

# Vishnu Sahasarnamam

As part of Sadhana, Swamiji mentions that we do prayers, studies, puja etc to prepare our-self. One of the Stotram is Vishnu Sahasra Namam. Here are the Sanskrit lyrics and YouTube presentation of Vishnu Sahasarnamam:




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<https://www.youtube.com/watch?v=FBxXYK4fBoY>

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# Devi Kavacham – Argala – Stotram

As part of Sadhana, Swamiji mentions that we do prayers, studies, puja etc to prepare our-self. One of the Stotram is Devi Kavcham – Argala Stotram. Here are the Sanskrit lyrics and YouTube presentation of Devi Kavacham – Argala – Stotram:



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You can follow this stotram with this video in YouTube:

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# **Upanishadic Thoughts With References from Bhawad Geeta**



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# Baghawat Geeta Notes by Chapter


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Chapter 2:



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## Chapter 3:



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Chapter 8



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## Chapter 10:




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## Chapter 11:



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Chapter 12:




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## Chapter 18:



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# Taitreya Upanishads, 10th Anuvaga Audio

This is an audio recording of Swamiji's chanting of 10th Anuvaga of Shikshavalli, Taitreya Upanishad.

Shikshavalli 10th Anuvaga

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## Kaivalya Upanishad

Namaste:

Please click on the link below for my notes on Kaivalya Upanishads. These notes are based on the teachings of Swami Paramarthananda.

Notes-KaivalyaUpanishad

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## Kaivalya Upanishads Chanting

Please click on the link below to chant along Kaivalya Upanishad. This is a recording of Kaivalya Upanishads chanting by Sri Ganesh Gurukul of the Gayatri temple in Lockport, Illinois.

<http://www.advaiddam.com/wp-content/uploads/2016/09/MP3KaivalyaUnanishad.mp3>



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# Bagawat Geeta, Introduction

One page summary, in table format, of the first Bagawat Geeta class by Swami Paramarthananda.

Notes-BhagavadGita-Intro

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## Dhyana Shlokas – Bagwat Gita

Bagwat Gita Dhyana Slokas in Sanskrit, along with grammatical interpretations and translation and meaning in English. Page 11 will be of interest to Vedantic Students.

GitaDhyaanShlokas

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## TattvaBodha

These notes are based on the Swami Paramarthananda's discourse on TattvaBodha. (Please click on the link below)

Notes-TatvaBodha