**HH – BG - 06**

**PREACHINGS -**

Positive messages are easily absorbed when the medium is attractive to our heart. Knowing this, God took an **avatara** (incarnation) in an extremely beautiful form, **Sri Krishna**. We have heard about many **avatharas** of the Lord. We have even seen a few as **archa murthi** (deity form). However, the ethereal beauty of **Sri Krishna** is beyond words. Why did He come with such majestic beauty that stands firm in our hearts? The more firm His form is imprinted within our hearts, the better His **upadesam** (divine message) assimilates and fructifies into practice. This is why He descended with ethereal beauty. Letʼs visualize that beautiful form. How? Elders gave us a nice prayer to do so.

**SANSKRIT WORD =** kara kamala nidarsitha:thma mudraha | parikalitho:nnathabarhi barha chu:daha || ithara kara gruhi:tha ve:thra tho:thraha | mama hrudi sannidhim a:thano:thu sourihi ||

**SANSKRIT WORD MEANING =** may He joyfully reside and shine in the lotus of my heart

How does He look?

**SANSKRIT WORD =** kara kamala nidarsitha:thma mudraha

**SANSKRIT WORD MEANING =** displaying **atma mudra**

Earlier, we learned this posture is also known as **jnana-mudra**, because it imparts knowledge of eternal realities.

**SANSKRIT WORD =** kara kamala nidarsitha a:thma mudraha

**SANSKRIT WORD MEANING =** the posture explains the proper conduct of a soul, and hence, termed **atma-mudra**

What is the inner meaning of this **mudra**? Scholars, **acharyas**, and Elders alike, keep their hand in this **atma mudra** posture. What is the secret behind this posture? Many people gave explanations according to their level of understanding, habits, or even their needs. There is no lack of explanations behind this **mudra**. Some people have the habit of sniffing nasal powder. Such people claim – as inhaling nasal powder gives great stimulation, this **mudra** stands for energizing the **atma**! This **mudra** sparks **atma** with lifeforce! This is their speculative explanation. However, this posture actually instructs, “learn how you should behave, being born as a human.” What does this **mudra** teach us? What state are we in now? We are in a body made of **pancha-bhuthas** (5 principal elements). However, the body drives our behavior with 3 different **gunas** (modes). They are **satthvam**, **rajas**, and **thamas**. At times, we feel sleepy, tired, and languished. There are three **gunas** (attributes), associated with **prakruthi** (nature). Of these 3, '**thamo-gunam**' causes sleep, laziness, tiredness, and corrupts **jnana** (knowledge). These attributes are not physically visible to us. However, by observing the results in ourselves, we infer the causes. **Thamo-gunam** is one of the properties of **prakruthi**. At times, we display agitation, arrogance, restlessness, extremism, or boastfulness. The cause of such experiences is the impact of '**rajo-gunam**' present in **prakruthi**. At other times, we feel unexplainable tranquility, bliss, a sense of understanding, comprehending everything we hear. Feeling as if “this is the correct way of life” - then we soon return back to our normal state. Tranquility, peace, and clear comprehension are caused by **satthva gunam**. These three causes – **satthvam**, **rajas**, **thamas** - are attributes of **prakruthi** (nature). Our body is composed of that **prakruthi**. Thus, our body also inherits these attributes. When natureʼs **satthvam** combines with our bodyʼs **satthvam**, its influence becomes enhanced. Similarly, when **rajas** in nature combines with our bodyʼs **rajas**, it displays greater influence on us. The same goes for **thamo-gunam**. At any given time, one of the three **gunas** is dominant, suppressing the other two. All three are never in a state of equilibrium. They are always fluctuating up and down like ocean waves.

We are in the midst of these three. We! “We” – indicates **atma** (the soul). This **atma** did not come here by choice. Nor is it functioning here as per its own wish. In the background, someone else is inspiring and enabling its functioning. That inspirational eternal entity is God, **Paramatma**. What is your role? You are not operating on your own will, my dear. You are working based on Godʼs inspiration as a driving force. Or you are functioning based on attraction towards external **prakruthi**. **Prakruthi** is not in your control. Whereas, **Vedas** declare that God is your benefactor. Thus, if you humbly bow your head before Him, He takes charge and ensures that **prakruthi** listens to you. Achieving this is the goal for human life. If not for this, God could have granted us another type of body - an animal, bird, insect, etc. Over and above those species, He gave a body that can utilize knowledge and strive towards that ever so important goal. He revealed that the primary responsibility and activity for humans is to surrender before God and to seek refuge in Him. This message is conveyed by **jnana-mudra** / **atma-mudra** / **chin-mudra**. In this posture, **prakruthi** is denoted by three fingers -middle, ring, pinky. Within these three fingers, the finger length represents the **guna’s** proportional impact. Most of the time, we are in a state of **thamas** (middle finger, longest). From birth to passing, regardless of duration - 1 / 10 / 25 years / 50 / 60 / 70 / 100 or 125 years… …the majority of this time is spent in sleep. Someone ignorantly said that half of our life is spent sleeping. Incorrect. Rather, approximately 80% goes towards sleep! It's excessive. Hence, sleep, and its root cause – **thamo-gunam** – is represented by the middle finger (longest). The adjacent finger, index, denotes us. It symbolizes **atma**. It is named **tharjani** (that which threatens). In this world, no other species threatens. They simply live on their own. If there is such a species which threatens, it is only us. Only us. Thus, we, **atma** is referred to as ‘**tharjani**ʼ and symbolized by the index finger. That is why we use the index finger to frighten others; we do not use other fingers to threaten. Hence, this index finger represents us. We are always next to ‘**thamas**ʼ. **Thamas** predominates our being. If our **thamasic** nature were to ever decline, next comes **rajo-gunam**. **Rajo-gunam** brings ego, anger, a heightened sense of aggravation, etc. When sleeping, we donʼt know anything – as if we are **Kumbhakarna**ʼs senior brothers. However, when awake, we exhibit traits like provocation, anger, lust, etc. **Rajo-gunam**ʼs magnitude is slightly less than **thamo-gunam’s**, just as the ring finger is slightly less than the middle. The last pinky finger signifies **satthva gunam**. This quality is the least in us. Hence, it is far from us (index to pinky finger)! Between the index and pinky (**atma** and **satthva guna**), there are middle and ring fingers (**thamas** and **rajas**). Only after them, there is the pinky finger, **satthva guna**. We all know how infrequently we experience good thoughts, a peaceful mind, controlled actions. etc. It is a very small percentage. 80% goes to sleep, about 18.5% goes for ego, selfishness, desires, etc. At the most, we are left with 1.5% for **satthva**. We have the least association with **satthva guna**, it barely touches us, just like the index and pinky. The middle and ring fingers (**thamas** and **rajas**) are right next to us, but, **satthva** is far and difficult to experience. Yet, we should strive to associate with that **satthva guna**. We came into **prakruthi** and reside in this body made from **prakruthi**. Whether we are realized, renounced, or anything else – we need to live within **prakruthi** as long as we are in this body. What to do then?

There is one more finger, ‘**angushttha** (thumb)ʼ, representing God. **Veda** says ‘**angushtta ma:thraha purushaha**'. The thumb, representing God, can be stretched very far from the index, ourselves. However, the thumb is most important. Whether middle, ring and pinky fingers are present or not, with only the thumb, we can accomplish all our tasks. If removed, we lose most of our abilities. That is why **Dronacharya** took **Ekalavya**ʼs thumb as told in **Mahabharatha**. The thumb is crucial, denoting **paramatma** (God). What should you do? You need to bow before God, connecting the index (**atma**) and thumb (**paramatma**). Submit yourself before God, then God moves towards you. When seeking refuge in God, even while in this **prakruthi**, He ensures **prakruthi** does not influence you. This is our activity, connecting the index and thumb, bowing before God. Renunciation does not mean leaving **prakruthi**. Realization does not mean isolating oneʼs self from **prakruthi**. We donʼt need to go far to the **Himalayas** as a result of realization. Wherever we go, all three **gunas** influence us. To be a **prapanna**, you should humbly bow and surrender to God while operating in and with the three **gunas**. This is our natural state. Having been blessed with a human body, realizing this is the primary goal. Any work undertaken with this mood automatically becomes worship to God. Thatʼs why this posture is named as ‘**jnana**'. It establishes the proper form of **atma** and streamlines the consciousness. Thus, it is named as **chin mudra** / **atma mudra** / **jnana mudra**. Lord displays this posture to us, “My dear, be like this.”

**SANSKRIT WORD =** kara kamala nidarsitha a:thma mudrah

**SANSKRIT WORD MEANING =** Along with this, He is also adorned with another enchanting decoration full of effulgence.

Letʼs learn about that decoration in the next session. Jai **Srimannarayana!**