



# Way to the Goal

---

GOKULMUTHU NARAYANASWAMY

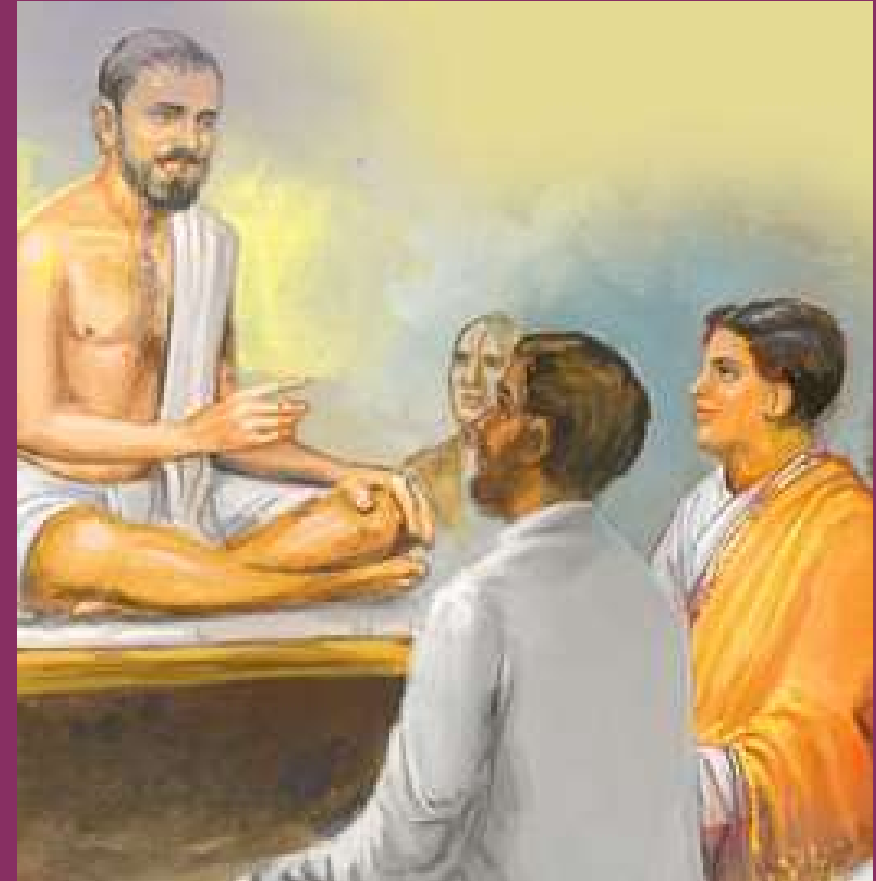
[www.practicalphilosophy.in](http://www.practicalphilosophy.in)





# What is the Goal?

- ❖ Every living being wants to be happy
- ❖ Lower plants and animals
  - ❖ survival and procreation
- ❖ Higher animals
  - ❖ pleasure and emotions
- ❖ Humans
  - ❖ values, compassion, discipline
- ❖ Spiritual goal
  - ❖ unconditional, permanent
  - ❖ True knowledge of the Self
- ❖ Artha, Kaama, Dharma, Moksha
  - ❖ Kaama-kaanchana tyaaga
  - ❖ Aatmano mokshaartam jagat hitaaya ca



Courtesy: Ramakrishna Math



# What is hiding the truth?

- ❖ Evolutionary baggage
- ❖ Designed for survival, not for freedom
- ❖ Three specific problems
  1. Survival instinct
  2. Pleasure seeking
  3. Individuality
- ❖ They were useful so far, no longer
- ❖ They need to be overcome



Courtesy: unsplash



# Feeling of insecurity

- ❖ Core feeling needed for survival
- ❖ Fear of death, disease, old age
- ❖ Manifested in biological system as hunger, thirst, pain, fear, anxiety, anger, sorrow
- ❖ Manifests in humans as seeking food, wealth, health, security, insurance, job, property, dwelling
- ❖ Is there a guarantee?



Courtesy: pixabay





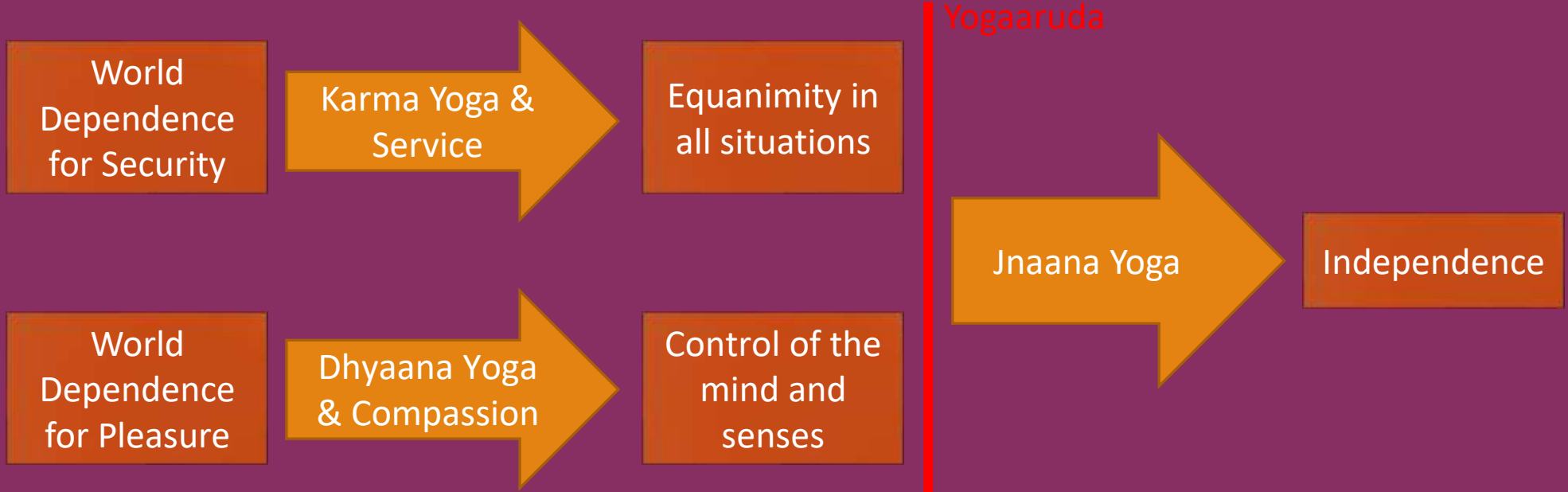
# Where does happiness come from?

- ❖ Happiness comes from within
- ❖ Same object gives different amount of happiness to different people at different times
- ❖ Everyone is happy in sleep
- ❖ External people, objects and situations are not needed
- ❖ Step by step towards freedom from dependance on external factors





# The Road Map



ये त्वक्षरमनिर्देश्यमव्यक्तं पर्युपासते । सर्वत्रगमचिन्त्यं च कूटस्थमचलं ध्रुवम् ॥ १२-३ ॥

सन्नियम्येन्द्रियग्रामं सर्वत्र समबुद्धयः । ते प्राप्नुवन्ति मामेव सर्वभूतहिते रताः ॥ १२-४ ॥

Story of “Da, Da, Da” from Brihadaaranyaka Upanishad



# Different Stages in Spiritual Development

## Seeking Security

Selfless

- Give without expectation
- Serves people

Fame

- Name
- Recognition

Barter

- Give and take
- Win-win situations

Selfish

- What is in it for me?
- Rewards and possessions

Lazy

- No motivation
- Sticks and carrots

## Seeking Pleasure

Intrinsic

- Spiritual inquiry
- Self knowledge

Meditation

- Concentration
- Introspection

Moral values

- Honesty, kindness
- Self-discipline

Subtle pleasures

- Music, art
- Science, knowledge

Sense pleasures

- Food, sleep
- Cannot stretch

Independence

Dependence on  
Self-effort

Dependence on  
World



# Who is the Lord?

भोक्तारं यज्ञतपसां सर्वलोकमहेश्वरम् ।

सुहृदं सर्वभूतानां ज्ञात्वा मां शान्तिमृच्छति ॥ ५-२९ ॥

The Lord is:

- ❖ The consumer of all activities (external and internal) of all living beings – Omniscient, Omnipresent
- ❖ The controller of all the worlds (physical, mental and causal) – Omnipotent
- ❖ The true well-wisher of all living beings – Compassionate

Peace is attained by knowing the Lord thus. (5.29)

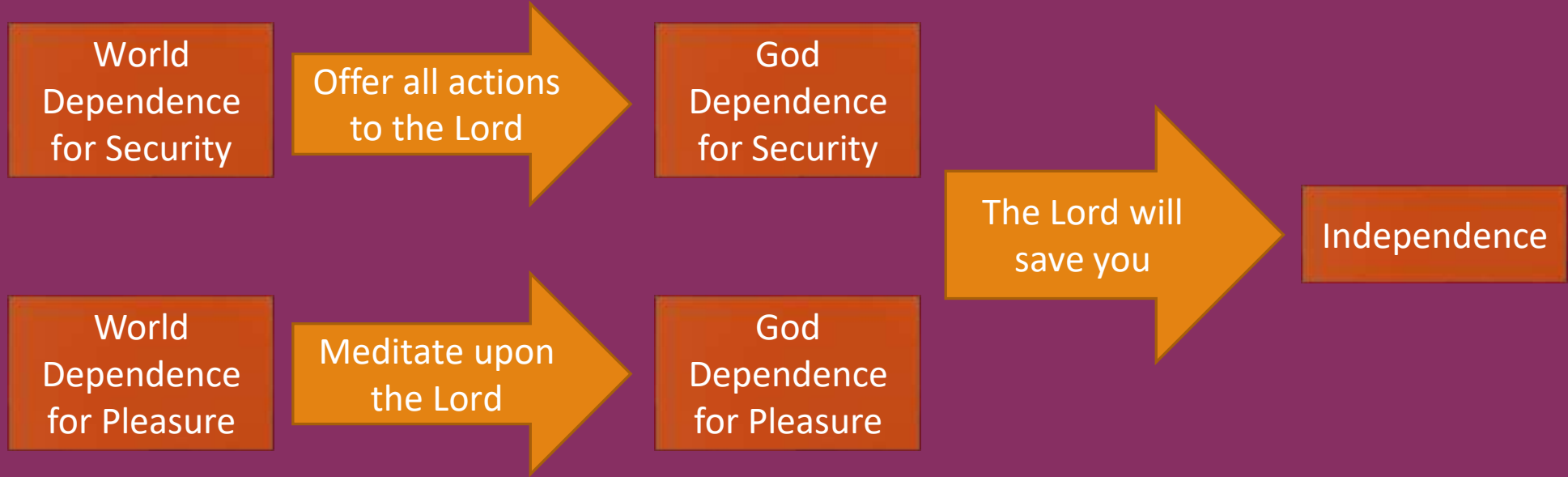


Courtesy: ISKCON





# Combine with Bhakti



ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः । अनन्येनैव योगेन मां ध्यायन्त उपासते ॥ १२-६ ॥

तेषामहं समुद्धर्ता मृत्युसंसारसागरात् । भवामि न चिरात्पार्थ मय्यावेशितचेतसाम् ॥ १२-७ ॥



# Different Stages in Spiritual Development

Seeking Security		Seeking Pleasure	
Selfless	<ul style="list-style-type: none"><li>• Give without expectation</li><li>• Serves people</li></ul>	Intrinsic	<ul style="list-style-type: none"><li>• Spiritual inquiry</li><li>• Self knowledge <b>Kathaa</b></li></ul>
Fame	<ul style="list-style-type: none"><li>• Name</li><li>• Recognition</li></ul> <b>Bhakta</b>	Meditation	<ul style="list-style-type: none"><li>• Concentration <b>Japaa</b></li><li>• Introspection <b>Prayer</b></li></ul>
Barter	<ul style="list-style-type: none"><li>• Give and take</li><li>• Win-win situations</li></ul> <b>Isvara Arpana</b>	Moral values	<ul style="list-style-type: none"><li>• Honesty, kindness <b>Sevaa</b></li><li>• Self-discipline <b>Vrataa</b></li></ul>
Selfish	<ul style="list-style-type: none"><li>• What is in it for me?</li><li>• Rewards and possessions</li></ul> <b>Isvara Prasaada</b>	Subtle pleasures	<ul style="list-style-type: none"><li>• Music, art <b>Bhajans</b></li><li>• Science, knowledge, travel <b>Pilgrimage</b></li></ul>
Lazy	<ul style="list-style-type: none"><li>• No motivation</li><li>• Sticks and carrots</li></ul>	Sense pleasures	<ul style="list-style-type: none"><li>• Food, sleep <b>Prasaada</b></li><li>• Cannot stretch</li></ul>

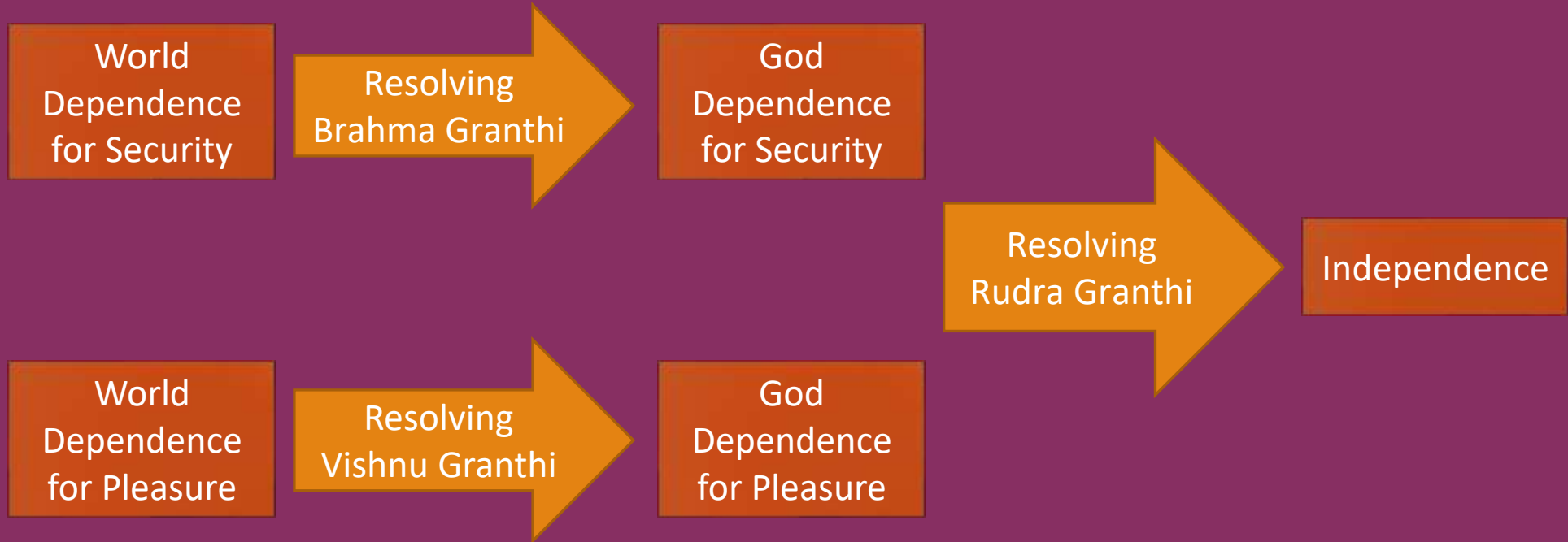
Independence

Dependence on  
~~Self-effort~~ God

Dependence on  
World



# Yoga Terminology





# Karma Yoga

- ❖ There is an order in the world.
- ❖ You will get what you deserve.
- ❖ Everything happens in life for your spiritual development.
- ❖ No one else is responsible for what happens in your life.
- ❖ Trust in Law of Karma and God
- ❖ No regrets, grudges, anxiety



Courtesy: unsplash.com





# Yagna and Daana

- ❖ Give back what you owe
  - ❖ Deva Yagna – To nature
  - ❖ Bhoota Yagna – To other living beings
  - ❖ Manushya Yagna – To other humans
  - ❖ Pitru Yagna – To ancestors
  - ❖ Rishi Yagna – To teachers
- ❖ Contribute more than you consume  
दातव्यमिति यद्दानं दीयतेऽनुपकारिणे ।  
देशे काले च पात्रे च तद्दानं सात्त्विकं स्मृतम् ॥ १७-२० ॥



Courtesy: unsplash.com



# Tapas

## ❖ Physical austerities

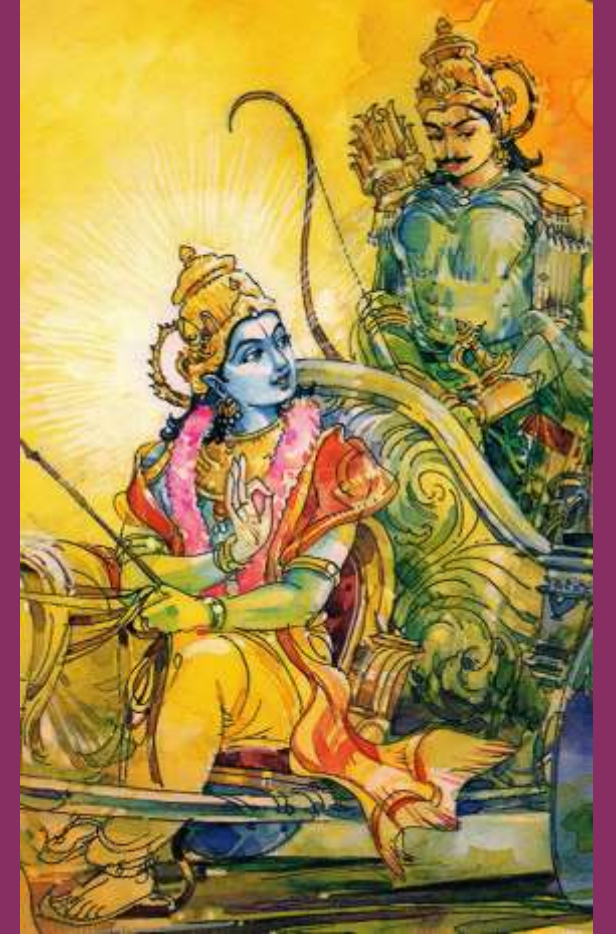
देवद्विजगुरुप्राज्ञपूजनं शौचमार्जवम् ।  
ब्रह्मचर्यमहिंसा च शारीरं तप उच्यते ॥ १७-१४ ॥

## ❖ Verbal austerities

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।  
स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥ १७-१५ ॥

## ❖ Mental austerities

मनः प्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ।  
भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥ १७-१६ ॥



Courtesy: Ramakrishna Math



# Do everything for the Lord

## ❖ Swadharma

यतः प्रवृत्तिर्भूतानां येन सर्वमिदं ततम् ।

स्वकर्मणा तमभ्यर्च्य सिद्धिं विन्दति मानवः ॥ १८-४६ ॥

## ❖ Do your duty as offering to the Lord

## ❖ Yagna-daana-tapas

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।

यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥ ९-२७ ॥

## ❖ Do yagna-daana-tapas as offering to the Lord



Courtesy: ISKCON





# Dhyaana Yoga

- ❖ Purely mental activity
- ❖ Flow of similar thoughts
- ❖ Different types
  - ❖ Concentration, Relaxation, Expansion, Value, Self enquiry
  - ❖ Leela dhyaana, Maanasa puja, Japa, Pratika dhyaana, Manana, Atma vichaara
- ❖ Obstacles
  - ❖ Stupor, distraction, negativity, pleasure



Courtesy: Ramakrishna Math





# Preparations

- ❖ Possible only with a meditation conducive lifestyle – Karma Yoga
- ❖ Free from all guilt, grudges, anxiety, fear
- ❖ Temporarily suspend all worldly relationships and responsibilities
- ❖ Have a good TODO list to keep mind free
- ❖ Place, time, environment
- ❖ Sit with body, neck, head straight
- ❖ Free, deep, natural, nasal breathing



Courtesy: unsplash.com



# Process

- ❖ Puja, Chanting
- ❖ Wish everyone well
- ❖ Gratitude to people, teachers, God
- ❖ Mental chanting, Leela dhyana
- ❖ Maanasa puja, Pratika dhyana, Japa
- ❖ Gratitude to people, teachers, God
- ❖ Whenever mind wanders, bring back gently firmly repeatedly with no regret



Courtesy: [vivekavani.com](http://vivekavani.com)



# Expected Outcomes

- ❖ Deep love for God and living beings
- ❖ Deeper understanding of truth
- ❖ Free from hankering after pleasure
- ❖ Reduced expectation and attachment to people, objects and situations
- ❖ Greater enthusiasm and resilience in life
- ❖ Greater capacity to face adversities
- ❖ Reduced desire, greed, anger, jealousy, fear, sorrow, confusion, anxiety, etc.



Courtesy: unsplash.com



# Jnaana Yoga

- ❖ God alone that exists and nothing else
- ❖ God appears as this world and living beings
- ❖ I am not this body, mind or limited individual
- ❖ I am Pure Consciousness
- ❖ The individuality is a mere reflection of Pure Consciousness on the body and mind



[www.practicalphilosophy.in](http://www.practicalphilosophy.in) ❖ Sravana, Manana, Nididhyaasana

Courtesy: unsplash.com



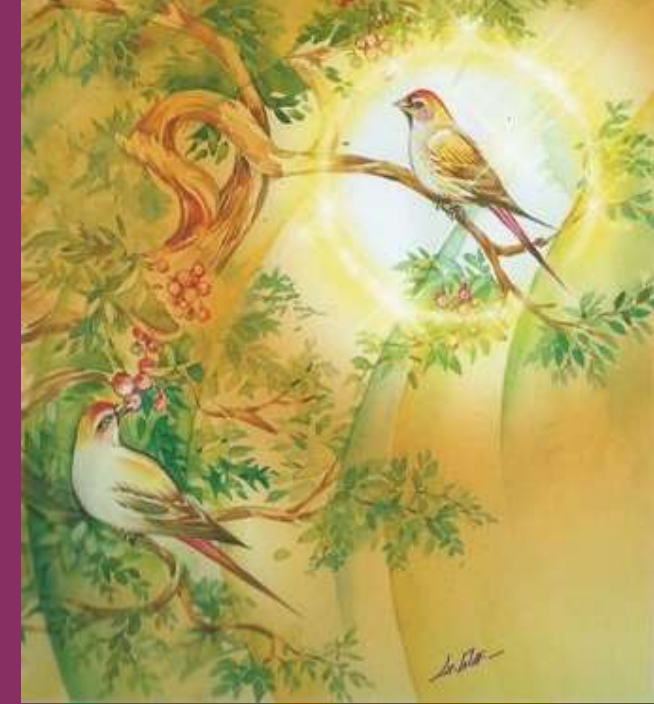


# Jivatmaa and Paramaatma

Mundaka Upanishad 3.1,3.2,3.3

द्वा सुपर्णा सयुजा सखाया समानं वृक्षं परिषस्वजाते ।  
तयोरन्यः पिप्पलं स्वाद्वत्त्यनश्नन्नन्यो अभिचाकशीति ॥ १॥  
समाने वृक्षे पुरुषो निमग्नोऽनिशया शोचति मुह्यमानः ।  
जुष्टं यदा पश्यत्यन्यमीशमस्य महिमानमिति वीतशोकः ॥ २॥  
यदा पश्यः पश्यते रुक्मवर्णं कर्तारमीशं पुरुषं ब्रह्मयोनिम् ।  
तदा विद्वान् पुण्यपापे विधूय निरञ्जनः परमं साम्यमुपैति ॥ ३॥

“The whole of the Vedanta Philosophy is in this story: Two birds of golden plumage sat on the same tree. The one above, serene, majestic, immersed in his own glory; the one below restless and eating the fruits of the tree, now sweet, now bitter. Once he ate an exceptionally bitter fruit, then he paused and looked up at the majestic bird above; but he soon forgot about the other bird and went on eating the fruits of the tree as before. Again he ate a bitter fruit, and this time he hopped up a few boughs nearer to the bird at the top. This happened many times until at last the lower bird came to the place of the upper bird and lost himself. He found all at once that there had never been two birds, but that he was all the time that upper bird, serene, majestic, and immersed in his own glory.” (Swami Vivekananda - CW VII-80)



Courtesy: Ramakrishna Math



# Summary

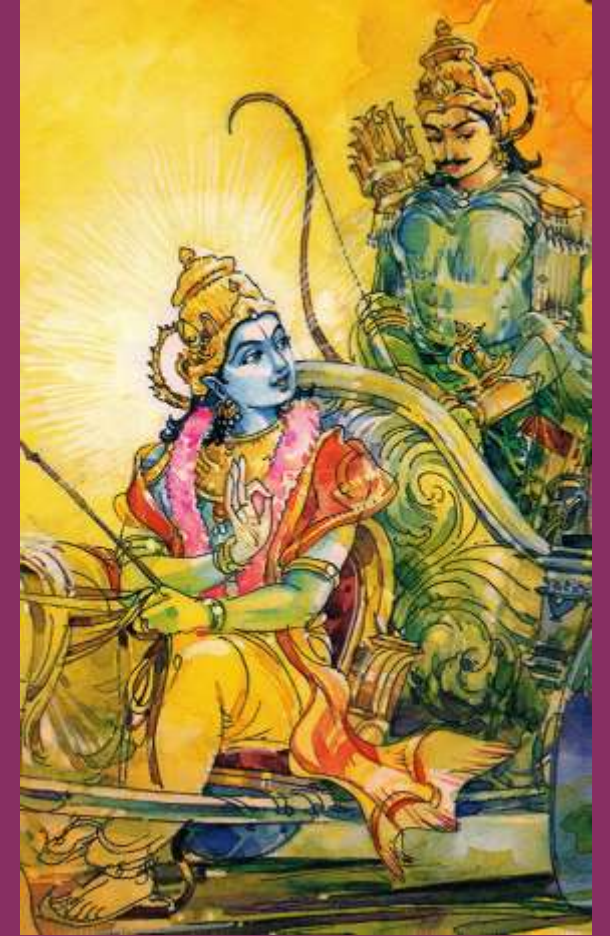
योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः ।  
सर्वभूतात्मभूतात्मा कुर्वन्नपि न लिप्यते ॥ ५-७ ॥

Attain these one by one:

1. Freedom from like and dislikes by Karma Yoga
2. Mastery over senses by control of mind
3. Seeing oneself in the self of all living beings

Then you will not be affected by your action. (5.7)

That is called Moksha. That is the purpose and goal.



Courtesy: Ramakrishna Math



# Four Yogas

Each soul is potentially divine. The goal is to manifest this Divinity within, by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy – by one, or more, or all of these – and be free. This is the whole of religion. CW I 257

Four faculties of man:

❖ Work, Feel, Will, Think



Courtesy: Ramakrishna Math



# Thank you

---

Gokulmuthu Narayanaswamy  
[www.practicalphilosophy.in](http://www.practicalphilosophy.in)

