





Swami Paramarthananda Saraswati • Bhagavad Gita Bhashvam





- What is Sadhana Catuṣṭaya Saṃpatti or fourfold qualifications
- Samadhi Ṣaṭga Saṃpatti or six disciplines
- Benefits of Sadhana Catuṣṭaya Saṃpatti
- Obstacles to assimilating Sadhana Catuṣṭaya Saṃpatti
- Remedies to overcome the obstacles
- Sadhanas and practices to integrate Sadhana Catuṣṭaya Saṃpatti.
- Resources for studying Vedanta and information regarding Swami Paramathananda's classes.

Preyas (Apparent)

Śreyas (Real)



Artha

Basic
Needs

Food,
Wealth Etc.

Necessary

Kama

Comforts

Pleasures

Not
Necessary

Dharma

Punyam

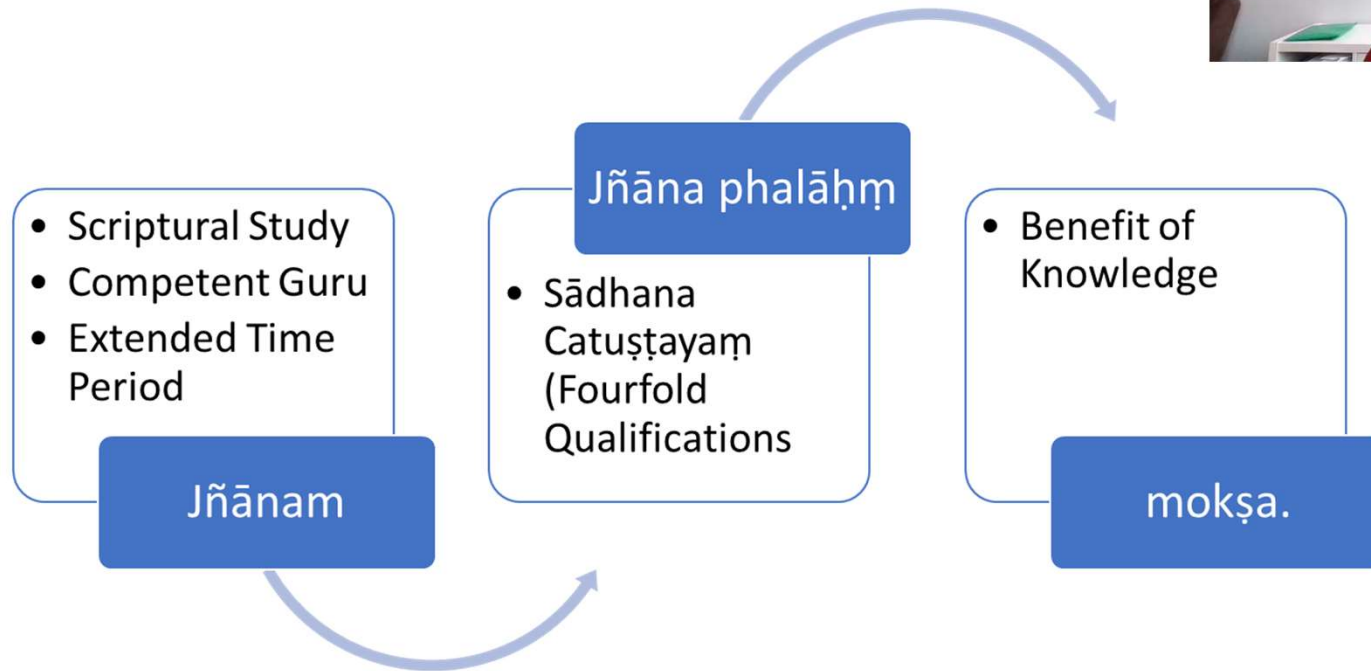
Invisible
results

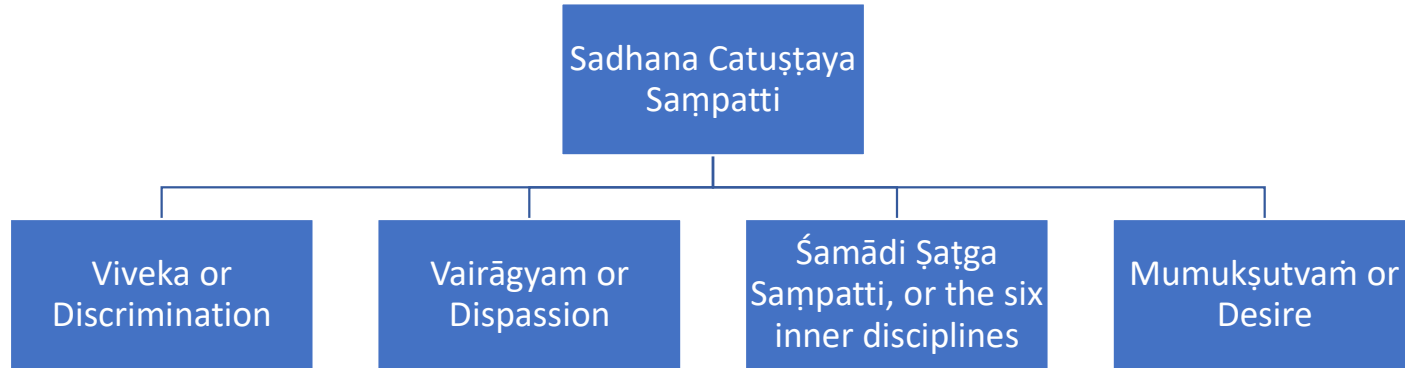
Future
Benefits

Moksha

Liberation

Freedom





Viveka (Discrimination)

Permanent Vs
Temporary

Real Vs Unreal

Moksha vs
Dharmarthakama
–Śreyas vs Preyas



Vairāgyam (Dispassion)

Adharma Kama

- Not Allowed
- Example: Violent Action
- Eliminate

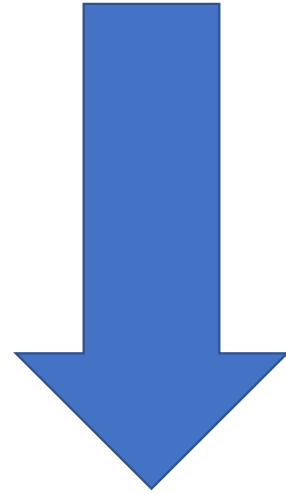
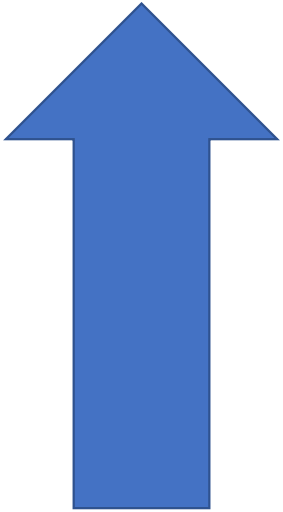
Dharma Kama

- Allowed
- Example: Food
- Moderate



Vairāgyam (Dispassion)

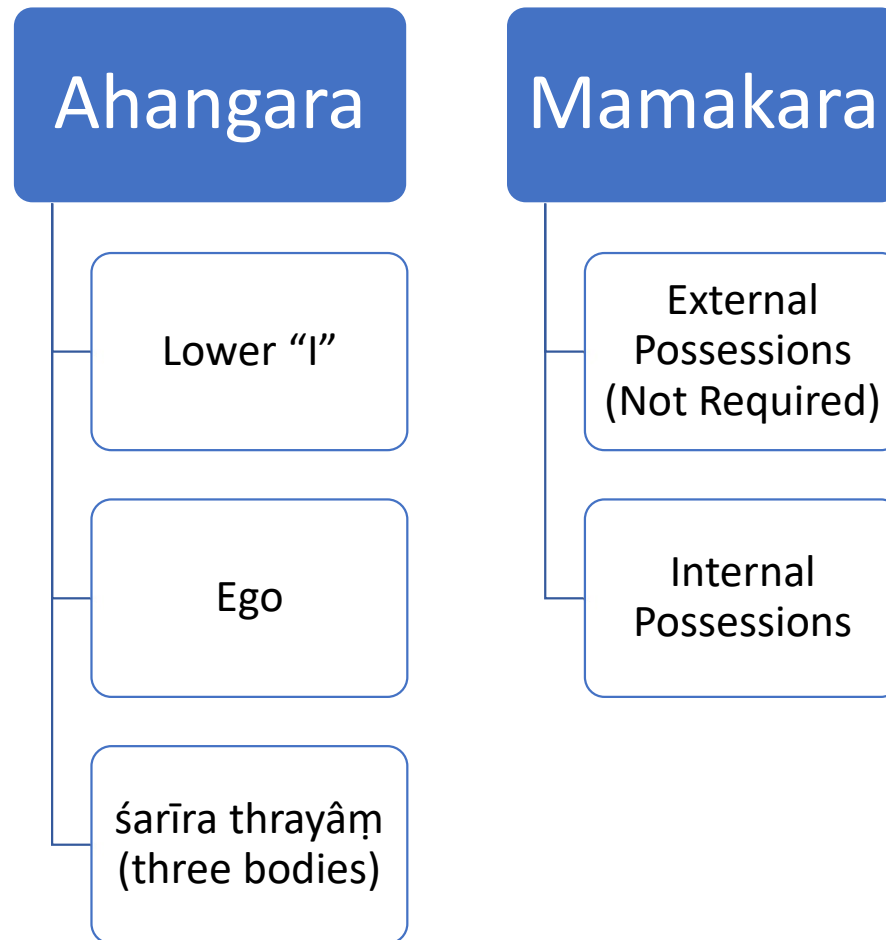
Dharma
kāma



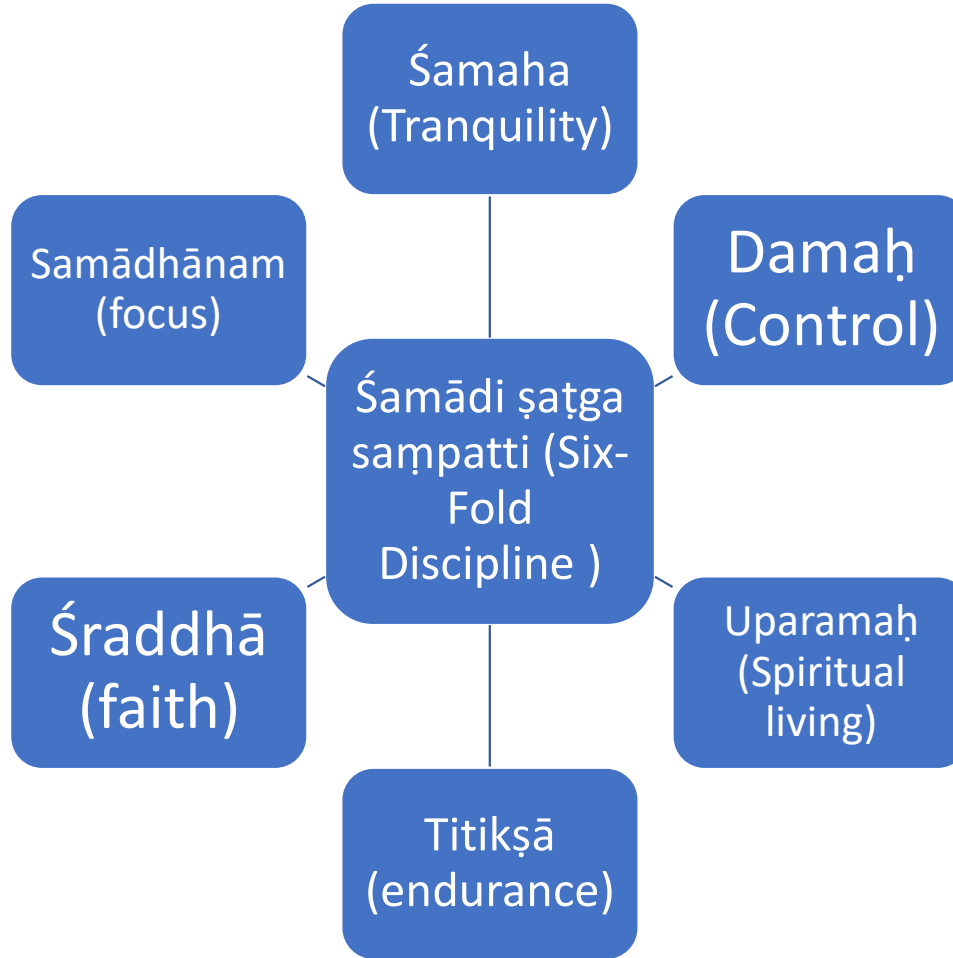
Adharma
kāma



Vairāgyam (Dispassion)



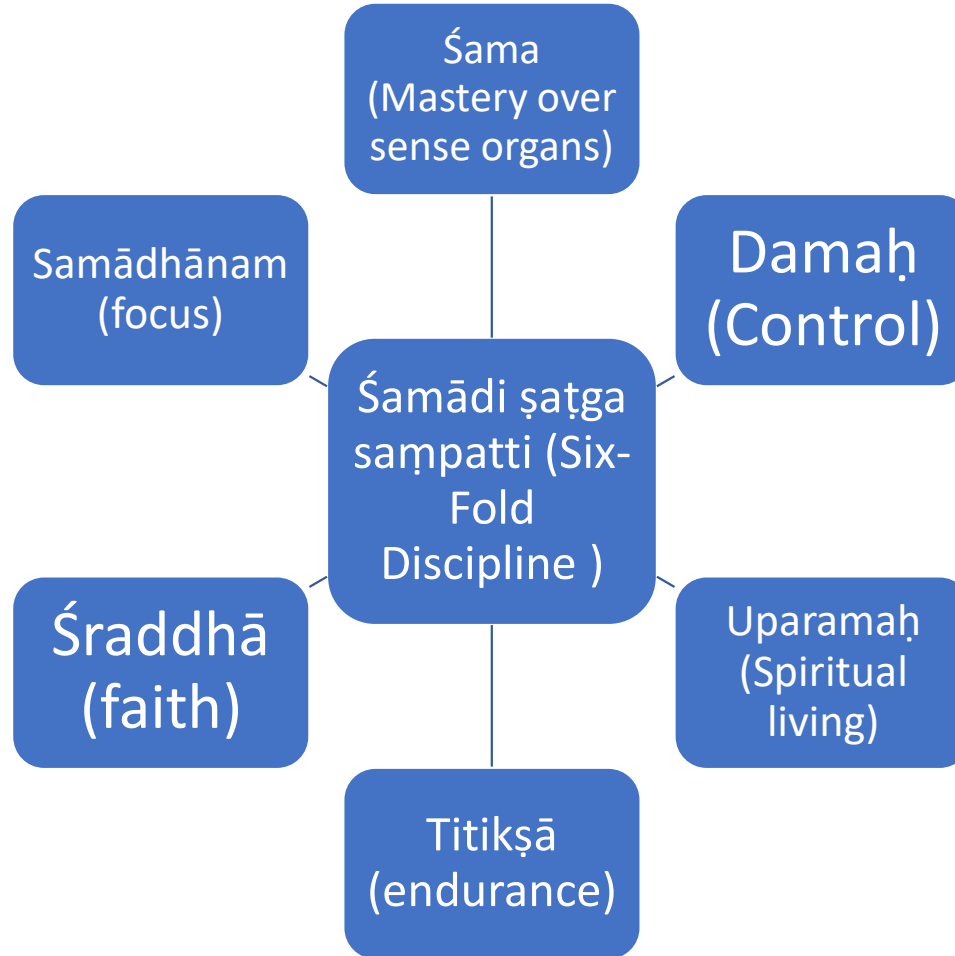
Development of
vairāgyam, requires
ahankāra
mamakara tyāgaṃ.

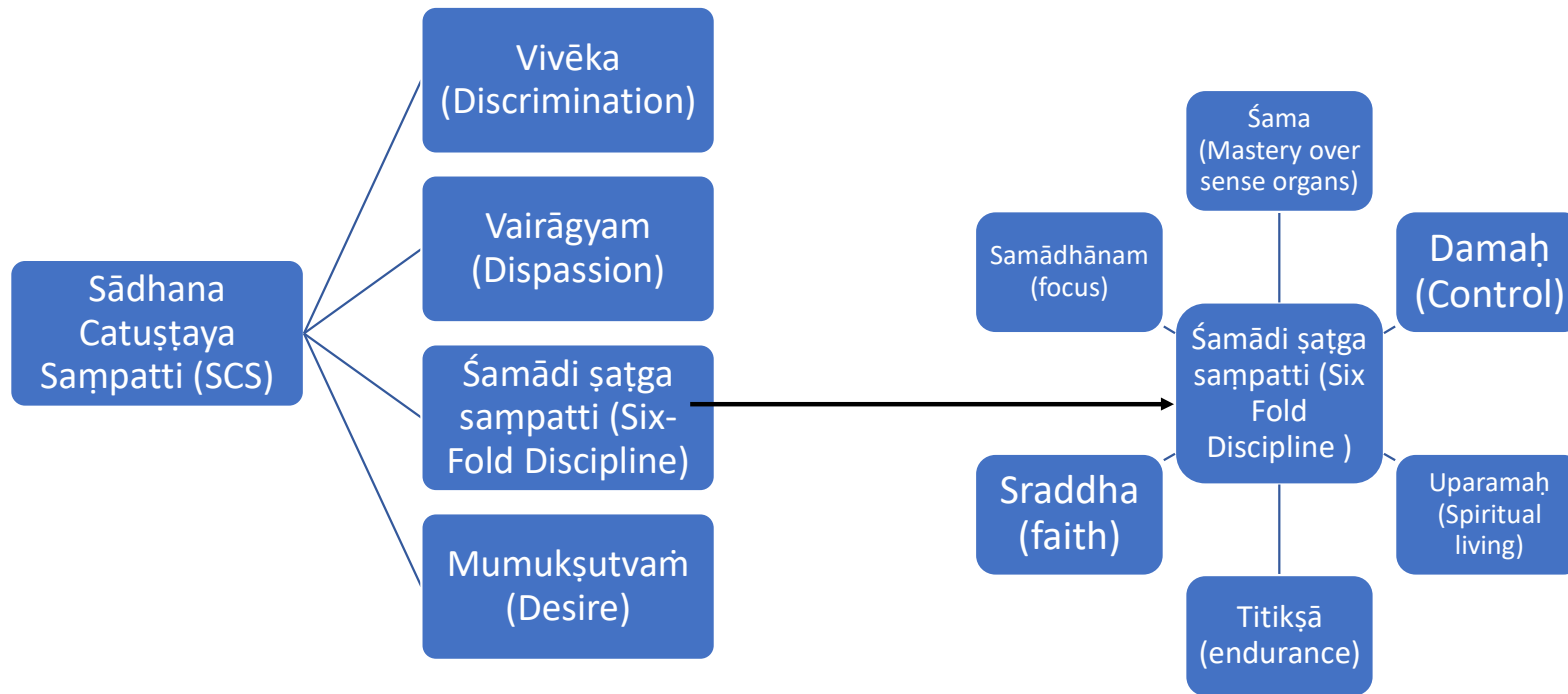


Uparamah

Karma	Nithya Karma	Nymithya Karma	Kamya Karma	Prāyaścitta Karma	Niṣiddha Karma
Reason	Obligatory	Situational Duties	Materialistic Goals	Compensate Negative Actions	Prohibited
Example	Panca Mahā Yagya	Wedding	Puja for Wealth etc.	Puja for a pavam	Deceitful Actions
Expectation	Contribution to Society	Contribution to Society	Personal Benefits	Neutralize pavam	Personal Benefit
Goal	Always perform	Continue	Moderate & Eliminate	Eliminate Negative Actions	Not Allowed







Manda adhikarī

Low Sadhana Catuṣṭaya Saṃpatti

Value of jñānam and moksha not fully
comprehended

Moksha is at the bottom of the list of
desires



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Madhyama adhikarī

Reasonable Sadhana
Catuṣṭaya Saṃpatti

Jñānam is functional, but
not integrated

Moksha becomes top
priority



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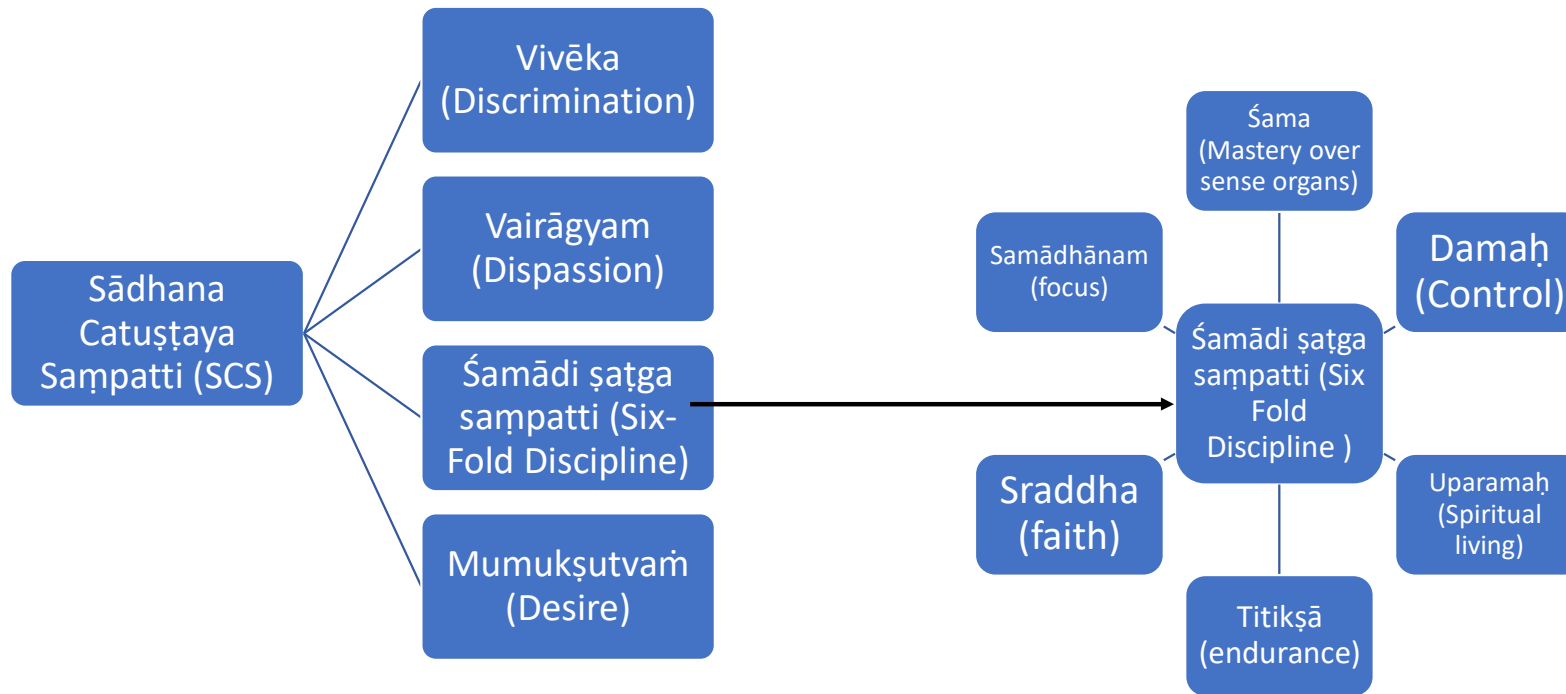
Moksha becomes
top priority

Uttama Adhikarī

Assimilated
Sadhana Catuṣṭaya
Saṃpatti

Moksha is the only
desire





Obstacle

Layaḥ (Dullness)

Vikṣepitaṃ
(Wandering Mind)

Kaṣāyaṃ (Stagnant
Mind)

Cause

Not enough Sleep,
Dullness of stomach;
physical activities.

Active mind focused
on materialistic
causes

Rāga (attachment) &
Dveṣa (aversion)

Remedy

Proper eating and
proper sleep

Develop Vairāgyam

Develop Vairāgyam



Sadhanas or Practices

Scriptural Studies

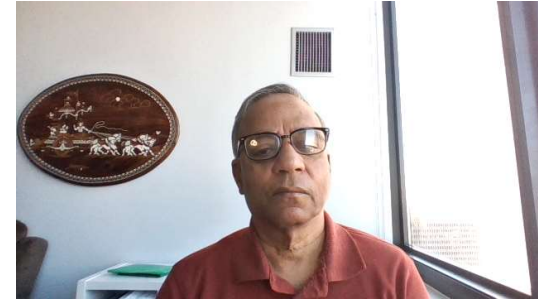
- Competent Guru
- Extended Period of time

Niyatha Karma

- Dhānam
- Tapaha
- Panca Mahā Yagya

Yoga/Meditation

- Ashtanga Yoga



Niyatha Karma

Dhānam

Tapaha

Panca Mahā Yagya



Dhānam (Charity)

Sharing Resources Voluntarily

Given to a deserving person at proper time and proper place without expecting anything in return



Tapaha

Kayikam (Physical)

Vasikam (Verbal)

Manasam (Mental)



Panca Mahā Yagya

Pitr yagya
(Family
Infrastructure)

Manuṣya Yagya
(Infrastructure
of the
community and
society)

Budha Yagya;
(Environmental
Infrastructure)

Deva Yagya
(Reverential
Attitude
towards the
Lord)

Brahma Yagya
(Reverential
Attitude
towards the
Scriptures)



Ashtanga Yoga

broad
preparation
(bahiranga)

Yama

Niyama

specific
preparation,
(andharanga).

Asana

Pranayama

Prathyahra

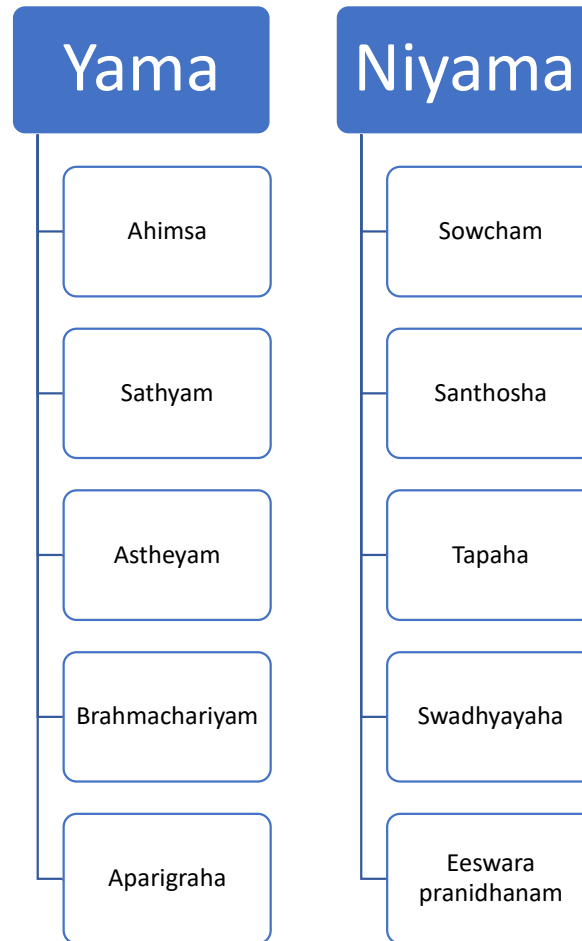
Meditation

Dharana
(Preliminary)

Dhyānam
(Progress)

Samadhi
(Final)





Ashtanga Yoga

broad
preparation
(bahiranga)

Yama

Niyama

specific
preparation,
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Asana

Pranayama

Prathyahra

Meditation

Dharana
(Preliminary)

Dhyānam
(Progress)

Samadhi
(Final)



1	Dhānam (Charity)	10	Ahimsa
2	Tapaha - Kayikam	11	Sathyam
3	Tapaha - Vasikam	12	Astheyam
4	Tapaha - Manasam	13	Brahmachariyam
5	Pitr yagya (Family Infrastructure)	14	Aparigraha
6	Manuṣya Yagya (Infrastructure of the community and society)	15	Soucham
7	Budha Yagya; (Environmental Infrastructure)	16	Santhosha
8	Deva Yagya	17	Tapaha
9	Brahma Yagya	18	Swadhyayaha
		20	Eeswara pranidhanam





Some of the Resources

- **Sequence of classes as suggested by Swamiji**
- **Book on Introduction to Vedanta**
- **Sunday Broadcast of Swamiji's Classes (Pre-recorded)**
- **Notes to Swamiji's Classes**
- **Sashtraprakasika App**

SUGGESTED COURSE OF STUDY

	Level 1	
S.No	TITLE	No. of TALKS
1	INTRODUCTION TO VEDĀNTA	16
2	TATTVABODHA	22
3	BHAGAVAD-GĪTĀ SUMMARY	22
4	BHAJAGOVINDAM	12
5	BHAGAVAD-GĪTĀ (CHAPTERS 1 TO 6)	99
6	SĀDHANA-PAÑCAKAM AND VALUES	13
7	BHAGAVAD-GĪTĀ (CHAPTERS 7 TO 12)	65
8	JĪVAYĀTRĀ AND MANĪṢĀ-PAÑCAKAM	20
9	BHAGAVAD-GĪTĀ (CHAPTERS 13 TO 18)	79



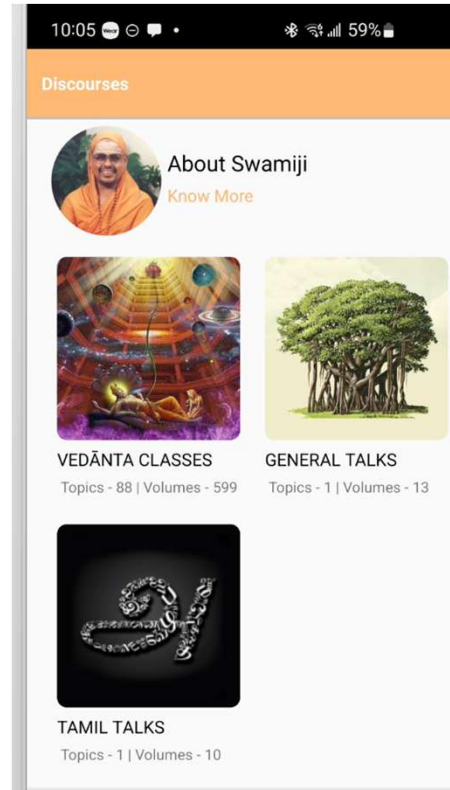


Sunday Broadcast

- **Time: 8:45 AM to 9:45 AM, every Sunday.**
- **Site: FreeConferenceCall.com**
- **Meeting ID: Vedanta**



Sastraprakasika



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