

Acronyms and Terms for Spiritual Growth

Extracted from Swami Paramarthananda's teachings by Raj P

This document is a collection of acronyms and terms used by Swami Paramarthananda in brief note form for quick reference.

- The nature of the Creation:
 - o It is multifarious, has no-substance, is transitory, and not real (Aneka, Asara, Anitya Asatyam - Jagat mithya,
 - o Everything is Ishwara in different Name and Forms (**NF**) only.
 - o Jagat is **effect/karyam**, and useful for transactions in NF. Holding on/relying on effect is Samsara with all its problems. Discover the **cause/karana** (Brahman) of the creation to be free.
 - o Dependence on world, leads to Samsara life which becomes **MBBS** leading to **HAFD**. MBBS - Meaningless, Burdensome, Boring, Struggle. **HAFD** – Helplessness, Anger, Fear, Depression
- Objects of world have features of **OMACT** - Objectifiable, Material (panch maha bhuta), Attributable, Changing, Temporary/Transitory (drsyatvam, bhautikatvam, sagunatvam, savikartvam, agamapayitvam)
- God is essence of the world. **ESNS** - Eka (one), Sara (substratum), Nitya (timeless), Satyam (truth)
 - o Karma Yoga path for life – Proper Actions + Proper Attitude. **RIDE** R- Reducing Adharmic Activities, I – Increasing Dharmic Activities, D – Dedicating all actions to Ishwara. E – Experiencing everything as Prasada
- Benefits of Karma Yoga are the **4Ss** - increasing Self Esteem, Serenity (Samatvam), Setup Harmony (Pancha Maha Yagyas – Environmental care) and Spiritual Growth.
 - o With Sadhana chatushtaya Sampatti, one **reduces FIR** and **increase CCC**. FIR – Frequency of emotional disturbance, Intensity of disturbance, Recovery Period. CCC – Calmness, Cheerfulness and self Confidence
- **Sadhana Chatushtaya Sampatti** or the fourfold means for salvation (four kinds of spiritual practices), is a pre-requisite to the aspirant in the path of Jnana Yoga (Vedanta). The four means are:
 - 1) Viveka -discrimination between Sat (real) and Asat (unreal).
 - 2) Vairagya -dispassion or indifference to sensual enjoyments herein and hereafter.
 - 3) Shad Sampat (6 virtues):
 - a. Sama -peace of mind through eradication of desires, cravings and subtle Vasanas.
 - b. Dama -control of sense organs.
 - c. Uparati -satiety, renunciation of all activities not enjoined by scriptures (Sannyasa). Mind engaged in Sravana, Manana and Nidhidhyasana
 - d. Titiksha – endurance, forbearance, without complaints or giving up.
 - e. Sraddha -faith in scriptures and the Guru's words.
 - f. Samadhana -concentration of mind, balance of mind, equanimity to opposites.
 - 4) Mumukshutva -Intense longing for liberation.

- To be free of bondage of samsara, it is necessary to have internal sannyasa (vairagya – dispassion) and move towards **PORT reduction**, and **CLASP rejection**. PORT - Possessions, Obligations, Responsibilities, Transactions. CLASP – CL -ControLlership/ownership (aham-mama abhimana), A – Anxiety, SP – Special Prayers (sakama prarthana)
- **6 recognized pramanas** are the means of gaining knowledge for humans: 1) Pratyaksha (Direct Perception), 2) Anumana (Inference after), 3) Upamana (Comparison), 4) Arthapatti (Postulation, presumption), 5) Anupalabdhi (knowledge of non-existence), and 6) Sabda (Verbal Testimony).
- Due to Ignorance, Delusion, Projection, Reaction the normal behavior of a samsara, is that of Jiva atma (a person who believes himself to be a limited person), separate from others and Jagat.
- Upon vedanta based enquiry: **Body Mind (BM)** is also experienced like other objects of jagat and is **OMACT**. -i.e. achetana. It borrows sentiency from Consciousness – C which is chetana. It is the divine principle behind all organs. Eye of eye etc. It is the subject / witness / sakshi of the objects.
- **5 principles of Consciousness, C**
 - 1) C is Not Part, Product, property of body
 - 2) C is independent principle, which pervades and enlivens the body
 - 3) C is not limited by Body Mind (BM)
 - 4) C continues to exist beyond BM
 - 5) C continues to exist in seed /potential state but not available for transactions without manifestation in a being.
- Message of **Vedanta is in 5 capsules**
 - 1) I am of the nature of the eternal and all-pervading C
 - 2) I am the only **source of permanent** peace security and happiness
 - 3) By my **mere presence**, I lend existence to the material BM complex; and through the material BM, I experience the world.
 - 4) I am never affected by any event that happens either in the material world; or, in the material BM complex.
 - 5) By forgetting my real nature, I convert life into a burden (HAFD). Once I know this, then Life is a blessing; because, it is an opportunity to claim my higher glory. Life is celebration ha vu ha vu ha vu.
- Brahman manifests as **Sat Chit Anantum** in living beings, and as **Sat** in non-living beings. Thus Brahman pervades all of creation. Saguna Ishwara ritual devotion (God as separate) should be converted to Nirguna Brahma understanding.
- Consciousness / Self is only understandable thru Vedanta based **Sabda pramana** as taught thru guru parampara. It teaches about **claiming** the Sat Chit Ananda – Atma as ones swarupa. Conversely, applying the **neti neti** principle, and using conventional pramana methods one needs to discard everything (anatma) that is experienceable. That is the Push/push method in Upanishads.
- With dedicated Sravanam, (study) , Mananam (to remove all doubts), and Nidhidysanum (to internalize the knowledge) the enquiry leads to freedom, jivan muktaha.
- Karma Yoga + Jnana Yoga = Bhakti Yoga (appreciation of the god's grace)
- Karma Yoga mindset **transformation** into Jnana Yoga mindset is necessary

SAF, S-Stress, A-Anxiety,F-Fear. If we hang on to the **Changing Body/Mind/Sense** complex, in the face of the changing world of objects and experiences, we naturally, face **Stress, Anxiety and Fear**. It is like facing a Cobra and fearing it and not able to see its beauty.. However, Hindu literature shows Gods lying on Cobras (who have been controlled – or defanged). How?. Just KNOW the Changing nature of ANATMA and remain DETACHED from it. (ASANGOHAM)- I AM UNTOUCHED by it and remain PEACEFUL. ENJOY the UTILITY of the Gadgets, Money, Name, Fame, but understand it to be transient!

FORMAT CONVERSION

A karma yogi has a world view which can be presented in a *triangular format of Jiva, Jagat and Isvara*

A Jnana yogi has a world view which can be presented in a *binary format of atma and anatma*

A karma yogi becomes a Jnana yogi by conversion from triangular to binary format

For a Jnana Yogi, Moksha is freedom by **claiming** that I am Nitya Muktaha (Brahman) -Soham, Bramhasmi.

CONTEMPLATION

All the pains and pleasures belong to the material body and world, the anatma. I am the atma or consciousness. I am nitya muktaha.

Brahma Satyam. Jagat Mithya. Aham Brahma Eva Naparaha.