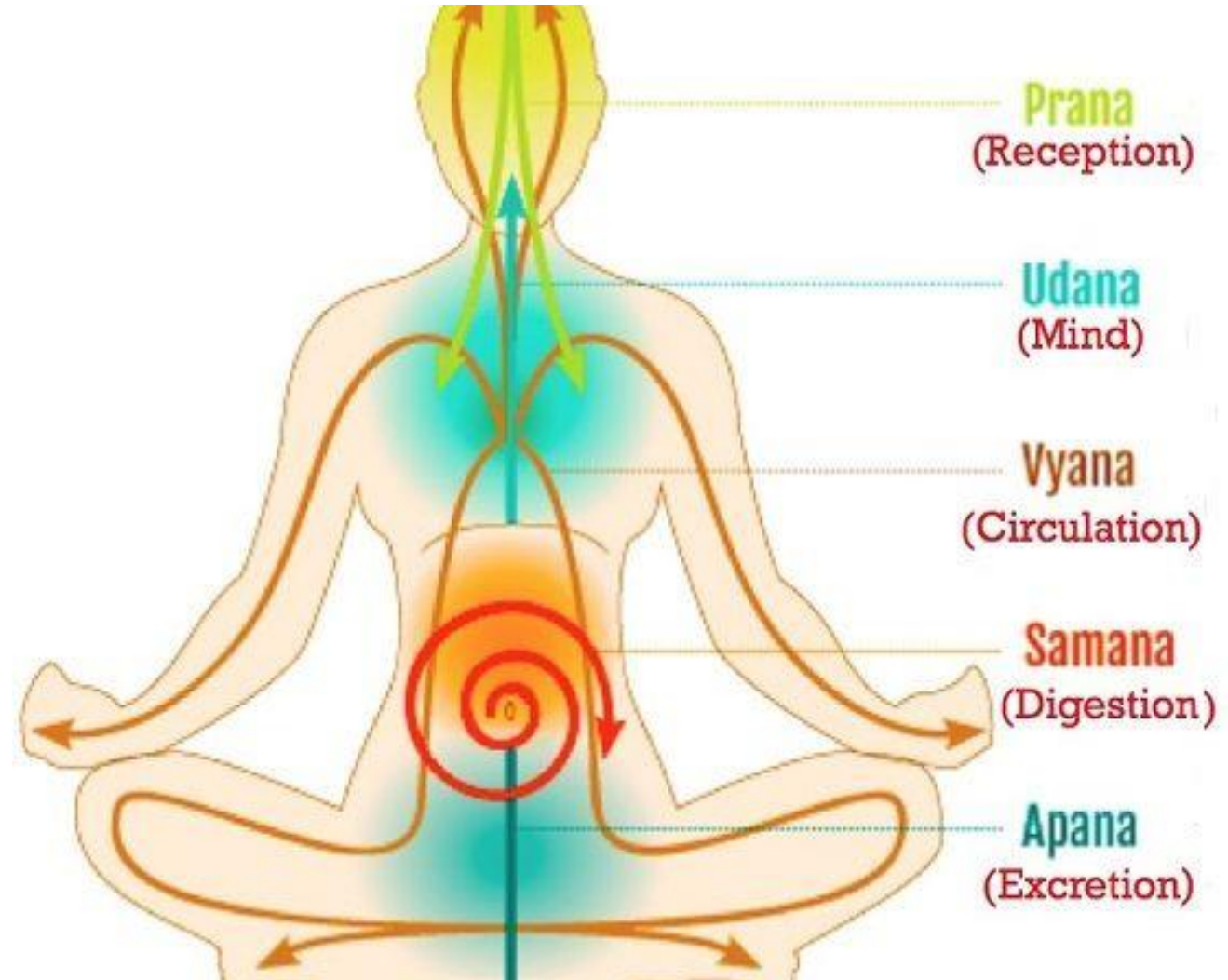
- Brahman – the primal source of Sat-Chit-Ananda. From whom the five elements were emerged.
- Akasha (Space or ether) provides the initial impulse. It is comparable to an infinite container. The other four elements air, water, fire and earth - are contained in it
- Akasha (space or ether) is activated by what is called Ati-Gati (very high-speed motion or vibrations).
- These vibrations, by their movement, give rise to air.
- The movement of air results in fire or heat. It is a scientific fact that friction causes heat, as in the case of rubbing of the palms.
- To generate heat air is necessary. When the heat cools off, water is produced. Fluids solidify into earth.
- Hence, the starting point for the five elements is Akasha (space).
- These elements have come into existence for sustaining the universe and demonstrating the omnipresence and omniscience of the Divine.

# Chapter I. THE BODY & INDRIYAS

## Air (Vayu) – Pancha Prana



- **Prana** (breath, vital airs):
  - Breathing, Swallowing, Blood circulation
- **Udhaana**
  - Life wind which rises on throat and enters head
- **Vyaana**
  - The life wind, diffused throughout the whole body
- **Samaana**
  - Balanced breathing
  - Digestive secretions, balance of Prana and Apana
- **Apaana**
  - Down breath



# Chapter I. THE BODY & INDRIYAS



## Fire (Agni) – Jnanendriyas

- Eye - the organ of sight having visible forms as its object.
- Ear - the organ of hearing, having sound as its object.
- Skin – the organ of feeling, having touch (contact) as its object.
- Nose - the organ of smelling, having smell (odors) as its object.
- Tongue - the organ of tasting, having flavors as its object.



# Chapter I. THE BODY & INDRIYAS



## Water (Jal) – Pancha Tanmatra Five Rudimentary Elements

- Sabda - Sound
- Sparsa – Touch
- Rupa - Form
- Rasa - Taste
- Gandha - Smell



### WATER IN THE HUMAN BODY

- Forms saliva
- Keeps mucous membranes moist
- Allows cells to grow, reproduce and survive
- Flushes body waste, mainly in urine
- Lubricates joints
- Water is the major component of body parts
- Needed by the brain to manufacture hormones and neurotransmitters
- Regulates body temperature through sweating and respiration
- Acts as a shock absorber for the brain and spinal cord
- Converts food to components needed for nutrition
- Helps deliver oxygen all over the body



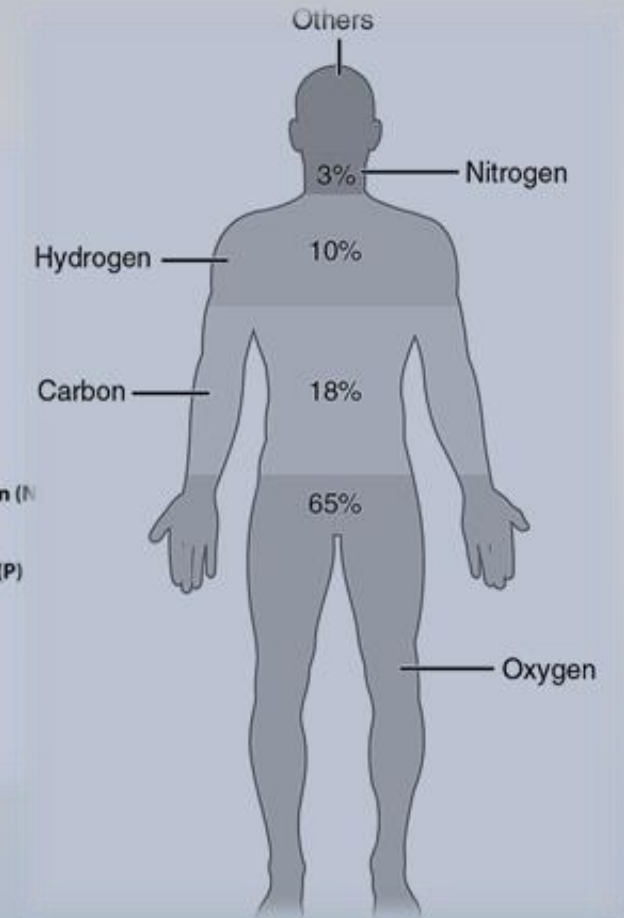
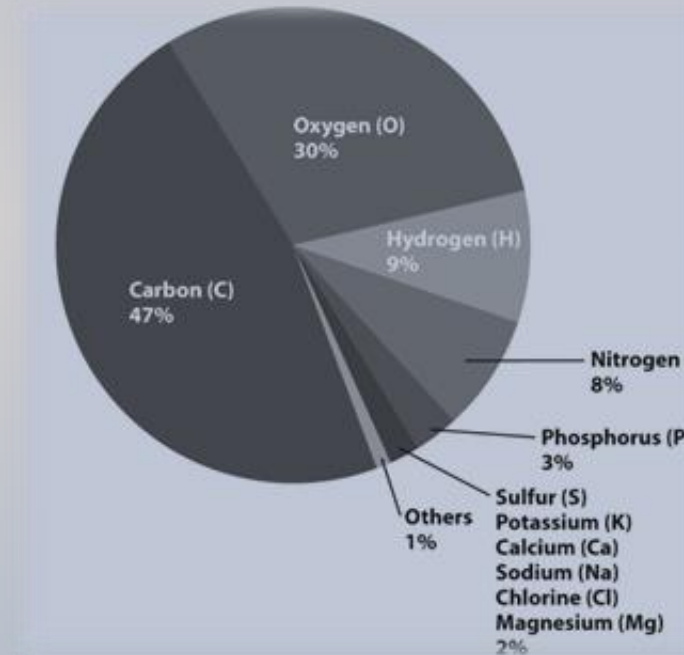
# Chapter I. THE BODY & INDRIYAS



## Earth (Bhoomi) – Karmendriyas Organs of Action

- Vocal organs
- Hands
- Legs
- Genitals
- Excretory organs

Satsangathvam



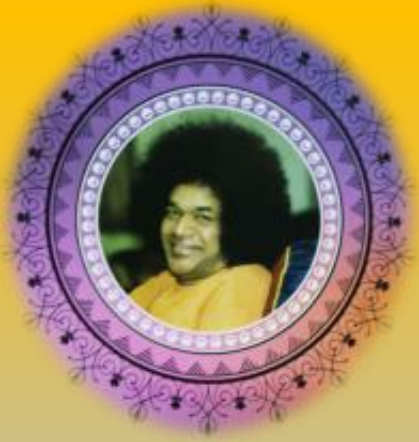
# Chapter I. THE BODY & INDRIYAS

## Ether (Akasa) – Inner Senses

- \* **Manas** is thinking aspect of mind.
- \* **Buddhi** is intellectual analysis and discrimination aspect of mind.
- \* **Chitta** is memory storage aspect of mind including storage of emotional impressions.
- \* **Ahamkara** is aspect of mind identifying itself with human body (including the mind; so mind-body complex)
- \* **Antahkarana** is the combined aspects of all of the above: Manas, Buddhi, Chitta and Ahamkara



# Chapter I. THE BODY & INDRIYAS



- Although the mind is one, according to the different functions performed by it, different names are given to it.
- When it is engaged in the thought process, it is called Manas.
- When it is engaged in discriminating between what is permanent and what is transient, it is called Buddhi (intelligence).
- In its role as a reservoir of memory, it is called Chitta.
- When the mind identifies itself with the body, it is called Ahamkara (ego). T
- The four names are related to the mind and their combined aspect constitutes Antahkarana (the inner instrument). Thus, both the waking and dream states are creations of the mind.

## References from:

- Divine Discourse to Students at the Prasanthi Nilayam Campus Auditorium on June 22, 1987
- Divine Discourse at Sathya Sai Hostel on September 11, 1986
- Sri Sathya Sai Digvijayam (1926 – 1985)

# Chapter I. THE BODY & INDRIYAS



## DEHAs

- **Physical Body (Sthula Deha)**
  - Jagrutha State - Mind
- **Subtle Body (Sookshma Deha)**
  - Dream State (Swapna) - Mind
- **Causal Body (Karana Deha)**
  - Deep Sleep (Sushupti)
  - Pragnana
- **Maha Karana Deha**
  - Self Luminous
  - Hiranya Garbha
  - Akshara Purusha



# Chapter I. THE BODY & INDRIYAS



## MAYA SABHA – OWN WORLD

### VASANAS

- Body
- Mind
- Wealth
- Sensual Desires



### PROUD STRUCTS

- Vanity of Clan
- Vanity of Scholarship
- Vanity of Wealth
- Vanity of Youth

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❖ Thalathala

❖ Paathala

❖ Bhu loka

❖ Athala, Vithala, Suthala

❖ Sathya Loka

❖ Thapo Loka

❖ Jana Loka

❖ Mahar Loka

❖ Suvarloka

❖ Bhuvarloka

❖ Pancha Agni

❖ Anda Pinda Bramhanda



SAHASRARA  
Divine Bliss

AJNA  
Divine control

VISHUDDHA  
Expression of Divinity

ANAHATHA  
Understand and connect to  
Divinity

MANIPURA  
Ability to Channel

SWADHISTHANA  
Ability to Nurture

MULADHARA  
Eager to Learn

Chapter II. THE FOURTEEN LOKAS

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