

# Vyragya Sathakam



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# Vyragyam – Detachment

Tattva Bodha defines Vyragyam as desirelessness for the pleasures of this world and the other upper worlds.

Put it in another way, it is discriminating the REAL from the UNREAL and renouncing the Unreal and adopting the Real .

In KATHOPANISHAD'S language, it is rejecting the "PREYAS" and electing the "SREYAS"

Bharthruhari, a great SAGE , compiled 100 mind boggling Sanskrit slokas , entitled "VYRAGYA SATHAKAM". which makes any one, to take up SANYASA instantly.

In Chandogya Upanishad, Narada Maharshi approaches his guru, Sanath kumara and asks for higher knowledge. The guru asks him to enumerate all he has already learnt so he can instruct him on the rest. Narada, enlists his knowledge which includes astrology, astronomy, literature, music, art, dance, grammar, logic, all the material sciences, vedas, animal and snake knowledge etc. To this Sanath Kumara replied that what he learnt was mere NAMES and missed the entire **essence** and hence taught him the atma vidya.

Sankara Charya, in a simple treatise called "BHAJA GOVINDAM" brought out the same message .

Sasthras use a familiar theme called "PRATHI PAKSHA BHAVANA" (REVERSE PSYCHOLOGY) to explain away the spiritual facts.

This process involves, first presenting the world view of happiness , the **traditional reality** (VYAVAHARIKA SATHYAM). Then analyzing and concluding the reverse to be the actual truth, the **Absolute Reality** (PARAMRTHIKA SATHYAM) and redirecting the individual towards the real truth.

It is important to note that Sasthras do not condemn attachment, (especially in the early stages of life) , towards the possessions and people.

What sasthras condemn is the addiction(THIRST) towards these material pursuits.

Ultimately ,of course one need absolute detachment to attain freedom.

It is like , to close the bank account, you need to pay off

the debts or with draw the balance as applicable.

Similarly, to achieve total freedom, you need to clear both the papam and punyam balance and get a clearance certificate.

As long as you recognize your possessions and people are different from you( MAMA KARA) and they can leave you with out notice in accordance to their PRARABDHA KARMA , it is acceptable to love them. This is allowed attachment.

But when you convert your people and your possessions as part of your self (AHAM KARA) and cannot accept them to be separate from you and cannot tolerate their loss, this is called excessive attachment or addiction .

This addiction is what the Sasthras vehemently warn us to avoid.

This was the problem with Arjuna also , when he treated his grand father , Bhishma , as part of himself and could not separate him as another individual. So he did not want to fight with him.

In the very first stanza of BHAJA GOVINDHAM , Sankara denounces the acquisition of material sciences (APARA VIDHYA) all our lives.

Although they are important and needed in the initial period of life, we need to understand that they do not give us freedom .

Ultimately you need to acquire PARA VIDHYA which alone makes you free from samsara..

Next , Sankara takes up the issue of acquiring money. Money is very important and sasthras recognizes this fact and allows it as long as it is earned ethically, live modestly and share it with the needy. It is the excessive thirst for accumulating money that is condemned by sasthras.

Sankara boldly proclaims that too much money is an obstacle for peace of mind.and declares that It does not give even a trace of happiness .

Sankara asks us to remember this truth constantly.

He says that we need to fear even our own son when we are too rich.

When you are able to earn money, your dependents adore you.

When your money dries up, they do not even say hello to you.

When you are alive, your relatives inquire your welfare. When the PRANA leaves the body, even the darling wife is afraid of touching your dead body.

This is the way of the world.

It is but natural to have attraction towards opposite sex and the attractive body parts. This excessive attraction towards the beauty is a delusion because on analysis we came to realize that they are mere ugly masses of flesh, fat and blood only.

Life is unstable like a water drop on a lotus leaf. As long as it stays on the leaf, it is unsteady and dancing all the time. But when it finally falls on the water under neath, it merges with water and retains stability.

In the same way, as long as we are in samsara, the life is very turbolant . The permanent peace is achieved only when one merges with BRAHMAN.

Who is your wife and who is your son, Sankarra wants us to inquire. When analyzed, your wife is the daughter of someone else and joined you only at some time in your life. She brought with her, her own PRARABHDHA and needed to exhaust it .You should treat both as travellers and should recognize that you need to depart when you reach your destinations as dictated by the KARMA.

The son also came through you, but he is a separate individual with his own prarabdha to experience and exhaust.

Realize that all the losable things, including your money, your youth, your relatives etc. will be gone at any time without notice. They are all impermanent . BRAHMAN alone is permanent and hence try to attain Him.

Few other comments.

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Monkey story. There was a monkey which was eating the peanuts of a farmer. He tried to chase it away but the monkey kept on coming and eating the peanuts. The farmer designed a plan to teach the monkey. He fixed a pot on the ground and filled the pot with peanuts. The pot has a narrow neck which enables the monkey to put his open hands in and out. but not the closed fist. The monkey grabbed the fist full of peanuts and tried to eat but could not do so because of the narrow neck. The farmer came and started beating the monkey. The monkey would not let the grip go and hence received the banging. If only he lets the grip go, he will be free.

In the same way as long as you hold on to the people and possessions, freedom is not possible. You need to learn to let

go.

—  
Napoleon the great, who conquered the whole world, instructed his people, to parade his coffin along the streets of the city with his empty hands up in the air , proving to every one that he is leaving this world empty handed.and none of his achievements travelling with him.

When one dies, all the wealth acquired is left behind at home. The friends and relatives are left behind at the cremation ground.

Only the punya and papam acquired in one's life accompanies him .

Bharthruhari, in his "VYRAGYS SATHAKAM " describes three possible destinations to the money you earned.

1.BHOGAM—(Enjoyment)— Enjoy the wealth you acquired for your personal comforts. Feel free to enjoy all the pleasures to the fullest.

2.DHANAM—(Charity)—After fulfilling your comforts , donate freely to the needy and less fortunate.

(Do not leave too much money to the children. As Warren Buffett said, leave just enough so they still have incentive to work ,not too much so they stay idle and waste the money and also their life.)

3.NASAM—(Loss) Total waste of your hard earned money.

Sage BHARTHRUHARI , sympathizes with those unfortunate souls who neither enjoyed their wealth nor donated and helped the needy.

Their money goes to the third destination – which is total waste of all his efforts in accumulating all the wealth all through his life.

DEVARAJULU NAIDU KATTA.

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## Dharma

Dharma is a unique Vedic statement with immense hidden meaning. The word Dharm is derived from the root Dhru – which means that supports, protects, sustains, holds, – "Dhrayathe

yat dharmaha”.

Dharma is that principal which protects sustains the cosmic law and order. There is no single equivalent English word, which justifies the full and complete meaning of Dharma. So a combination or a set of words are used to explain it. Righteousness, Morality, Religion, Sathyam, Charity, Character, Law abiding, Duty bound, Luck, Punyam, Swabhavam (abiding in real nature) etc.

Dharma has to be understood according to the context in which it is used

1. Dharma is the first of four Purusharthas (human goals): Dharma, Artha, Kama and Moksha. The Artha (security) and Kama (Entertainment) are the goals for experiencing in this life. Dharma in this context is called Punyam and it is a goal for the next life. According to Law of Karma, every action invariably produces a result (Phalam) – either favorable or unfavorable. The Karma Phalam thus generated can be experienced partly or wholly in this life or carried forward to the next life. The Phalam that is experienced in this life is called Drista Phalam (visible result). If it is favorable result, then it is sukam and if it is unfavorable, then it is Dhukkam. The Phalam that is generated but not experienced in this life is transferred to the next life. This is called Adhrista Phalam (Invisible result). The results of noble activities of this life are accumulated to be experienced in the next life are registered as Punyam. Similarly the results of evil activities of this life are carried to the next life as Papam. This concept is very important for Hindus who believe in Punarjanma.

“Arthae Gruhe nivartante Smasane mitra bhadhavaah

Sukrutham Dhuskrutham chiva Gaccantham anu gacchathi”

“At the time of death, all wealth is left at home.

Only thing that the departed carries with him is the Punyam and Papam one accumulates in this life”

So the accumulation of punyam in this life is the goal of dharma purushartha.

2. Dharma maintains and protects universal harmony. Whenever Dharma declines and Adharma escalates, the cosmic harmony suffers. Unless the Universal harmony is re-established, serious consequences ensue.

The process of establishing dharma is two fold:

1. Parithranaya Sadhunam (Sista Rakshana) – By promoting dharmic population by spreading values through teaching.
2. Vinasaya Dhuskrutham (Dusta Sikshana) – Converting the adharmic people to dharmic people through teaching if that fails to eliminate them.

By the above two methods dharma is re-established. Lord Krishna accomplished these goals by giving out Gita and also by eliminating the wicked.

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## Comments on Sloka 10 of Chapter 1

“Aparyaptam tad asmakam balam bhisrabhi raksitam  
Paryaptam tvidam etesam balam Bhirabhi raksitam”

Here Duryodhana is addressing Dronacharya comparing the strengths of Pandavas and Kauravas army.

There seems to be a difference of opinion in the interpretation of this sloka among well known commentators. Some commentators give the meaning "unlimited" for the word "aparyaptam" and "limited" to the word "paryaptam". These commentators view that Duryodhana became fearful at the strength of the Pandavas army and described their strength in three verses (4.5,6) and briefly mentioned his strength in just one verse (9). They interpret:

1. Duryodhana realized that "dharma" is on the side of Pandavas.
2. Even though Bhishma is the greatest of all the warriors and can defeat Pandavas single handed, Bhishma has soft corner to Pandavas.
3. Bhima on the other hand is so ferocious he will not hesitate to kill even Bhishma.

Some others give the exact opposite meaning; for "aparyaptam" they give the meaning "complete, insufficient or "ASUMPOORNAM" and for "paryaptam" they give the meaning complete, sufficient or "SAMPOORNAM".

This is direct meaning to these words and more appropriate for the context when the Bhishma parva and Udyoga parva of MAHABHARATHA was kept in mind in which Duryodhana, clearly convinces his father and Drona charya about the superiority of his army. Duryodhana was a very arrogant about the superiority of his strength and never doubted his victory.. He knew very well that Bhishma, Drona and Karna can win the battle for him. He also knew that he had 11 divisions of army while Pandavas was only 7 divisions.

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# SOME THOUGHTS ON SLOKA-1, CHAPTER-1

Dhritarashtra asks Sanjaya " MAMAKAH PANDAVAH CA EVA DHARMAKSHETRE KIM AKURVATHAH" (What did **MY PEOPLE** and **also the Pandavas** do in the **Holy land?**)

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Dhritarashtra was born congenitally blind. He also acquired inner blindness by his selfishness and excessive attachment to Duryodhana. Dhritarashtra, being blind, was not eligible for the throne and hence PANDU became the king. Out of respect for his elder brother, Pandu treated him with due respect. After Pandu's death, Dharmaraja being the elder son became eligible to the throne. Dhritarashtra assisted his son Duryodhana to snatch the kingdom from Pandavas, unlawfully. Still the Pandavas successfully completed the **Vanavasa and Agnathavasa** and asked for their fair share of the kingdom.

When viewed with the above background, Dhritarashtra's inner blindness and cruelty is abundantly clear when he refers his sons as "**MY PEOPLE**" and his own brother's sons as "**also the Pandavas**" implying as if Pandavas are some unrelated strangers. When he made reference to the battle field as "DHARMA KSHETRE",

Dhritarashtra still **hoped** that the dharmic Pandavas somehow decided not to fight the war and voluntarily relinquished the kingdom to his sons.

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## MOKSHA (MUKTHIHI) FREEDOM

Scriptures point out that human beings have 4 possible destinations.

1. Rebirth—(PUNAR JANMA): As a result of fructification of Sanchitha karma, beings attain

suitable bodies. This cycle continues for most people until their Sanchita Karma is exhausted. This is possible only with attainment of Self Knowledge.

2. Attainment of Swarga.(PARA LOKA PRAPTHI): Some people believe that attainment of celestial pleasures in Swarga is freedom. Sastras do talk about these to those who accumulated enough punyam, but the problem is that after enjoying the divine pleasures for a long time, the accumulated punyam gets exhausted and they need to return to take another birth.
3. Step wise freedom(KRAMA MUKTHI). Here the seeker undergoes Karma yoga, upasana yoga and gnana yoga but could not totally attain GNANAM. He gets access to Brahma Loka, gets self knowledge from Brahmaji and gets free.
4. JEEVAN MUKHTHI-Freedom while living. This is what Lord Krishna prescribes to us. Although Sastras talk about the other three, there is no proof of their existence and we can not practically experience them. It is more meaningful if we can actually experience moksha in this life ,here and now .

ONLY SELF KNOWLEDGE GIVES MOKSHA.

We enjoy a good night's sleep where our gross body and subtle body is completely resolved. We simply enjoy in the Self. Similarly, a jeevan muktha intellectually separates and as if resolves the body mind complex and rejoices in the Self .He enjoys life as a sport with out any fear, anxiety or any attachments.

What are the benefits of Moksha?

1. Quenches the inquisitiveness of knowing about your self.(GIGNASA NIVRUTTI). Getting true knowledge about one self gives the intellectual satisfaction.
2. Attainment of absolute BLISS. (ANANDA PRAPTHIHI). Self knowledge gives "Poornathvam" which makes one self

sufficient with in one self.

3. Freedom from external dependence.(PARATHANTRA NIVRUTTIHI). External dependence is temporary and it cannot give permanent security.
4. Reduction of painful experiences.(AAGHAATHA NIVRUTTIHI). Like a shock absorber, the impact of painful situations are made tolerable.
5. Improves the work efficiency . (DAKSHATAA PRAPTHIHI). When you work without anxiety for the fruits of your action,the work efficiency increases.

SELF knowledge removes the cover of ignorance and reveals the real nature which is ever pure bliss and absolute freedom. A gnani,upon attainment of gnanam,burns all the accumulated karma.With out accumulating fresh karma,he leaves this body and gets free with out taking another body. This is VI DEHA MUKTHI.

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## **GITA MAHATMYAM. (THE GREATNESS OF GITA).**

This glory of the GITA is narrated in VARAHA PURANA Bhudevi(Maha Lakshmi) approached Lord Vishnu and enquired – How , one who is bound with his Prarabdha maintain constant devotion upon You?

The Lord replied that who meditates on Gita will attain that

status.

Lord further asserted that where ever the book GITA is kept, and where ever GITA is studied, that place is considered as sacred as Prayaga&Kasi.

The Lord is present where Gita is studied, chanted or heard.

Gita is My supreme abode, supreme knowledge, and the essence of My indefinable state.

Gita is the essence all the Vedas and Upanishads.

That who recites the entire 18 chapters of Gita with firm devotion attains the knowledge necessary to attain freedom (MOKSHA).

If one recites 9 chapters of Gita, he/she will attain the merit of "GO DHANA" gifting of a Cow.

He who recites a third of Gita will attain the punya equal to a bath in Ganges.

He who recites one sixth will get the fruit of SOMA sacrifice.

If one recites one chapter a day with devotion, he will go to KAILASA.

If one recites one fourth of a chapter or one sloka daily will attain human birth for the duration of MANVANTARA (71 MAHA YUGAS) 308 million YEARS.

He who recites 10,7,5,4,3,2,1 or one half of one sloka will attain CHANDRA LOKA for ten thousand years.

He who leaves this body reading Gita attains salvation.

One while performing the duties of daily life, meditates on the meaning of Gita will attain JEEVAN MUKTHI in this life and VIDEHA MUKTHI when the body falls.

Even a worst criminal if he loves to hear and understand the meaning of Gita will enjoy the bliss of VISHNU.

Those who do not recite this GITA MAHATYAM while studying GITA will not attain this punya.