



# Practical Spirituality

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GOKULMUTHU NARAYANASWAMY

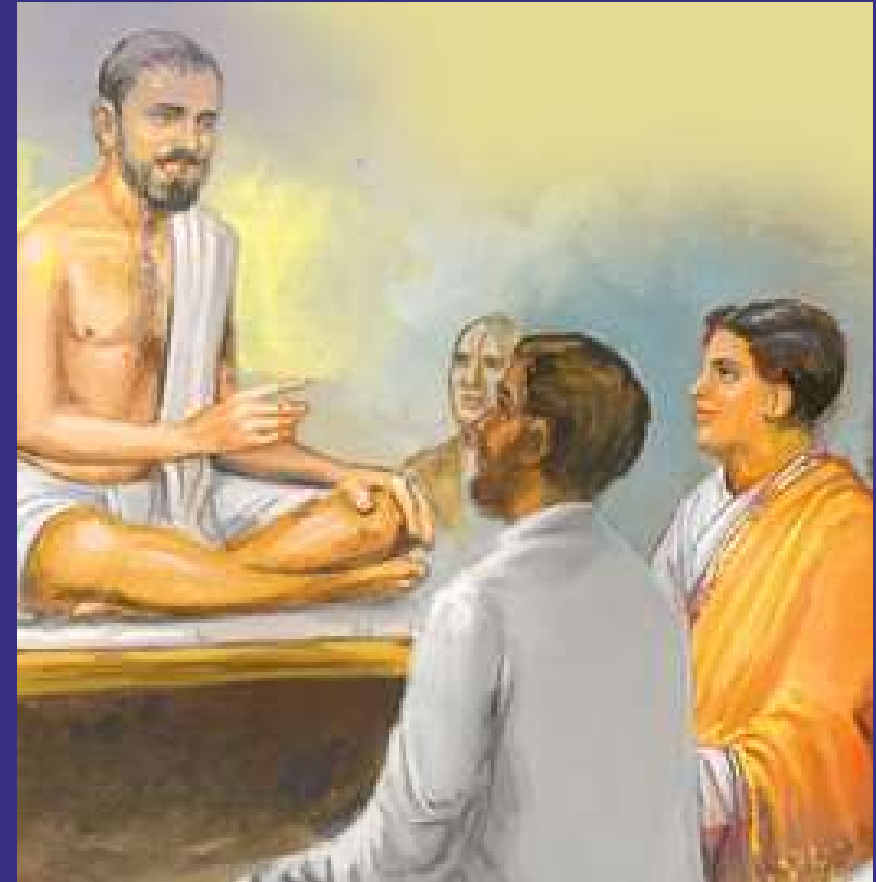
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# What is the Goal?

- ❖ 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?

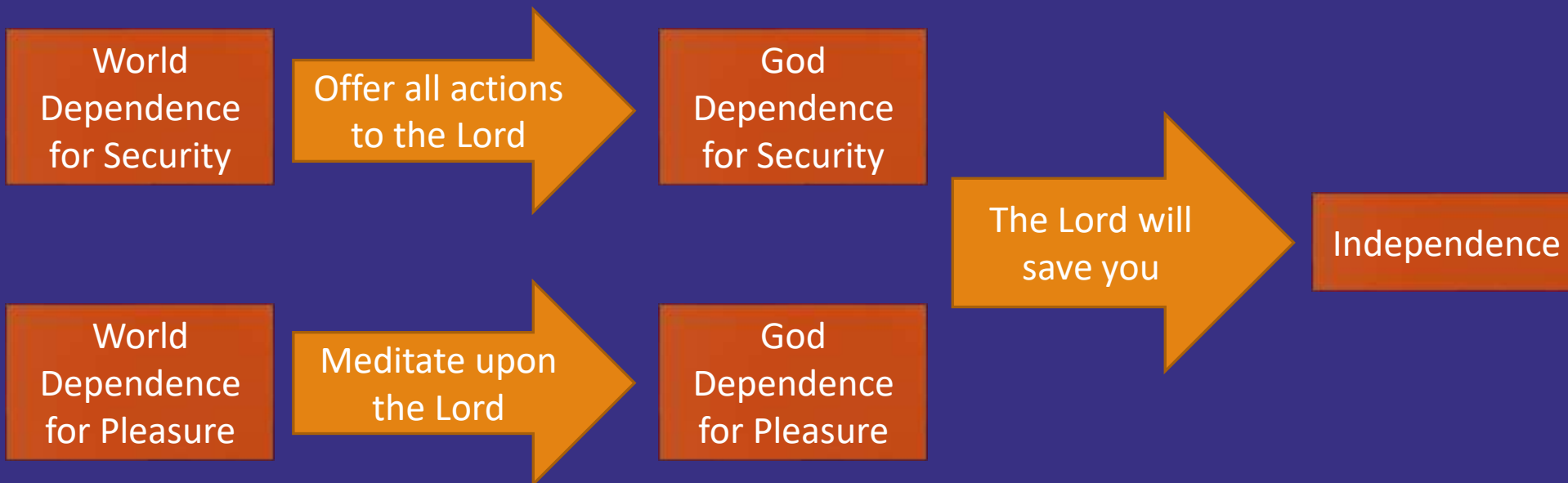
- ❖ Evolutionary baggage
- ❖ Designed for survival, not for freedom
- ❖ Three specific problems
  1. Survival instinct – Brahma granthi
  2. Pleasure seeking – Vishnu granthi
  3. Individuality – Rudra granthi
- ❖ They were useful so far, no longer
- ❖ They need to be overcome
- ❖ This is called Mahamaya



Courtesy: unsplash



# Gita's Way to the Goal



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

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

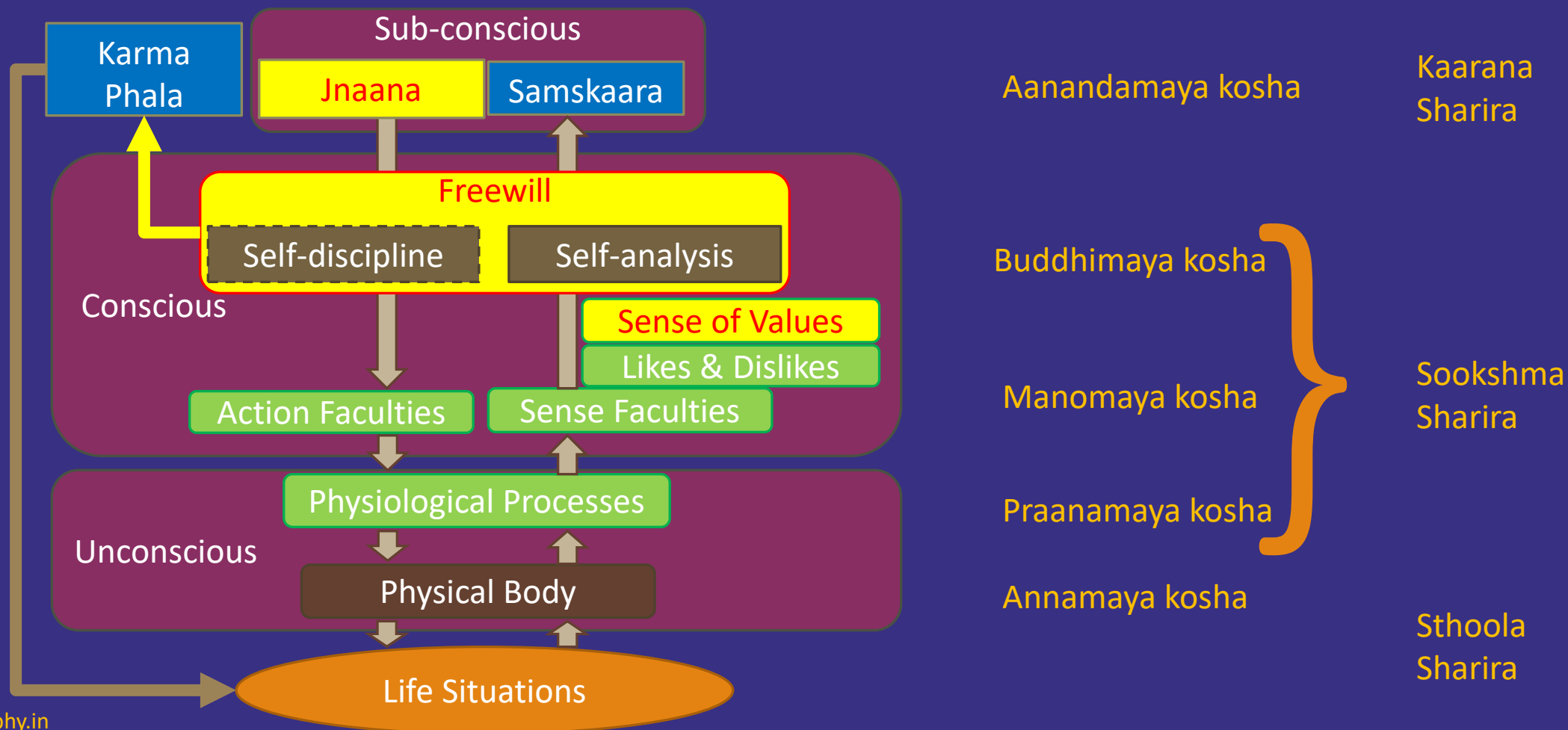


# Gita's Way

3 Stages	Worldview, Attitude towards Work and Attitude towards Worship
Aartha and Artharthi	<ul style="list-style-type: none"><li>❖ Jiva, Jagat and Isvara are separate</li><li>❖ Work in the world, offer fruits of action to the Lord in gratitude</li><li>❖ Worship the Lord to free from afflictions and to get desirable things</li></ul>
Jignaasu	<ul style="list-style-type: none"><li>❖ Jagat is a manifestation of Isvara. Jiva and Isvara are separate</li><li>❖ Knowing the world as manifestation of the Lord, offer work itself to the Lord</li><li>❖ Worship the Lord to give knowledge and strength to calmly face all the ups and downs of life</li></ul>
Jnaani	<ul style="list-style-type: none"><li>❖ There is only Isvara. Nothing else exists</li><li>❖ Knowing the Lord is everything, including the self, offer doership of work to the Lord, in complete surrender</li><li>❖ Worship the Lord without expecting anything, knowing oneself as not separate from the Lord</li></ul>



# Pancha Kosha







# Two Step Process

1. Give up identification with body and mind by identifying myself as the Jivaatman
  - ❖ I am not the body, life, mind, values
  - ❖ I am the wielder of Freewill. I take decisions and I am responsible for them.
  - ❖ My goal is to develop punya, su-samskaara, samyak-jnaana
  - ❖ This is achieved by doing my duties, help others, follow self-discipline, practice japa / puja / meditation, expose to good company / books / lectures, do introspection
2. Give up identification with individuality by identifying with Pure Consciousness
  - ❖ Sravana, Manana, Nididhyasana
  - ❖ Complete surrender





# 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

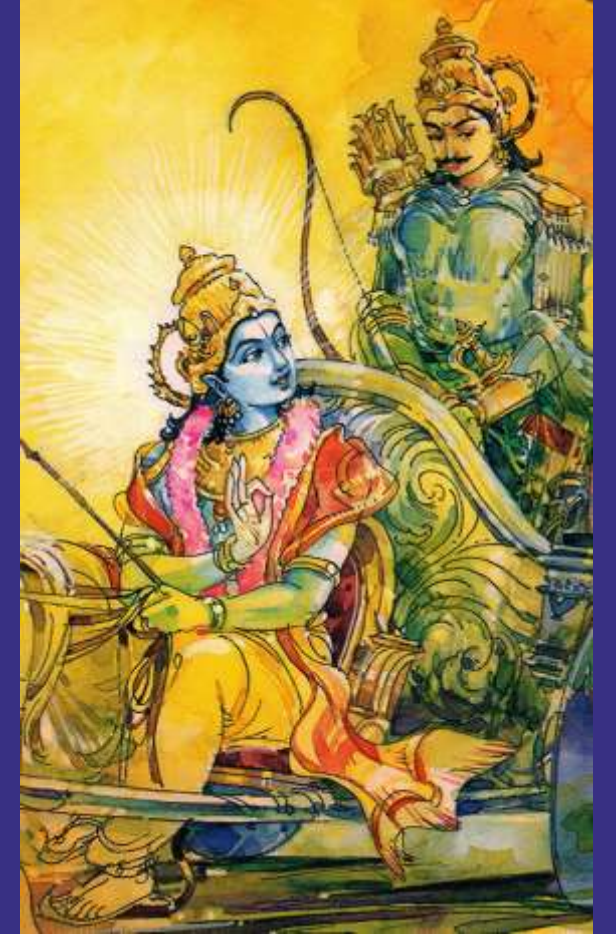
देवद्विजगुरुप्राज्ञपूजनं शौचमार्जवम् ।  
ब्रह्मचर्यमहिंसा च शारीरं तप उच्यते ॥ १७-१४ ॥

## ❖ 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



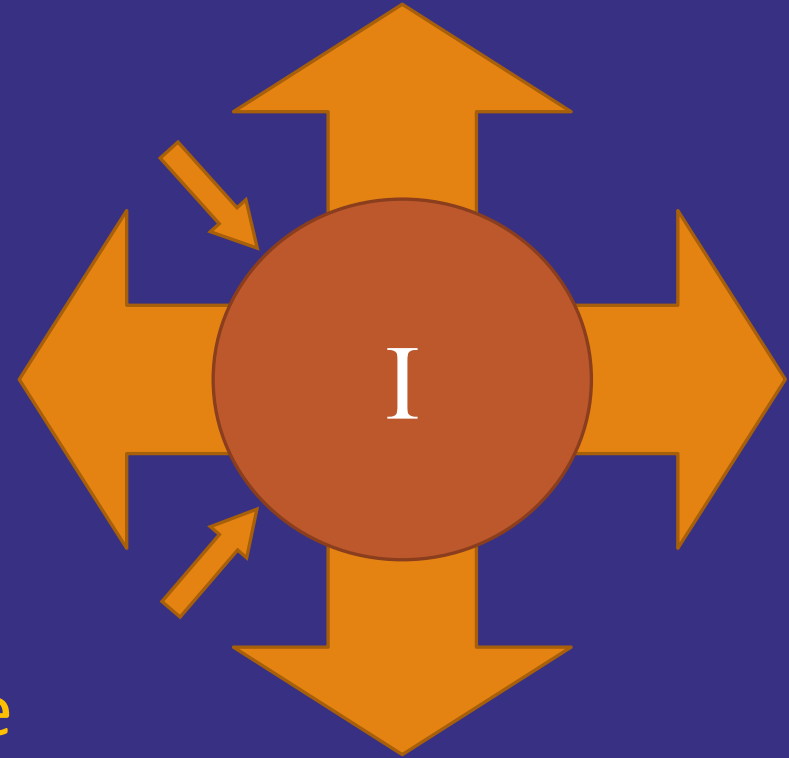
Courtesy: ISKCON





# Practice 1

- ❖ Draw a circle around you and ensure that there is always a net outflow
  - ❖ Serve your family, profession, society in whatever way appropriate
  - ❖ Give more than you take in all dealings
    - ❖ Have a good “mileage” and “efficiency”
  - ❖ Fix a percentage of your income, like 2% to 15%, and give in charity
- ❖ Do everything as an offering to God. Accept everything as Will of God. There are only two entities in the Universe – you and God. There is no third entity





# Practice 2

- ❖ Choose an Ishta Devataa
- ❖ Choose a mantra or name of God
- ❖ Choose a procedure for daily meditation
- ❖ When you wakeup, chant the name or mantra
- ❖ Sit for 30 to 60 minutes chanting loudly or mentally some verses from the Gita or about your Ishta Devataa, remembering the meaning of every word
- ❖ Before taking bath, offer the water to the Lord
- ❖ After bath, before breakfast, do your daily meditation
- ❖ Always before anything enters your mouth, offer it to the Lord
- ❖ Chant the name or mantra when doing any work that does not need your full attention, like brushing, bathing, cooking, walking, etc. Never leave the mind idle
- ❖ Chant before going to sleep





# Dhyaana Yoga

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



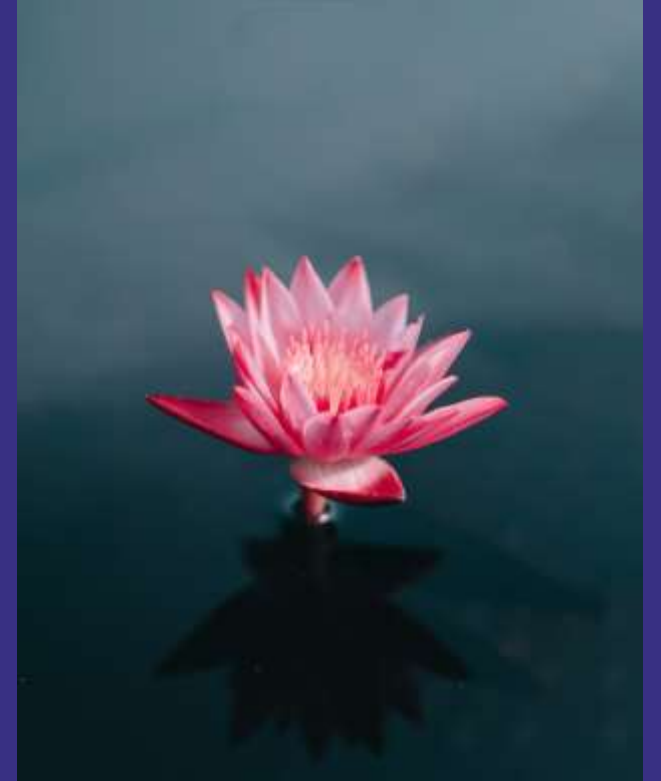
Courtesy: Ramakrishna Math





# 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 dhyaana
- ❖ Maanasa puja, Pratika dhyaana, 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





# Panca Kosha Viveka

1. **Annamaya kosha** – height, weight, place of birth, name of parents, complexion, color of eyes, color of hair
2. **Praanamaya kosha** – body temperature, pulse rate, blood pressure, sugar level, allergies, illnesses
3. **Manomaya kosha** – skills and knowledge, anger, jealousy, arrogance, desire, greed, fear, likes and dislikes in the domains of food, places, weather, movies, books, activities, hobbies
4. **Buddhimaya kosha** – value system, what is right, what is wrong, significance of honesty, kindness and discipline, patriotism, political affiliations, religious beliefs, willpower
5. **Aanandamaya kosha** – the situations that you have faced in life, the opportunities that you have been blessed with in life, subconscious tendencies and worldview





# Inaana 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
- ❖ 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

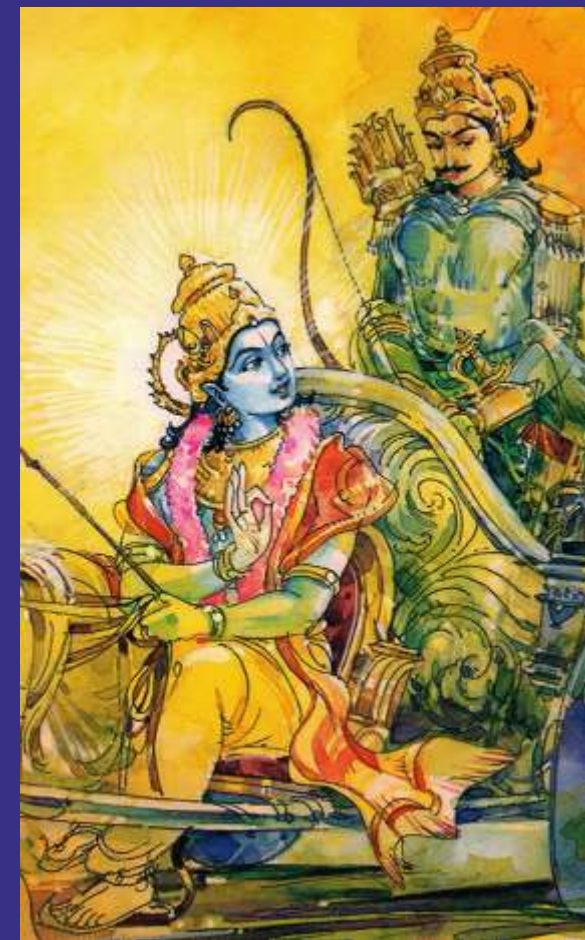
योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः ।  
सर्वभूतात्मभूतात्मा कुर्वन्नपि न लिप्यते ॥ ५-७ ॥

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



# Thank You

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

