

१०-२४-२०१५ विजयादशमीदिनम्

Introduction

<p>Every Seeker has 3-Goals – Security , Peace, Happiness (SPH) क्षेमः, शान्तिः, आनन्दः - सुखम् In Animals→instinctive In Humans→well defined They are in yourself only, nowhere else</p> <p>Scriptures define the obstacles between the seeker and the goals, spiritual disciplines to remove them to unite the seeker to the goals.</p>	
3-Layers of Coverings	3-Spiritual Disciplines साधनाः – योगाः
<p>मलम् षड्विकाराः (कामः, क्रोधः, लोभः, मोहः, मदः, मात्सर्यम्) (desire, anger, greed, delusion, arrogance, jealousy)</p> <p>6-Mental Impurities (Gross Layer)</p>	<p>कर्मयोगः Life of proper action, and proper attitude to action and fruit of action</p> <p>मलनिवृत्तिः Removal of Impurities</p>
<p>विक्षेपः Extrovertedness मनसः चाञ्चल्यम्</p> <p>Mental Restlessness (Subtle Layer)</p>	<p>उपासनायोगः Different forms of meditations, prayers, स्तुतिः</p> <p>चित्तनिश्चलत्वम् Steadyness of Mind</p>
<p>अज्ञानम् – आवरणम्</p> <p>Ignorance that I am source of all 3-goals (Subtlest Layer)</p>	<p>ज्ञानयोगः आत्मविचारः Looking inside for 3-goals</p>
<p>आत्मा - Yourself क्षेमः, शान्तिः, आनन्दः</p>	