# Vishnu Sahasarnamam

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

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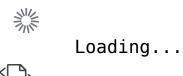
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https://www.youtube.com/watch?v=FBxXYK4fBoY

## Devi Kavacham – Argala – Stotram

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



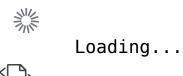
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You can follow this stotram with this video in YouTube:

### Upanishadic Thoughts With References from Bhawad Geeta



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## Baghawat Geeta Notes by Chapter

Introduction:



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Chapter 16:

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Chapter 17:

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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.

Shishavalli 10th Anuvaga

### 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

## 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.advaidam.com/wp-content/uploads/2016/09/MP3Kaivalya

Unanishad.mp3

#### **Bagawat Geeta, Introduction**

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

Notes-BhagavadGita-Intro

#### 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

#### TattvaBodha

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

Notes-TatvaBodha