**Rigveda Mandal-1, Hymn-1**

**Sukta on Agni**

Verse 1.1.1

vÍfXueh«Gs iÎqjksfg«ra ;ÍKL;« nÍsoeÎ`fRot«e~A

gksrk«ja jR uÍ/kkr«ee~AA1AA

Agnimile purohitam yajnasya devamritvijam.

Hotaram ratnadhatamam.

Agnim i.e. agrani means first (agra) to lead (ni). The Supreme and Divine Energy is first to lead every living being and non-living things in the universe. That Supreme energy, referred to as God, is thus the core energy of our individual life too. Sun is the principal source of all thermic energy or fire. This element, fire, also is the first to lead and energize each and every particle of the universe. In society, all those, real and true leaders who serve others by burning their own selfish interests, desires and wealth etc. just to ensure welfare for all and without any ego considering the Supreme Divine as the real doer, are also like fire i.e. first to lead truly.

ile : glorify, worship

purohitam means beneficial (hitam) for the city or society (pur). Purohita also means one present before the creation. The Self-effulgent and Supreme Divine Power is the Supreme purohita as that Power was existing before the creation being the Creator Himself. Priest of sacrifice is also known as purohita. Sacrifice means complete dedication of one’s belongings and knowledge for the welfare of others

yajnasya : for noble sacrifices without selfishness and ego

devam : giver, illuminator

ritvijam : in all times and all seasons

hotaram : provider

ratnadhatamam : bestower of splendid wealth - physical, material and spiritual. Physically, this body produces 7 elements (dhatus) from the food we consume

Elucidation

What is agni, fire?

Why do we worship God?

I glorify and worship Agni, the Self-refulgent Lord of the universe. This Agni, the Lord Supreme, is first to be present everywhere and in every particle for common welfare.

That very power is present in all living beings and non-living things as energy. This individual energy of all creatures and particles is the first manifestation of that Divine Energy. Shatpath Brahmana (1.4.2.11) says God is fire (brahma agni) and the soul is also fire (atma va agni). Therefore, I worship my individual energy also as part of the Divine Supreme.

Thermic Energy released by fire is also first to lead every thing in the universe. It’s properties are colour, heat, light, velocity and disjunction etc. It’s the means of realizing everything. It’s the basic ingredient of all sciences, industries and therefore of everything required by human life. That is why fire, representing God, is considered as the Supreme Witness. Marriage among vedic followers becomes a permanent bond because both the husband and wife vow to remain united before the sacred fire burning in the yajnakunda.

God’s energy is full of all knowledge. Our inner energy also has the complete knowledge of our inner mind as to how much it is pure or impure, how much it is selfish or selfless. Therefore, I glorify both the energies as one and pray to increase it for the welfare activities.

All these forms of agni are purohitas as they are engaged for the welfare of others and were present before the creation. If human being use this energy as per Divine planning, for the welfare of others, it will empower us from within to perform all yajnas, the welfare activities by sacrificing our own self. In return, the Divine Energy will provide splendid wealth (ratna, dhatu etc.) in all its dimensions, physical, material, mental and spiritual. Our body is the first ratna of its kind that produces seven tissues (dhatus) from the food we consume - plasma, blood, muscle, fat, bone, marrow/nerve, and reproductive tissue. In Sanskrit, they are rasa, rakta, mamsa, medas, asthi, majja, and shukra/veerya. All these tissues are produced only because of the energy within us.

Practical Utility in life

Firstly, we should always glorify and worship the Supreme Energy, God as our Father, Mother, Brother and Friend. This way, we would be able to enhance our energy.

Secondly, to make sure that energy is not misused for endless and mad race for all selfishness. Rather, we should make sure that our daily activities are for the good of the family, workplace, and the society.

Thirdly, we should perform all activities without ego considering that the actual doer is the Supreme Energy of God. Then only you will get great treasures from the Divine Energy.

Verse 1.1.2

vfXu% iwosZ«fHk\_Zf"k«fHkÍjhM;ks uwr«uS#ÍrA

l nÍsok¡ ,g o«{kfrAA2AA

Agnih purvebhirrshibhiridyo nutanairuta.

Sa devan eha vakshati

Agnih : the Supreme Lord and fire producing thermic energy

idyah : is adorable as God and discoverable for varied uses scientifically

purvebhi rishibhi : by the rishis, the divine personalities of the past, as they possess the real and true knowledge of that Supreme Energy as well as of the thermic energy hidden in every particle

Nutanaih ut : and by the present generation also who have new minds and undertake new activities to possess real and true knowledge by following the past rishis

sa : He, the Supreme God

avakshati : makes available

devan : all knowledge, good senses, art and other divine virtues etc.

eha : in the present life

Elucidation

Why is Guru - Shishya tradition important?

The relationship between the past and present generation should be both ways. The past generation should open up their knowledge and expertise for the guidance of the present generation and the younger people should follow elders in every field of activity, spiritual or relating generally to worldly life - physical, mental or material sciences. Only then a guru-shishya tradition would continue to ensure appropriate knowledge transfer. Such knowledge would increase day by day. Where everyone works like a father and a son, the Divine Power grants good senses and great knowledge to such a society only. Whereas, if this practice of interaction between past and present generation is discontinued, the results would not be good. Deep and complete satisfaction would be lacking in everyone. Gurus will feel sorry for they could not get appropriate disciples. Youngs would get frustrated because there is no one to guide them as father. Loveful relationship would become scarce. Confidence may be shaken. Frustration may develop resulting into mental unrest despite material success.

Vedas are transferred from generation to generation only through this guru-shishya tradition.

Practical Utility in life

Customs, traditions and all knowledge must be transferred from generation to generation for the complete good of the society i.e. physical, mental and spiritual. This principle need to be applied in families, educational institutions, workplaces, social and political organisations. This would ensure prosperity and establish deep happiness at all levels of the society.

This is called guru-shishya parampara, the tradition of teacher and disciple relationship.

Verse 1.1.3

vÍfXuuk« jÍf;e«ÜuoÍr~ iks"k«eÍso fnÍosfn«osA

;Í'kla« oÍhjo«Ùkee~AA3AA

Agninaa rayimashnavat poshameva divedive

Yashasam viravattamam

Agnina : through Agni, the Supreme Divinity, our individual energy and the thermic energy i.e. fire

rayim : knowledge and material wealth

ashnavat : are made available

poshameve : and the strength of body and mind increases

dive dive : day by day

yashsam : fame

viravattamam : liked by all knowledgeable and powerful persons

Elucidation

What is the source of our individual energy?

The Supreme Energy of God, our individual energy and the fire, all need to be glorified with pious vows and deeds. Because, it is only through these energies we get all knowledge and material wealth. Only then strength in our respective fields will increase day by day, fame will result and it is liked and admired by the great and powerful people. But any mistake or lethargy in the use of such energies will result in devastation. Even wrong eating and living habits reduce energies.

Similarly, fire, an important element of nature, is the cause of all objects available to us for use. It should be used to enhance the well-being of all. Such diligent people are glorified and respected.

Practical Utility in life

How to increase our individual energy?

God is within us as physical, mental and spiritual energy. Connectivity with God increases these energies day by day. Just stay tuned to your inner energy and use it for beneficial activities. Family, workplace and the whole society, being the part of the universe, are feeding us. Apparantly these social units are our energy providers. Therefore, we must focus on strengthening these energy providers in return. Our energies would automatically increase.

A life disconnected to God means a disconnection from the source of our individual energy. This disconnection will result in reduction of our energy day by day.

Verse 1.1.4

vXusÍ ;a ;Ke«/oÍja fo'or«% ifjÍHkwjfl«A

l bísÎos"kq« xPNfrAA4AA

Agne yam yajnamadhvaram vishvatah paribhurasi

Sa iddeveshu gacchati

Agne : The all Pervasive Energy, the Supreme Lord

yam : those

yajnam : sacrifices, welfare activities

adhvaram : that are undisturbed, non-violent, faultless and egoless

vishvatah : from all sides

paribhuh asi : surrounded, protected and taken care of (by agne)

sa it : only that (yajna, welfare act)

deveshu : good, genuine, needy and ultimately the Divine Power

gacchati : reaches

Elucidation

How are sacrifices protected?

This verse is like a divine assurance that the Supreme Agni would protect all acts of welfare for others that are without any type of violence, fault, ego projection or disturbance etc. Our vow should be very strong, determined and full of dedication. God certainly protects such acts. Only then our acts would be beneficial for the real subjects and establish a connectivity with the Supreme Energy.

Practical Utility in life

If our activities are like yajna, for the welfare of all, then automatically these are protected by the Supreme Energy. In all life activities, this principle can be observed. If one performs his/her duties like yajna - for the family, workplace or any other establishment, the concerned higher authorities protect such acts and the performer also in all possible ways.

Verse 1.1.5

vÍfXugksZrk« dÍfoØ«rq% lÍR;f'ÍÍpÍ=kJ«oLre%A

nÍsoks nÍsosfHkÍjk x«er~AA5AA

Agnirhota kavikratuh satyaschitra shravastamah

Devo devebhiraagamat

Agnih : The Supreme Energy, God

hota : brings, gives and helps in performing all noble activities

kavikratuh : as He is Omnipresent, Producer of all useful things in the universe. He is the Great Poet.

satyah : real, permanent, undying and imperishable

chitra shravastamah : chitra means darshan i.e. liable to be realised within and shravastamah means liable to be heard about

devo : He is Self-refulgent and

devebhi agamat : can be known through the company of learned divine persons

Elucidation

What is Supreme Energy and how can we realise it?

The Supreme Energy is vibrating all throughout. Therefore, He is called a poet, composing and singing through His all-pervading energy and vibrations. That is why He is considered as God, the actual doer of all acts. He is the only permanent power. That is why hearing about Him is always full of astonishments. He is realized by the deep and continuous meditation and can be known through His divotees also.

Practical Utility in life

The Supreme Energy, God is within us and everywhere around. We do everything with the help of all powers and means given by Him. Therefore, He is the real doer of all acts. Similarly, in our family and workplace, we do everything with the powers and means given by our elders, superiors or employers. Therefore, consider those elders etc. as the real doer. This would make us egoless and would help in building an obedient, honest, humble image of our personality in the minds of elders and superiors. We would automatically get closer to thode high ups and enjoy their blessings.

Verse 1.1.6

;nÍú nÍk'kq"kÍs RoeXus« HkÍnza d«fj";fl«A

rosÙkr~ lÍR;e«fúj%AA6AA

Yadanga daashushe tvam agne bhadram karishyasi

Tavet tat satyamangirah

Yat : The purpose for which

anga : part of every particle and life, and

daashushe : the person who gives/donates all valuable things for the welfare of others

tvam agne : You, the Supreme Fire/Energy

bhadram : all good for that giver/donor

karishyasi : do

tava : Your

it : this

tat : rule

satyam : is a truth

angirah : as You Yourself are the part of every particle of the universe

Elucidation

How are complete sacrifices protected?

That Supreme Power is Angirah, part of every particle of the universe. He Himself has created this universe completely for the welfare of all. Therefore, it is His rule of complete truth that when any person completely gives/donates all his belongings for the welfare of others, the Supreme Divine, finding such a person as His ardent follower in letter and spirit, takes care of him and does all good for him.

Practical Utility in life

God takes care of those who sacrifice for the welfare of His people.

Guru Nanak Dev ji said - “putting food in the mouth of a poor means putting it in the treasury of God.”

This principle applies in the family, workplace and anywhere in the society. When we show complete honesty, dedication and self-sacrifice towards our duties, we get complete protection from the seniors/elders.

Verse 1.1.7

mi« RokXus fnÍosfn«osÍ nks"kk«oLrf/kÍZ;k oÍ;e~A

ueÍks Hkj«UrÍ ,e«flAA7AA

Upa tvaagne dive dive doshavastardhiya vayam

Namo bharanta emasi

Upa tva : Near You shall we come

Agne : Supreme Energy God and our inner energy as well

dive dive : every day, to know various types of knowledge

doshavastah : night and day

dhiya vayam : with our intellect and our actions

namo : with all humility

bharantah : with humble homage/worship

emasi : we try to realize You

Elucidation

Insprirations for meditative life.

It’s an inspiration and instruction for a meditative life. Every day and night, regularly, we must try to get closer to that Divine Energy with all our intellect and actions to realize various types of knowledge from the Supreme Father. We must focus on getting closer to Him. Every moment we must offer our humble salutations to God and worship Him. Just as food we eat provides nourishment to the physical body and knowledge nourishes our mental body, similarly meditational life every moment is required to realize unity with God at spiritual level.

Practical Utility in life

Meditational life means 100% devotion 24 hours regularly in life. With closed eyes meditation for God, with open eyes all actions for God.

Even in mundane activities, one can live a meditative life with a sense of selflessness and dedication. Meditative life at work means no holiday, no lethargy, complete dedication, complete success.

Meditative life bestows :-

1. Purity, honesty

2. Energy

3. Integrity with God and your superiors.

Verse 1.1.8

jkt«UreèoÍjk.kak« xÍksikeÎ`rL;Í nhfn«foe~A

o/kZ«ekuaÍ Los nes«AA8AA

Raajantam adhvaranam gopaamritasya didivim :

Vardhamanam sve dame

Raajantam : Self-refulgent, Supreme King whose powers are more than the powers of thousands of kings, who is regulating all activities of the universe

adhvaranam gopaam : who is protector (gopam) of unobstructed/faultless welfare activities (adhvaranam)

ritasya didivim : who gave the truth in the form of Vedas for all purposes of the universe

vardhamaanam : who is always at increase, the greatest

sve : at His own place

dame : due to His own Supreme Authority, superessions

Elucidation

What are the benefits of getting close to the Supreme Power?

Almighty God is the Supreme Ruler with vast powers. He has opened up His knowledge for everyone. With His supreme powers, He protects all welfare activities. His greatness and authority is at His own place. He is the biggest Suppressor.

Practical Utility in life

Remembering the great powers of God, try to get closer to Him. This rule can be applied in mundane life also. Honour the supreme authority of your elders at home and society, superiors at work place, teachers in educational institutions and great true leaders of the society, you will certainly get four good results :-

1. Self-discipline,

2. Inclination for welfare activities,

3. Suppression of personal desires,

4. Achieving higher positions and honours.

Verse 1.1.9

l u«% fiÍrso« lwÎuos·Xus« lwik;Íuks Hk«oA

lp«Lok u% LoÍLr;s«AA9AA

Sa nah piteva sunave supaayano bhava

Sachasvaa nah svastaye

Sa : He is

nah : for us

pita eva sunave : giver of knowledge like a father

supayana bhava : giver of knowledge and wealth, easy to approach without any fear, without much time and with complete love

sachasva : associate

nah : us

svastaye : for our complete welfare, to lead us to a higher state on the journey of soul

Elucidation

How easy is it to realise God?

Realizing close association with God is so easy as it is easy for a son to go to the lap of his physical father without any fear, without much time, with complete love and for full protection because this Energy is very much within us. A child living in closeness to his father remains a disciplined one. Freedom makes a child guidance-less and thus he gets deviated from nobilities. No other person can be as good a well-wisher as a father. More than that, a person living in closeness to the Supreme Energy will always be a great noble and high in energy all the time.

Practical Utility in life

Closeness to the supreme authority enriches us with all noble features, powers and promotions to higher level. Be respectful, honest and obedient while dealing with superiors, you will gain immense benefits.

**Rigveda Mandal-1, Hymn-2**

**Sukta on Vayu and Sun**

Verse 1.2.1

ok;Íok;k«fg n'kZrÍses lkseÍk vja«d`rk%A

rs"kak« ikfg JqÎ/kh go«e~AA1AA

Vaayavaayaahi darshateme somaa arankritah

Teshaam paahi shrudhii havam

Vaayu : The omnipresent air, an element in nature which is considered as purifier. God, being omnipresent and purifier because of vast powers.

aayaahi : please come in my body

darshat : liable to be realised (considered as seen). Air empowers us to see among other acts as it is the foremost element of our life

eme : these directly visible, realised or felt

somaa : worldly objects, noble qualities & knowledge

arankritah : are decorated all through out

teshaam : You (the protector)

paahi : protect (these worldly objects as well as qualities and knowledge in me)

shrudhii : listen

havam : our prayers

Elucidation

How is air important for us?

Spiritually understanding this verse, vayu is God because just as God is omnipresent, vayu is also present everywhere in nature. God, being omnipresent, is very much within our body also. We can realise His presence by focusing on our breathe which is the pranic energy of our life. After deep inhaling, retain it for some time and focuss on it. This is the basic way of meditation. This retention stage is considered best for concentration on our inner energy and ultimately to progress on the path of God realisation.

Physically also vayu being air element, our essential pranic force, needs a welcome in the body by retaining for sometime according to the capacity of lungs. Retention of inhaled air creates a pressure and strengthen our lungs, opens up alveoli and oxygenate the whole body thereafter. Thus, retention phase helps us to be healthy enough to perform all activities of life competently. Yogis who welcome air in this way are able to realise the importance of this great element of nature.

Mentally, retention phase creates a soothing effect for the nervous system. During tension or trouble times, if one practices deep inhaling followed by a sufficient retention phase, it will certainly result in raising nobilities in him to relieve him from tensions and troubles. With long practices over time, one can maintain a cooling mind permanently. Air has a Divine purifying property. After purification no evils remain.

Such practices of concentrating on air retention leads to the Divine realisation path. All worldly objects appear to be decorated with the presence of God, the Supreme Power. At physical and mental levels, the practitioner feels all nobilities in him at rise. Air brings both Divinity and nobility in our life.

God is the protector of all worldly objects in the universe. Air as pranic energy protects our body. God and the air protect our nobilities and knowledge.

God, being air, listens our prayers. We are also able to listen and to do all other acts in our life so long as we get air in our body as pranic force. Stoppage of this pranic air is called death and all activities are stopped.

Practical Utility in life :

Be Thankful to God, Tension Relieving Exercise

God can be realised with every breath that we inhale, retain and exhale. Approximately above 21000 breathings every day are the free gifts of God. We must be thankful to and welcome God with every breath.

Scientific and yogic effect of retention phase can be experimented during tensions, quarrels or any tribulations of daily life. Your mind will cool down and you will change your attitude.

Where there is God, there is only nobility and no ignobility.

Jahan Mahadev Vahan Basma Kamdev

Verse 1.2.2

ok;« mÍDFksfHk«tZjUrÍs RokePNk« tfjÍrkj«%A

lqrlks«ek vgÍfoZn«%AA2AA

Vaaya ukthebhirjarante tvaamacchaa jaritaarah

Sutasomaa aharvidah

Vaaya : God, the Omnipresent like air

ukthebhih : through various sources

jarante : are worshipped and praised

tvaam : You are

acchaa : desired

jaritaarah : by those worshipping and praising You.

sutasomaa : You are the producer and provider of soma (all worldly objects, nobility and knowledge)

aharvidah : we have known this now

Elucidation

Why is God worshipped as air?

God and the air both are worshipped and praised through various sources. Both are desired by the people who praise and worship because :-

(a) God is the producer and provider of all worldly objects, nobilities and knowledge,

(b) air makes us live to perform all activities

When a man of wisdom comes to know the importance of air as the great gift of God, he starts praising and worshipping both at once. Thus, he is able to purify his body to attain ultimate peace in life.

Practical Utility in life

No Diseases, No Crimes

Air is the beautiful gift of God. By preserving it, worship and praise God, the giver of this life force. With this basic gift only we are able to lead life and to use other gifts of God like worldly objects, nobilities and knowledge. On the other hand, if people don't protect this basic gift society is bound to face diseases and crimes all around.

Verse 1.2.3

ok;Íks ro« izi`×prh /ksuk« ftxkfr nÍk'kq"ks«A

mÍ:Íph lkse«ihr;sAA3AA

Vaayo tava praprinchati dhenaa jigaati daashushe

Uruchii somapiitaye

vaayo : God, air

tava : Your

praprinchati : gives knowledge of all sciences (Rigveda - Natural sciences, Yajurveda - actions, Samveda - metaphysics, Atharvaveda - war and medicine), connects to your Divinity

dhenaa : instructions in the form of Vedas

jigaati : are available to

daashushe : those who give up/surrender to God

uruchii : It takes us up on higher level

somapiitaye : It provides us all worldly objects, nobilities & knowledge etc.

Elucidation

What are the important features of Vedic instructions?

Omnipresent God! Your instructions in the form of Vedas are made available to those who surrender unto You. There are two features of Vedic instructions :-

(a) They give us all scientific and true knowledge along with connectivity to the Giver, the God,

(b) They take us on higher level - spiritually, mentally and physically through all worldly objects, nobilities and knowledge of various sciences.

Vayu, even if simply taken as air, takes us to higher levels of health, knowledge and realisation.

To attain higher levels we must surrender to the Grantor of everything in our life.

Practical Utility in life

Learn and Work Tirelessly

To achieve higher levels in our family and social life also, we must learn to respect and serve our superiors by showing our learning skills and eagerness to work tirelessly. It's like holding your breath while serving. Always focus on your job and be patient. Don't rush for the results today itself.

Verse 1.2.4

bUnz«ok;w bÍes lqÎrk miÍ iz;ks«fHkÍjk x«re~A

bUn«oks okeqÎ'kfUrÍ fgAA4AA

Indravaayu ime sutaa upa prayobhiraagatam

Indavo vaamushanti hi

Indra : Sun, one who has controlled senses

vaayu : air, one who is energetic and active

ime sutaa : produce all objects for use

upa : near me

prayobhih : while protecting all worldly objects and nobilities

aagatam : please come

indavo : all those protected objects and nobilities

vaam : for both of you (indra and vaayu)

ushanti : desire

hi : certainly

Elucidation

What is the importance of sun (indra) and air (vaayu) in our life?

Sun is the great magnetic power that holds the clouds near earth. When it warms up clouds, rain comes to earth and facilitates agricultural production and life on earth. Sun and air protects all things and lives. That is why all protected lives also desire sun and air certainly.

Indra can be taken to mean a person who has established control over his senses. Vayu can be taken to mean energetic and active. Only such people are useful in the society like real Divine representatives. Other common people also wish to come near such great men with indra and vayu features. Even the results of their energies and activities also desire to live with such energetic and active great persons. Such great people are loved by all others and even by the results of their performance.

Practical Utility in life

Only Energetic and Active enjoy respect from all sides

Be energetic like sun (indra) and active like air (vaayu) to be loved and liked by all people enjoying fruits of your performance. Even the results would desire you.

Everywhere in the society, home or work place, we can see energetic and active being respected by all. Even results, which are under God's control, love such people. It means God also loves such people.

Verse 1.2.5

ok;ÍfoUnz«'p psrFk% lqÎrkuak« okftuholwA

rkok ;k«rÍeqi« nzÍor~AA5AA

Vaayuvindrashcha chetathah sutaanaam vaajiniivasuu

Taavaa yaatamupa dravat

Vaayu indrashcha : Powers of God, air and sun, active and energetic

Chetathah : hold and enlighten

sutaanaam : all that is produced

vaajiniivasuu : everyday morning Divine time (brahamvela)

taav : both of these

aayaatam upa : come near

dravat : speedily

Elucidation

How can God be realised near us?

Air and sun (consequently rain water) produce so many things in nature. By producing all those things for us, these Divine powers also come near us speedily everyday morning at Divine time. Ultimately, God by providing all objects, nobilities and knowledge remains near us every moment. Everything we touch, see or use must remind us that it is God's gift and hence God is very near us.

If we take vaayu and indra to mean active and energetic person, God's presence can be realised through such person also. Such persons by serving others in a great manner everyday look like a Divine personality and attract God to be near them every moment.

Practical Utility in life

God is near us every time

Active and Energetic people feel more close to God

God gives us all worldly objects and nobilities. Through these gifts, He is near us every time.

Similarly, active and energetic people enjoy love and respect not only from the beneficiaries but from God also.

Verse 1.2.6

ok;ÍfoUnz«'p lqUoÍr vk ;k«rÍeqi« fu"d`Îre~A

eÍf{o«ÍRFkk f/kÍ;k u«jkAA6AA

Vaayu indrashcha sunvata aayaatam upa nishkritam

Makshvitthaa dhiyaa naraa

Vaayu indrashcha : Powers of God, air and sun, active and energetic

sunvata : produce every useful thing and protect

aayaatam upa : come near us

nishcritam : to purify us by granting results of our actions

makshvitthaa : very soon in this way (by giving results of our acts)

dhiyaa : knowledge

naraa : receiver

Elucidation

How does God purify us?

God through His Divine powers of air and sun produce all objects, knowledge etc. and remains near us to purify us by granting results of our acts, very soon and thus make us receiver of great knowledge.

An active and energetic person also does good to all. He is thus, purified and gets rewards of his acts and receive Divine knowledge and favour of the Supreme Energy.

God is like a teacher, who first teaches and then examines the performance of disciples to reward them suitably. In this way, the disciple is purified by that Supreme Teacher every time.

Practical Utility in life

Active and Energetic are Purified People

God controls the results of our acts just to purify us and to improve our intellect.

Active and energetic people are also purified persons, loved and rewarded by Supreme Authorities.

Verse 1.2.7

feÍ=ka gq«os iwÎrn«{kaÍ o#«.ka p fjÍ'kkn«le~A

f/k¸ak« ?k`ÎrkphaÍ lk/k«UrkAA7AA

Mitram huve puutadaksham varunam cha rishaadasam

Dhiyam dhritachim saadhantaam

Mitram : Sun (energy)

huve : I call/receive/accept

puutadaksham : for pure strength (free from impurities and energetic)

varunam cha : and air (activity)

rishaadasam : to destroy evil, violent or inimical tendencies

dhiyam : knowledgeable

dhritachim : evil less

saadhantaam : to be achieved

Elucidation

Can we be like sun (mitra) and air (varuna)?

I call the energy of sun like a friendly power to attain pure strength, great energy free from impurities.

I call air and activity to destroy all evil tendencies. Air purifies and thus destroys evils.

Sun and air together produce rain to destroy impurities from earth and deliver strength.

Worshipping means aspiring for qualities and powers of sun (mitra) and air (varuna), energy and activity in purest form. With such a worship, one can acquire evil less knowledge to benefit others.

Practical Utility in life

Be a Mitra and Varuna

In every society, we must have energetic and active people like mitra and varuna with pure strength and evil less activity. We ourself should try to be mitra and varuna to inspire others also to be like that.

Verse 1.2.8

\_Írsu« fe=koko#.k1ko`rko`/kko`rLi`'kkA

ØRakq« c`ÎgUr«ek'kkFksAA8AA

Ritena mitraavarunaa ritaavridho ritsparshaa

Kratum brihantam aashaathe

Ritena : Created by and established in the discipline of Divine Supreme Energy i.e. God

mitraa varunaa : sun and air

ritaavridho : are the augmenters of Divine Truth, rain and seasons

ritsparshaa : are the cause of establishing contact with Divine Truth, rain

kratum : yajna of universe

brihantam : vast in size is

aashaathe : pervaded by (both mitra and varuna

Elucidation

Are the sun and air also under the discipline of God?

Sun and air, despite being very powerful elements in nature are created by and established in the discipline of the Supreme Power God.

Spiritually, they are the augmenters of Divine truth and help in establishing a contact with that Supreme Power i.e. God.

Materially, they promote rain and thus establish a contact with every thing in universe.

The whole creation is like a vast yajna performed by these two powerful elements, sun and air, energy and activity.

That is why, energetic and active pure persons doing all welfare for others also remain disciplined under the Supreme Authority of God. Such people are augmenters of all good for everyone. Their life is like a yajna from which everyone is benefitted.

Practical Utility in life

Everyone to remain under the Discipline of God

Powerful forces like sun and air are in the discipline of God, the Supreme force. Similarly, every energetic and active person doing all good to others should also remain subject to the discipline of the Supreme Authority whether at home or elsewhere. No one should feel supreme in himself.

Verse 1.2.9

dÍoh uks« feÍ=ko#«.kk rqfotkÍrk m«#Í{k;k«A

n{ak« n/kkrs vÍil«e~AA9AA

Kavii no mitraavarunaa tuvijaata urukashayaa

Daksham dadhaate apasam

Kavii : For realisation

nah : of us

mitraa varunaa : Powers of God, sun and air, energy and activity

tuvijaata : doing welfare for all

urukashayaa : at all places

daksham : power

dadhaate : holding

apasam : all activities

Elucidation

To whom has God delegated His Powers?

Sun and air do welfare for everyone at all places. They are for taking us to realisation state. They are holding power for all our activities, good or bad.

God has manifested His greatness through sun and air. These elements of nature actually hold all powers for our welfare only. They hold powers of God and still tolerate all good and bad activities taking place on earth.

Similarly, in society some energetic and active people do welfare for all. Such people are empowered by God. Actually, it's Divinity appearing through such people. Such energetic and active people are a cover up of lesser energetic, lethargic or evil minded people in as much as they do good for all universally. On the other hand, such pure and divine people become inspiration to others sooner or later.

Practical Utility in life

Great Tolerance Power of Energetic and Active

God manifests through sun and air to perform all welfare. Sun and air despite holding all powers, tolerate our deeds, good or bad. Similarly, energetic and active persons are the Divine Powers of any establishment. They do hard work, enjoy power and still provide a cover up to others. Their tolerance is great. If they also stop their hard work, the establishments can fall down.

Rigveda Mandal-1, Hymn-3

Verse 1.3.1

vf'o«ukÍ ;To«jhÍfj"kksÍ nzo«Rik.khÍ 'kqHk«LirhA

iq#«Hkqtk puÍL;r«e~AA1AA

Ashvinaa yajvariirisho dravatpaanni shubhaspati

Purubhujaa chanasyatam

Ashvinaa : Pair of two, (As per Maharishi Dayanand ji it fire (agni) and water (jala). As per Vedic grammer it can be (i) earth and sky, (ii) sun and moon, (iii) day and night, (iv) expert physicians or scientists. As per Harisharan Sidantalankar ji it is inhaled and exhaled breath (pran and apan)

yajvarii : science of arts and crafts, person performing welfare acts with sacrifices (yajik)

isha : desired materials

dravatpaanni : instrumental in quickening the movement

shubhaspati : giver of great virtues, benefits, great deeds

purubhujaa : multi dimensional, multipurpose, taking care of many people

chanasyatam : consuming with joy like food

Elucidation

How is Ashvinaa, the pair of two, useful in life?

Maharishi Dayanand ji has explained this verse to mean - Experts should make proper use of fire and water element in the science of art and craft or in food to produce desired things, so that people, after using their products, are able to quickly move from one place to another to perform various activities for general benefits. This way, large number of people would be benefitted. They will use all such things with joy as they feel while consuming food.

According to Shri Harisharan ji - ashvinaa means the pair of pran and apan, the two names of inhaled and exhaled air. Air is vital element in our life. Proper use of air, inhaled and exhaled, make us moveable and active, make our efforts beneficial for many and help us digest food with joy and for proper utilization.

Practical Utility in life

Wherever two forces join to work in a common direction and with common motive, the result would always be great and beneficial for many and also to achieve desired aims.

There can be many types of pairs - husband & wife, father/mother & son/daughter, two brothers/sisters/friends, two social workers, employer & employee, partners, two soul-mates, govt. & citizens, body & mind, God & soul etc.

On spiritual path, body and mind should join together as ashvinaa to realise inner spirit and ultimately God

Any joining of two forces (ashvinah) can ensure :-

(i) welfare activities

(ii) achievement of desired aims

(iii) movement

(iv) great benefits for large number of people

(v) this joining shall be joyful like consuming good food.

This verse supports a layman statement - one and one make eleven.

Verse 1.3.2

vf'o«ukÍ iq#«nallkÍ ujkÍ 'koh«j;k f/kÍ;kA

f/k".;kÍ ou«raÍ fxj«%AA2AA

Ashvinaa purudansasaa naraa shaviirayaa dhiyaa

Dhishnyaa vanatam girah.

Ashvinaa : Pair of two, (As per Maharishi Dayanand ji it fire (agni) and water (jala). As per Vedic grammer it can be (i) earth and sky, (ii) sun and moon, (iii) day and night, (iv) expert physicians or scientists. As per Harisharan ji it is inhaled and exhaled breath (pran and apan)

purudansasaa : performing many types of acts

naraa : giver of fruits of action, making us progressive

shaviirayaa : helpful in movements

dhiyaa : fire and water, intellect

dhishnyaa : speed in movement or activity

vanatam : to be utilized, beneficial

girah : sciences of art and craft, intellectual efforts

Elucidation

If we take the pair of fire and water to mean ashvinaa, the meaning of this verse is - This pair, as a great science, has power to perform many great acts resulting in good fruits, helpful in movements with speed, to be utilized in many beneficial acts.

Practical Utility in life

A pair with all sincerity and sharp intellect can do anything great. As this principle is applied to two non-living elements, so is applicable in mutual relationship of living beings too. Even on spiritual path, one has to unite his physical and mental powers to realise inner power of God.

Verse 1.3.3

nlzk« ;qÎokd«o% lqÎrk ukl«R;k o`Îäc«fgZ"k%A

vk ;k«ra #nzorZuhAA3AA

Dasraa yuvakavah sutaa naasatya vrikta barhishah

Aayatam rudravartanii

Dasraa : Destroyer of miseries, sufferings

yuvakavah : unitedly as a mix or separately

sutah : proper and full use of elements or powers

naasatya : nothing is untruthful in them

vrikta barhishah : the great learned people who explain the result of united action

aayatam : let them come to us

rudravartanii : to destroy enemies

Elucidation

How great are the results of united action of our powers?

God instructs us to make proper and full use of our powers, our abilities and elements found in nature, unitedly or separately, as per situational requirements. There shall be no untruth or lack of ability, competence or power in any element or companion.

Invite great and learned people to explain the result of united action or efforts, to destroy enemies or troubles. Such relations and activities destroy all sufferings and miseries.

It means, besides the power of elements or companions, there is a great importance of learned people to guide about the proper use of elements and/or to purify the hearts and minds of companions.

Practical Utility in life

Verse 1, 2 & 3 form a common chain of one idea. Focus in the verse 3 is on proper knowledge and use of elements, purity of companions. Help of learned great men/experts is warranted in every group of people or in any activity of science.

Verse 1.3.4

bUnzk;k«fg fp=kHkkuks lqÎrk bÍes RokÍ;o«%A

v.oh«fHkÍLruk« iwÎrkl«%AA4AA

Indra aayaahi chitrabhaano sutaa ime tvaayavah

Anviibhistanaa putaasah

Indra : Almighty God, sun

aayaahi : please come to us

chitrabhaano : having astonishing knowledge, light

sutaa : all good qualities and knowledge in us, all worldly objects

ime : these

tvaayavah : are produced by you and are your part and parcel, are desiring for you

anviibhistanaa : by the subtlest causes spread all over and always

putaasah : are pure and purifying

Elucidation

Shall we remain satisfied with the grants of God or wish for God?

The Almighty God! please come to us, always be in our realisation to inspire us at every step. That Supreme Power has produced astonishing knowledge, powers and have given all these to us. Whenever we use these objects, knowledge or powers etc. we must desire for the company of the Great Giver also because all His gifts, produced by the subtlest causes, are all pure and purifying.

We should not remain satisfied with the grants of God but must aspire for His realisation. Only then we can keep our self purified. Vice versa, if we focus on purity, we can easily realise that Supreme Power.

Practical Utility in life

Every superior authority, in any small or big establishment, gives you many benefits in the form of worldly gains, knowledge, training, honour etc. and would certainly expect in return a purity in your acts and conduct. If we show these ethics, certainly we can get closer to our superior authority.

Verse 1.3.5

bUnzk;k«fg f/kÍ;sf"kÍrks foiz«twr% lqÎrko«r%A

miÍ czãk«f.k okÍ?kr«%AA5AA

Indra aayahi dhiyeshito viprajuutah sutaavatah

Upa brahmaani vaaghatah

Indra : Supreme Intelligence God, controller of sense organs

aayahi : please come to us

dhiya : by intellect and intelligent deeds

ishitah : desired and receivable

viprajuutah : enlightened people are able to know You.

sutavatah : who know the worldly and spiritual sciences, protect virtues in them

upa : near

brahmaani : great knowledgeable and enlightened people

vaaghatah : who perform welfare activities (yajna) for the happiness of all

Elucidation

How can we realise nearness to God?

Realisation of Supreme Intelligence of God is desired, possible and receivable only through intellect and intelligent deeds. Intellect here means subtle mind. We can activate our subtle mind for God realisation only by controlling multi waves of thoughts and selfish desires.

Only enlightened people know Him as they have known all worldly and spiritual aspects of knowledge and protected virtues in them.

God remains near such people only who have great knowledge and are enlightened and perform welfare activities (yajna) for all.

Practical Utility in life

How can we achieve nearness to our superiors?

We can get closer to any higher authority with our great intellect. This nearness is possible only for those possessing these features :-

(i) Who are enlightened and desiring to know more,

(ii) Who have protected virtues in them,

(iii) Who perform welfare deeds.

Verse 1.3.6

bUnzk;k«fgÍ rwrq«tkuÍ miÍ czãk«f.k gfjo%A

lqÎrs n«f/k"o uÍ'pu«%AA6AA

Indraa aayahi tuutujaana upa brahmaani harivah

Sute dadhishva nashchanah

Indra : The air in universe, our pranic air (both the dimensions are attributable to God)

aayahi : please come to us

tuutujaana : quick in motion

up : get near

brahmaani : enlightened persons

harivah : for movements, as controller of senses

sute : beneficial worldly objects and great virtues

dadhishva : are held

nashchanah : for consuming food, its digestion and other processes, for other purposes like using materials, acquiring knowledge and practicing virtues.

Elucidation

How can we realise God, by realising the importance of air?

The wide spread air in the universe represents God. We welcome God in our individual life every moment as prana. It's quick in motion, so our movements and activities take place due to that air. Even Divinity comes near us for the very purpose of enlightenment and movements. Food that we consume passes through digestion and other processes for the purpose of continuity of a healthy life. With such a healthy life, everyone wishes to hold all their belongings i.e. materials, knowledge and virtues. It means all our life activities are dependent on air, a gift of God.

Thus, we can realise God on the strength of knowledge, selfless and egoless activities. We should hold these features as daily food to continue with our realised state.

Practical Utility in life

What's the importance of air in life?

Air means continuity. Without air in 3 minutes we can die. Air is important for all life activities. Just as we hold air to digest food and to perform other activities; we hold life to use all worldly objects and our virtues, similarly we should make intelligent efforts for a better future.

Our higher authorities/elders made intelligent efforts in past to facilitate our present. Obviously, they would expect same intelligence and activities from us for a better future.

On the strength of our intelligence and virtues, we get a status and our life processes are carried on. The purpose all life activities should be to increase our intelligence and virtues to ensure its continuance in future.

Verse 1.3.7

vksek«l'p"kZ.kh/k`rksÍ fo'os« nsoklÍ vk x«rA

nkÍ'okalks« nkÍ'k"kq«% lqÎre~AA7AA

Omaasacharshanidhrito vishve devaasa aagata daashvaamso

Daashushah sutam

Omaasah : God's feature of protecting everything with his vast powers like knowledge, sciences, virtues, realisation etc.

charshanidhrito : holding everything with His true preachings (Vedas)

vishve devaasa : all great and enlightened men who have realised God and His knowledge

aa gata : please come to me (be in my realisation)

daashvaamso : You can make us fearless with Your Divine qualities

daashushah : give to all people

sutam : knowledge of all sciences and virtues.

Elucidation

How does God protect and hold everything in the universe?

Two principal features of God are :-

1. Protecting everything with His vast powers like knowledge, sciences, virtues etc.

2. Holding everything with His knowledge.

So we must invite and welcome all such great people who are well versed with God's knowledge and powers. Such great people can also do two important favours to us :-

1. make us fearless,

2. give us true knowledge of all sciences and virtues etc.

Practical Utility in life

What is the importance of complete knowledge and expertise?

Complete knowledge and expertise in any pursuit is welcomed everywhere as it is helpful in two principal ways :-

1. It removes fears of disturbances by empowerment,

2. It makes us aware of true knowledge.

Therefore, everyone should be a powerful and knowledgeable personality of one's pursuit. One can have a great progressive future only if he is competent to protect others from miseries/sufferings with his complete knowledge..

Verse 1.3.8

fo'os« nsÍoklks« vÍIrqj«% lqÎrekx«UrÍ rw.Zk«;%A

mÍlzk b«oÍ Lol«jkf.kAA8AA

Vishve devaaso apturah sutamaa ganta tuurnayah

Usraa iva svasaraani.

Vishve devaaso : All great enlightened men who have realised God and His knowledge

apturah : swift moving and acting rapidly

sutamaa ganta : come regularly to enlightened us with all sciences, knowledge and virtues

tuurnayah : to diffuse light of knowledge in all directions

Usraa iva : as the solar rays

svasaraani : come diligently in the day.

Elucidation

How are enlightened people equated with morning sun rays?

God has ordained all people to invite and welcome those enlightened men who are swift moving to diffuse knowledge in all directions as they can better enlighten us with all sciences, knowledge and virtues. Such people are beneficial as sun rays coming diligently to diffuse light in the day.

This verse can be taken as a duty cast upon all enlightened persons to be swift moving to spread knowledge. Let no trouble, desire for selfish gains, or laziness to remain as a hurdle in performing this duty. Swift movement without laziness is related to great knowledge. Whereas, luxuries and laziness are related to ignorance.

Practical Utility in life

Why are enlightened people respected everywhere?

Always keep an active connectivity with enlightened people of your pursuit. Such people have been equated with sunrays coming for enlightenment in the day. We can not imagine a day without sunrays. Similarly, we can not imagine enlightenment, knowledge and virtues without the connectivity of already enlightened and knowledgeable people.

Enlightened persons are respected everywhere. Therefore, be that enlightened or follow an enlightened.

Verse 1.3.9

fo'os« nÍsoklks« vÍfÍlz/kÍ ,fg«ek;klks vÍnzqg«%A

es/ak« tq"kUrÍ oÌ«;%AA9AA

Vishve devaaso asridha ehimaayaaso adruhah

Medham jushanta vahnayah.

Vishve devaaso : All great enlightened men who have realised God or His knowledge

asridha : undecayed knowledge

ehimaayaaso : always active (without laziness)

adruhah : devoid of malice

Medham : combining knowledge and action for all people

jushanta : everyone should enjoy company of such people happily

vahnayah : as their acts are for the happiness of all, they eagerly accept the responsibility of their duties i.e. karmas.

Elucidation

What are the important features of enlightened people?

All great enlightened persons have following features :-

(i) Their knowledge is undecayed (asridha)

(ii) They are always active (ehimaayaaso)

(iii) They are devoid of malice (adruhah)

(iv) They combine knowledge and action for the welfare of all (medham)

(v) They eagerly accept the responsibility of their duties (vahnayah)

For all followers and common people, there is only one requirement to enjoy the company of such people happily with heartfelt welcome.

Practical Utility in life

5 duties of Great people v/s 1 duty of Ordinary people

Great and enlightened persons have 5 great responsibilities as compared to just one duty for the ordinary people i.e. to enjoy the company of enlightened person happily.

Enlightened persons don't mind while performing such hard duties but ordinary people don't care for their single duty. Ordinary people don't wish anyone to help them develop Vedic Wisdom. That's the root cause of modern life's miseries and sufferings

Verse 1.3.10

ikÍoÍdk u%Í lj«LorhÍ okts«fHkokZÍftuh«orhA

;ÍKa o«"Vq f/kÍ;ko«lq%AA10AA

Paavaka nah saraswati vaajebhirvaajiniivatii

Yajyam vashtu dhiyaavasuh

Paavaka : Purifying

nah : for us

saraswati : knowledge which is great, beneficial for all and supreme

vaajebhirvaajiniivatii : whatever materials are used in the attainment of knowledge, this knowledge, in return, produces materials in multiples

Yajyam : welfare acts

vashtu : enlightening

dhiyaavasuh : combining knowledge and activity

Elucidation

What is saraswati, the great knowledge?

Only great, beneficial for all and supreme knowledge purifies us through our behaviour and conduct. Saras in hindi means - samaan rasa, equally beneficial for all.

Wherever there is great and beneficial knowledge, there is purity. Otherwise it's just information and rather ignorance and can produce impurity.

Whatever materials, food and other things, are consumed or invested to attain such great knowledge, it gives back all those things. This way, it becomes a cycle of great knowledge, happiness and prosperity. If some knowledge is not beneficial for all, it would result in destruction, crimes and miseries. Such a knowledge is actually no knowledge or ignorance i.e. agyan.

With great and beneficial knowledge only one can get enlightened and inspired for welfare acts by combining his great knowledge and righteous activities i.e. gyan and karma.

formula 1

gyan + karma = yajna (sacrifices) for great returns

agyan + karma = crimes for punishments

formula 2

Great Knowledge is purity, ignorance thereof is impurity

Practical Utility in life

Make your life saras i.e. equally beneficial for all. It will prove that you have saraswati, the great and beneficial knowledge. Then perform your activities. Returns of saraswati are in multiples of investment.

Verse 1.3.11

pksÍnÍf;Í=kh lwÎu`rk«ukaÍ psr«Urh lqerhÍuke~A

;ÍKa n«/ksÍ lj«LorhAA11AA

Chodayitrii suunritaanaam chetantii sumatiinaam

Yajnam dadhe saraswatii.

Chodayitrii : Inspirer, entering into mind

suunritaanaam : sweet and truthful, sincere and kind

chetantii : creating consciousness

sumatiinaam : of right minded intellect and knowledge

Yajnam : welfare activities

dadhe : giver, holder

saraswatii : the great and equally beneficial knowledge

Elucidation

How Saraswati holds yajnas, the welfare activities?

Saraswati, the great and beneficial knowledge equally for all, is the inspirer of sweet and truthful speech from within by entering into mind. It creates consciousness in right minded intellects. Thus, saraswati purifies the mind, speech and all activities of sense organs, thereby, leading a person to perform all welfare activities only. Thus, saraswati is the holder of yajnas.

Practical Utility in life

Saraswati, the great knowledge and equally beneficial for all, inspires from within, creates a consciousness of the level of great men and holds welfare activities. Result of such a course, in any field of life, is automatic. Such a person is uplifted in the society, in the eyes of people as well as on the path of God realisation.

Verse 1.3.12

eÍgks v.kZÍ% lj«LorhÍ izps«r;fr dsÍrquk«A

f/k;ksÍ fo'okÍ fo jk«tfrAA12AA

Maho arnah saraswatii prachetyati ketunaa

Dhiyo vishva viraajati.

Maho : The great, vast

arnah : ocean

saraswatii : great and beneficial knowledge

prachetyati : enlightens, inspirers

ketunaa : with the intellect and pure activities

dhiyo vishva : all intellects, minds

viraajati : are influenced.

Elucidation

How Saraswati rules the world?

Saraswati is equated with vast ocean. Just as ocean is the source of diamonds etc. saraswati also is the ocean of words and thoughts and can produce great results by enlightening the intellect and pure activities. Thus, only saraswati, the great knowledge, rules the society.

Practical Utility in life

How can our simple knowledge become saraswati?

By worshipping and glorifying saraswati, the great and beneficial knowledge, followed by pure welfare activities, you can rule over the hearts of people all around, at home, workplace or society. We can make our simple knowledge also as saraswati by making it equally beneficial for all.

Rigveda Mandal-1, Hymn-4

Verse 1.4.1

lqÎ:ÍiÍd`ÎRuqewÎr;s« lqÎnq?kk«feo xksÍnqgs«A

tqÎgwÎeflÍ |fo«|foAA1AA

Suruupakritnumutaye sudughaamiva godhuhe

Jjuhuumasi dyavidyavi

Suruupakritnum : Supreme Creator who created all objects, God

utaye : for knowledge

sudughaamiva : just as mother cow is milked

godhuhe : by a person in need of nourishment

juhuumasi : we worship and glorify Him

dyavi dyavi : every day regularly.

Elucidation

Why do we worship and glorify God?

When can we worship and glorify God?

We invoke the Supreme Creator of all objects i.e. God. Just as a cow-boy milkes his mother cow whenever he needs milk for nourishment, similarly we worship and glorify the Almighty Supreme Creator, any time and at any place, every day to obtain nourishment for our soul. Great knowledge and God realisation are the nourishments for our soul.

Just as cow is available all the times everyday for physical and economic needs and that is why she is worshipped as mother. Similarly, God is also available at all times for worship, for seeking knowledge and to progress on spiritual path.

Practical Utility in life

Can we also be glorified like God?

The Supreme Power, God, is for spiritual progress.

Cow is for physical and economic progress. That is why both are liable to be worshipped any time.

If you are available to your family, society or work establishments every time for help or service, you will also be worshipped and glorified like God and cow. You can become God by serving the people around you unconditionally.

Be a milking cow for others - sudughaamiva godhuhe.

Verse 1.4.2

mi« uÍ% loÍukx«fgÍ lkse«L; lkseik% ficA

xÍksnk bnzÍsorÍks en«%AA2AA

Upa nah savanaa agahi somasya somapaah piba

Godaa id revato madah

Upa nah : Near us

savanaa : to give light to the objects, with sun rays, to bless sacrifices i.e. yajna

agahi : please come

somasya : being the Creator of all objects, knowledge and virtues

somapaah : being the protector of all such things in us

piba : we receive

godaa : giving cow etc. in donation, sun rays empowering our eyes to see

id : with this determination, with this power

revato : people possessing objects, knowledge and virtues

madah : enjoy (His grants)

Elucidation

How are the powers of God innumerable?

God is the Creator and Protector of all objects as well as empowers us to use His grants.

The Supreme Creator, God, by giving light to all objects with his sun rays and to bless our sacrifices and welfare activities, come to us. We invite Him to be with us always in our realisation. He is the creator as well as protector of all objects, knowledge and virtues in and around us.

Human beings are instructed to enjoy all such possessions while sharing with others. God illumines the objects with His sun rays and at the same time empower our eyes also with the same sun rays to enjoy these objects.

Practical Utility in life

How can we ensure long-lasting enjoyments of His Grants?

God is the Creator and Protector of every thing. Moreover, we enjoy His creation with the powers given by Him. To make such enjoyments permanent in life, we must be prepared to sacrifice such grants any time for the welfare of others. That will be actual and long-lasting enjoyment. Godaa id revato madah - only grantor becomes God. Be a grantor like God.

Verse 1.4.3

vFkk« rsÍ vUr«ekuka foÍ|ke« lqerÍhuke~A

ek uÍks vfr«[;Í vkx«fgAA3AA

Athaa te antamaanam vidyaama sumatinaam

Maa no atikhya aagahi

Athaa : Hence

te : Your

antamaanam : very close, feeling You in their heart

vidyaama : competent to know You

sumatinaam : behaving in a noble way

maa : please don't

no : for us

atikhya : stop Your closeness, Your knowledge and virtues

aagahi : You please enlighten our inner life also with your presence and realisation

Elucidation

How can you become great like other great men?

There were great rishis and saints who realised the presence of God very close to them, in their inner life. They were competent to know Him. They behaved in a great noble way. Similarly we also pray to God - not to stop such feelings, knowledge and virtues from us. We too can realise God, the Divine Power of the universe. We will have to follow those rishis and saints who realised God.

(i) We must make efforts at our own by adopting all such qualities of great men,

(ii) We must seek guidance and support from the company of such great men.

Practical Utility in life

How to touch heights in material and social life?

There are two ways to realise God :

(i) Direct perception,

(ii) Company of great men, practically following great scriptures like Vedas.

You can follow the same principle for material and social progress also :

(i) Start serving the society directly wherever possible according to your capabilities, capacity and position.

(ii) Seek the guidance and support of those who are already at the height of serving others.

Your destination in life certainly should be to touch the height in your respective field.

Verse 1.4.4

ijs«fgÍ foxzÎeLr`«rÍfeUanz« i`PNk foiÍfýr«e~A

;LrsÍ lf[k«H;Í vk oj«e~AA4AA

Parehi vigram astritam indram pricchaa vipashchitam

Yaste sakhibhya aavaram

Parehi : Keeping away from worldly issues

vigram : noble intellectuals

astritam : non-violent, virtuous

indram : holding divinity, controll over sense organs

pricchaa : go and ask ( your querries)

vipashchitam (vi + pash + chittam) : who have understood and realised God and His powers in their heart.

Yah : who are

te : for You and

sakhibhya : Your equal minded friends, seekers of divinity

aavaram : providers of Divine knowledge that is liable to be adopted, acquired and held.

Elucidation

Features of great realised souls?

If we are seekers of spirituality and divine knowledge, it is advisable to first keep our self away from worldly desires and then to seek the company of such great souls who have following features :

(i) noble intellectuals

(ii) non-violent, virtuous

(iii) holding divinity

(iv) understood and realised God and His powers in their hearts.

Only such people can provide proper guidance on the divine path.

Practical Utility in life

Features of a good advisor?

Whether it is regarding divine path or any worldly issues, advices must be sought from a person of proper caliber, competence and whose behaviour must be free from doubts. This verse lays down four features of a great advisor :

(i) noble intellectuals having complete knowledge of the subject matter.

(ii) non-violent, virtuous

(iii) holding divinity, purity, welfare orientation

(iv) understood and realised the knowledge of his subject in his heart.

Verse 1.4.5

mÍr czq«oÍUrq uksÍ funÍks fujÍU;r«fýnkjrA

n/kk«ukÍ bUnzÍ bíqo«%AA5AA

Uta bruvantu no nido niranyatashchidaarata

Dadhaanaa indra id duvah

Uta : Certainly with determination

bruvantu : speak

no : not

nido : criticism

nih aarata : keep away from

anyatah : other useless jobs and discussions

chid : certainly

Dadhaanaa : hold

indra : God

id : certainly

duvah : discussions about

Elucidation

What are three great instructions to progress on spiritual path?

Three practical instructions to progress on spiritual path :

(i) No criticism of others in their absence : We must refrain from criticizing others at their back and even in one's presence. We should point out faults very humbly to look like a suggestion for his/her welfare. It is believed that if we criticize a wrong-doer, his wrong deeds are added to our karma bank also. It amounts to wastage of our energy.

(ii) No involvement in useless jobs or gossip discussions. Focus on the utility of time and energy for useful activities only.

(iii) Always hold discussions about God, the Supreme Energy and your individual life energy, health and welfare of all.

Practical Utility in life

What are three great practical instructions for peace and progress in life?

These three instructions are universal in nature irrespective of our place, time or pursuits, may it be our home, workplace, society or spiritual path.

(i) No criticism

(ii) Focus on useful spending of time and energy.

(iii) Discussions about energizing and promoting welfare.

This would increase our energy level, utility of our efforts would increase and save us from many complications like grouping, ego problems and conflicts etc. Such a person is appreciated everywhere and by everyone.

Verse 1.4.6

mÍr u«% lqÎHkxk¡« vÍfjoksÍZps;q«nZLe dÎ`"V;%A

L;kesfnUnz«L;Í 'keZk«f.kAA6AA

Ut nah subhagaan arirvocheyuhdasma krishtayah

Syaamedindrasya sharmaani

Ut : Also

nah : our

subhagaan : praises (for our acts and virtues)

arih : by enemies

vocheyuh : be sung

dasma : O! the Supreme Lord giving punishment to wrong-doers

krishtayah : be a hard working person (working with a happy and balanced mind)

syaam : inspired and established

it : with determination

indrasya : in God's

sharmaani : permanent pleasure

Elucidation

What are the results of three great instructions?

This verse is to be read with verse 5 of this sukta. If we follow three practical instructions to progress on spiritual path i.e. not criticizing others, focusing on utility of time and energy, always discussing about God, the Supreme Energy, we will be able to create an atmosphere where even our enemies would also appreciate us and sing songs in our glory. Wrongs of others are not our problems. The Almighty God punishes every wrong-doer. We should focus only on our acts. We can work hard with a balanced mind only if we don't involve in gossips and useless activities. This way we can establish our self in permanent pleasure of God with our determination.

Practical Utility in life

What is the plan for permanent pleasure?

Three requirement :

(i) No criticism

(ii) Focus on doing useful acts only.

(iii) Always discuss about Supreme Energy

Three results :

(i) Your enemies will praise you

(ii) You will become hard worker with balanced mind

(iii) You enjoy the permanent pleasure of your inner energy.

Principle : Only God punishes wrong-doers, not we or our comments.

Verse 1.4.7

,ekÍ'kqekÍ'kos« Hkj ;KfJa;« u`Îeknue~A

iÍrÍ;Uae«nÍ;Rl«[ke~AA7AA

Emaashumaashave bhara yajnashriyam nrimaadanam

Patayanmandayat sakham

Em : These

aashum : objects of speed and other qualities, virtues

aashave : for realising God, for achieving splendid wealth

bhara : hold

yajnashriyam : great fame of a noble person doing good to others

nrimaadanam : giving joy to the progressive person

Patayat : owner's feeling

mandayat : joyous feeling

sakham : like a friend

Elucidation

What is the purpose of all objects and virtues?

We should hold all worldly objects made of five elements (ether, air, fire, water and earth) and virtues etc. for the realisation of God, the Supreme well wisher and the Giver of everything.

These objects and virtues are the cause of our fame when we use them for the welfare of others i.e. yajna.

These objects and virtues are the cause of joy in the life of progressive person. On one hand, these objects and virtues give us a feeling of being the owner thereof and on the other, their presence is joyous like a friend.

But we must remember every moment that the purpose of all the objects and virtues in our life is God realisation.

Practical Utility in life

We must hold all objects and virtues keeping in mind the following :

(i) For doing welfare activities,

(ii) they give great fame,

(iii) they give great joy,

(iv) they give us a feeling of being an owner,

(v) they look like our a friend,

(vi) purpose of all these is God realisation

Verse 1.4.8

vÍL; ihÍRok 'k«rØrks ?kÍuks o`Î=kk.kk«eHko%A

izkoksÍ okts«"kq okÍftu«e~AA8AA

Asya pitvaa shatakrato ghano vritraanaamabhavah

Praavo vaajeshu vaajinam

Asya pitvaa : After consuming these

shatakrato : performer of innumerable tasks

ghano : clouds

vritraanaam abhavah : become the killer of all evils, diseases etc.

Praavo : protect

vaajeshu : in this war of life

vaajinam : the protectors, warriors

Elucidation

Who is protected by God?

The Almighty Supreme Power, God, performs innumerable tasks in the universe. Through His great creation Sun, He drinks the clouds and thereby produces rain to kill diseases and produce all nutrition.

Similarly, active and intelligent people drink the nectar of God realisation by performing penances to kill the evil minds and to produce virtues. Strong and able bodied warriors drink the sufferings and miseries of others to kill criminal and evil minds and to protect innocent people.

The Supreme Lord protects all such intelligent and powerful people who sacrifice their interests and take upon their shoulders, the responsibility of protecting common people.

Practical Utility in life

Protection is the universal requirement of Divinity.

God protects those who protect virtues. This golden rule has universal application. In families, everyone love the head of family who works for the smooth running of everyone's life. At work places and in the society, all superior authorities and leaders are respected because they protect their respective juniors and masses as well. Great people use their authority for the welfare of others even at the cost of their personal interests and conveniences. It is required by the Divinity.

Verse 1.4.9

ra RokÍ okts«"kq okÍftau« okÍt;k«e% 'krØrksA

/kuk«ukfeUnz lkÍr;s«AA9AA

Tam tvaa vaajeshu vaajinam vaajyaamah shatakrato

Dhanaanaamindra saataye

Tam tvaa : To You (the Shatakrato)

vaajeshu : in this war of life

vaajinam : the Supreme Protector, Warrior

vaajyaamah : we try to know and realise

shatakrato : the performer of innumerable tasks

Dhanaanaam : for splendid wealth

indra : O! God

saataye : we worship and glorify You.

Elucidation

Why do we worship and glorify God?

Read verse 8 and 9 together - The ultimate Protector and Performer of innumerable tasks is God whom we try to know and realise. We worship that Supreme Energetic and Powerful God.

Practical Utility in life

By protecting others you can make your life great.

The ultimate Supreme Protector is God, that is why we worship, glorify and endeavour to realise Him only. Hence, practically we you wish to make your life great, you must act and behave like protector of others.

Verse 1.4.10

;ks jkÍ;ksÍ…Î«ofu«eZÍgkURlq«ikÍj% lq«UoÍr% l[kk«A

rLekÍ bUnzk«; xk;rAA10AA

Yo raayo avanirmahaantsupaarah sunvatah sakhaa

Tasmaa indraaya gaayata

Yo : Who

raayah : splendid wealth - material, mental and spiritual

avanih : produces and provides

mahaanta : is liable to be worshipped and glorified for His Greatness

supaarah : He facilitates all tasks and fulfills all desires

sunvatah : those doing similar welfare of others

sakhaa : friend of

Tasmaa : that

indraaya : Supreme Power is

gaayata : to be sung in praise.

Elucidation

What is the greatness of God?

Being the Supreme Protector, God is liable to be worshipped for His greatness because :-

(i) He produces and provides splendid wealth i.e. material, mental and spiritual.

(ii) He facilitates all tasks and fulfills all desires.

(iii) He is the friend of those doing welfare of others.

Therefore, only that Supreme Power is to be sung in praise.

Practical Utility in life

People having great wisdom, energy and helping nature are also considered great and friends of God.

Just as God is Supreme in the universe, there are so many people around us, in our families, offices and in the society, who are of supreme importance in our life. Their great wisdom, energy level as well as their help and support to others made them important for many. Such people are the friend of the Supreme Energy, God. We respect and glorify all such friends of God also as if we glorify God.