

# ***“Prajnanam” - An Indian approach to Self Confidence***

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## ***Aim of this “SAMVAD”***

- ◆ Be a “Jijnasu” ( Be Curious )
- ◆ Sastra/Vigyan Kshamata
- ◆ Learn to be a Polyglot
- ◆ Be a Seeker ( Not a Believer )
- ◆ Astitva Bodha

# ***Four MahaVakyas from Upanishads***

Prajnanam Brahma (प्रज्ञानम् ब्रह्म)

Ayam Atma Brahma (अयम् आत्मा ब्रह्म)

Tat Tvam Asi (तत् त्वम् असि)

Aham Brahma Asmi (अहम् ब्रह्म अस्मि)

## ***Purusharth*** (पुरुषार्थ)

- ◆ धर्म ( Ethical duty/action )
- ◆ अर्थ ( Means/Wealth)
- ◆ काम (Desire)
- ◆ मोक्ष (Liberation)

## ***Two Level Goal***

- ◆ Self Actualization ( Vyavaharika )
- ◆ Self Realization (Paramarthika )



# *Virtuality ( Kalpanikata )*



**FULL MOVIE**

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## *Let us Start!*

गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः  
गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः  
सदाशिव समारम्भाम् शंकराचार्य मध्यमाम्  
अस्मद् आचार्य पर्यन्ताम् वंदे गुरु परम्पराम्

Guru is Brahma, Guru is Vishnu, Guru is Lord Maheshwara. Guru is verily the supreme reality. Sublime prostrations to Him

Beginning with Sadashiva, through Adi Shankaracharya in between and upto my own preceptor

I bow with reverence to the entire tradition of preceptors

# ***Four Vedas***

- ◆ Rig Veda
- ◆ Yajur Veda
- ◆ Sama Veda
- ◆ Atharva Veda
- ◆ Mantra Pushpam from Rigveda
- ◆ Durga Suktam from Rigveda



# ***Self Actualization***

◆ Let us discuss!



# ***Be a Yogi ( for Self Realization )***

- ◆ Karma Yoga
- ◆ Jnana Yoga
- ◆ Bhakti Yoga
- ◆ Raja Yoga



# *The Crux of Advaita Philosophy*

slok- ärdhena pravakshyāmi yad-uktam  
granthakotibhih  
brahma satyam jagan-mithyā jivo brahmaiva  
näparah



# ***Satya vs Mythya***

- ◆ Attributes of Satya
  - ◆ Thri-Kala-Abaditvam
  - ◆ Karya Karana Ananyatwam
- ◆ Mithya is Provisional Truth

# ***Be a Polyglot***



# *First Four Aphorisms of Yoga Sutra*

- ◆ Atha Yoganusasanam
- ◆ Yoga Chitta-Vritti Nirodaha
- ◆ Tada Drashtuh Swarupe Avasthanam  
(Then, the Seer Dwells in his own true splendour)
- ◆ Vriti Sarupyam, Itaratra (At other times, the seer identifies with fluctuating consciousness )



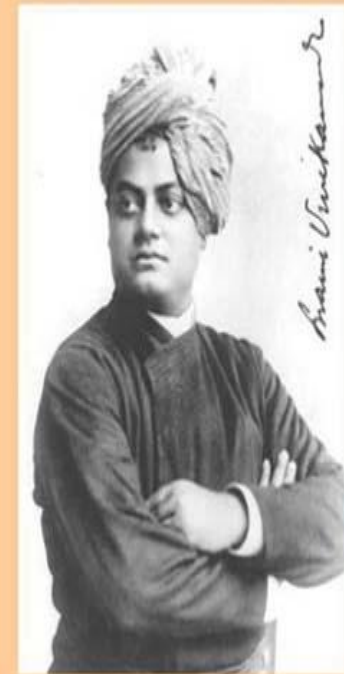
# ***The Man who popularized Yoga in the West***



# ***Raja Yoga (Ashtanga Yoga)***

- ◆ Yamam
- ◆ Niyamam
- ◆ Asanam
- ◆ Pranyamam
- ◆ Pratyaharam
- ◆ Dharana
- ◆ Dhyanam
- ◆ Samadhi

Swami Vivekananda  
January 12, 1863 – July 4, 1902



Chicago 1893

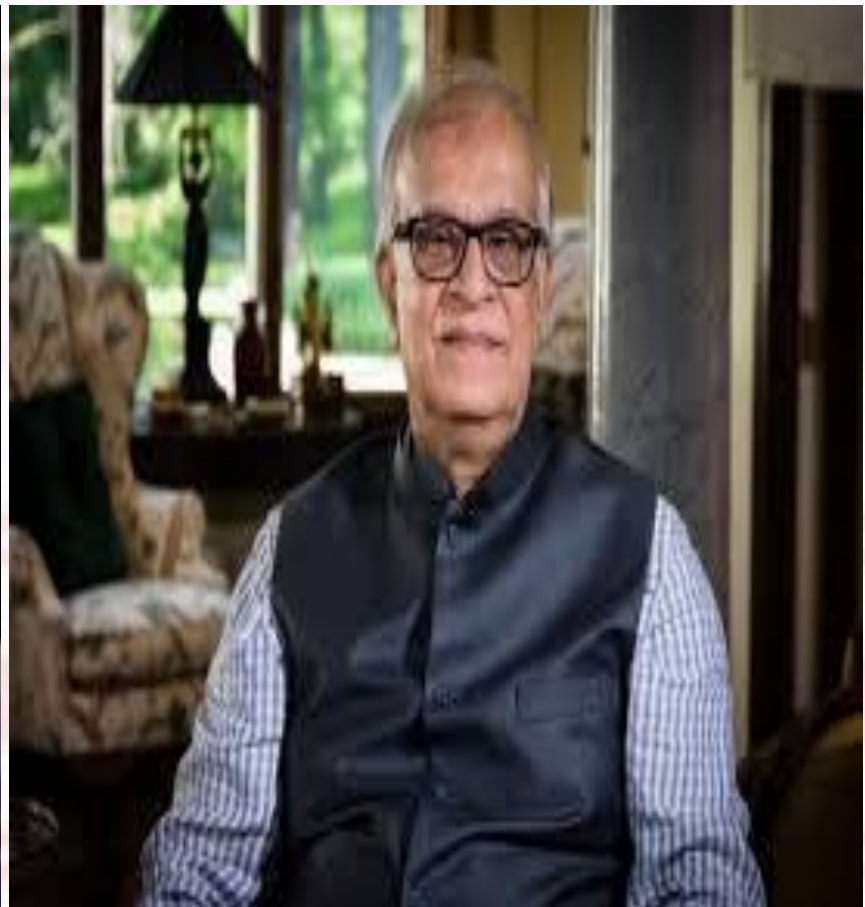
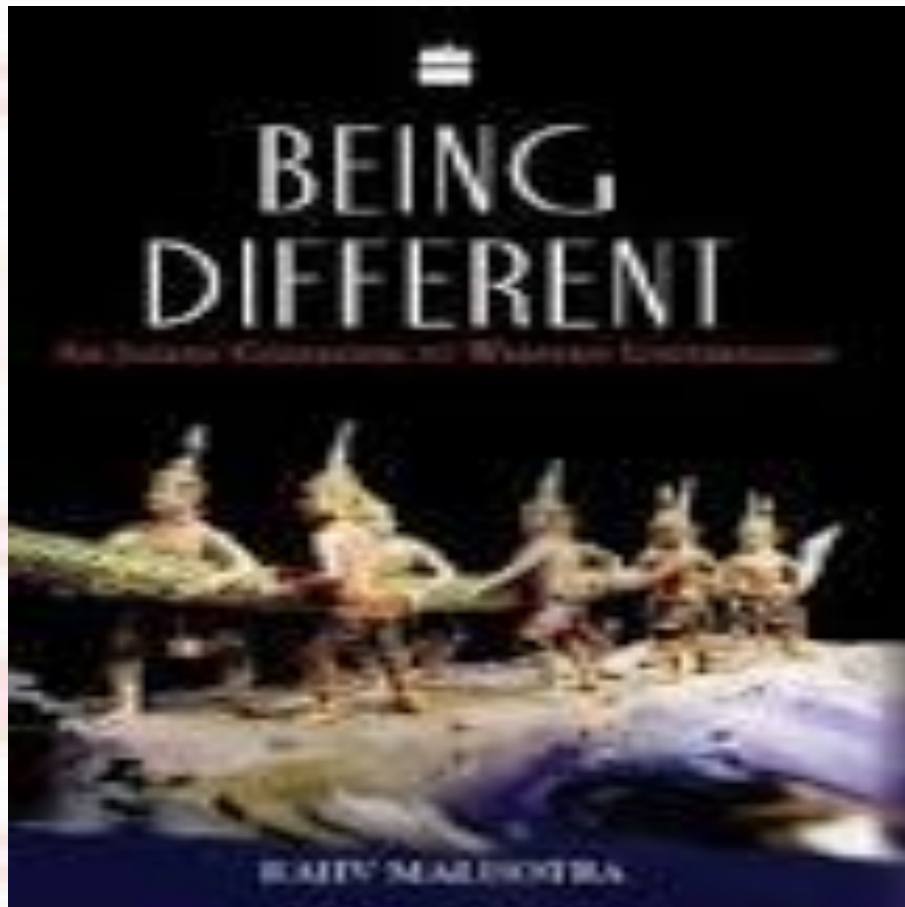
# ***Pramana Vicharam***

Pratyaksha Anumana Agama Pramanani  
Sruthi – Yukti – Anubhavam  
Shravana – Manana - Nidhidhyasanam

## ***Six Darshanas***

- ◆ Nyaya
- ◆ Vaishesika
- ◆ Sankhya
- ◆ Yoga
- ◆ Purva Mimamsa
- ◆ Uttar Mimamsa (aka Vedanta )

# ***A Must Read book for every Indian***



# *Questions*

◆ If any ?