



SESSION III

THE CULTURAL ASPECT

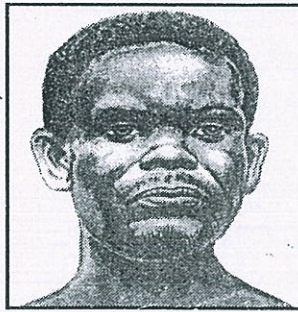
While defining and elaborating 'Dharm' in the previous session, it has been clarified, that the Rishis have interwoven the canvas of 'Dharm' and culture so skillfully, that it is very difficult to segregate and identify them separately. The common man regards traditions and culture as '*The Dharm*' itself. However, in the following paragraphs, efforts have been made to define clearly and segregate the cultural and traditional aspects of 'Dharm'.

Culture means to discipline the masses in a specific manner and motivate them to adopt qualitative ideology in thoughts and actions. The object of this exercise is to forge unity and brotherhood amongst them also.

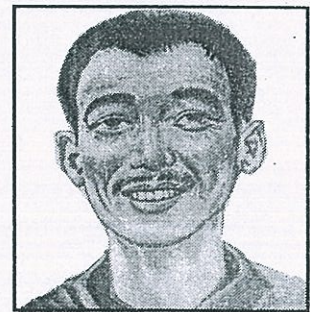
Varying faces of Human Beings



Arabian



African



Chinese



European



Mangolian



Indian

Fig. 3.01

3.2/ The Vedic Dham and Modern Science

Cultural aspects can be divided into two parts :- Physical and Ideological.

1. Physical Aspect:- In physical aspects the effect of following conditions are important:-

(i) Geographical (ii) Climatic and (iii) Connections with other Countries.

1(a) Geographical and Climatic Conditions :- Since the face, the eyes, the nose, the ears and physiques of the human beings, are affected by the geographical and climatic conditions, therefore there is considerable variation in the facial looks and physiques of the Arabians, Africans, Chinese, Europeans, Mangolians and Indians. Similarly, the variation in species of birds-animals, plants-trees, worms-germs is also observed. Accordingly, the style of clothings, way of living, eating and social habits are influenced. The construction of houses in snowy lands, deserts and plains is governed by the geographical and climatic conditions as well as available materials, and so their food habits also depend upon the food stuff produced in the region. The type of clothings and jewellery worn by the people is in accordance with the said conditions.

1(b) Connections with other Countries:- Due to modernisation and hightech, particularly in communication system, the whole world, like one family is coming nearer. Hence, the construction of houses, style of jewellery, clothings, food habits, fashionable and decorative designs are being modified and becoming alike. European style of construction of houses is gaining popularity all over the world, whereas in ancient days the Indian technique of house construction was in vogue. It was in accordance with 'Vastu' - a technique based on Natural Laws. The westerners are now attracted towards this technique. Fang Sui, a Chinese decorative art is also gaining popularity.

2. Ideological Aspects:- This aspect includes the traditions, the festivals and the values guiding the humanity. The human being is the best creation of God, hence he alone could appreciate the ideological aspect of human life. The rise and fall of cultures, which thrived in any society in the past, depended upon the calibre of the masses and particularly on such values, which could lead the humanity to godhood. The understanding of the society of such values so as to reach to the climax of

human evolution is the permanent basis, which creates an ideal and long lasting culture. In this context the Rishis had researched and attained highest state of evolution of human life known as '*Mokshha*' (salvation). They put it into practice also.

The spirit is immortal, human shell is mortal. The visible world is an illusion of mind. It is maya (deceit) and so on. Such great ideas were rooted deep into the sub-conscious of Indian people by the Rishis. This evolved into highest ideologies viz *Limitless tolerance, Capacity to pardon, Love towards every being and global brotherhood (Vasudhaiv Kutumbakam)*. In spite of several adversities, such ideology led to survive this culture till date, whereas others after reaching the climax have been wiped away from the globe. On the other hand these great ideologies moved the masses of other parts of the globe so much, that as and when and in the manner these thoughts reached that part of the globe, adopted the regional conditions and harmonized with them. Thus they became extremely popular and acceptable to all. Since, those values still stand as the permanent light house, hence they are ready to guide the humanity even today with their divine glow.

The chief characteristic of the Vedic culture has been, that its both aspects (Physical and Ideological) were founded on the laws and the behaviour of the nature. In Session II, Laws of Nature have been

Nature Performing Aarti

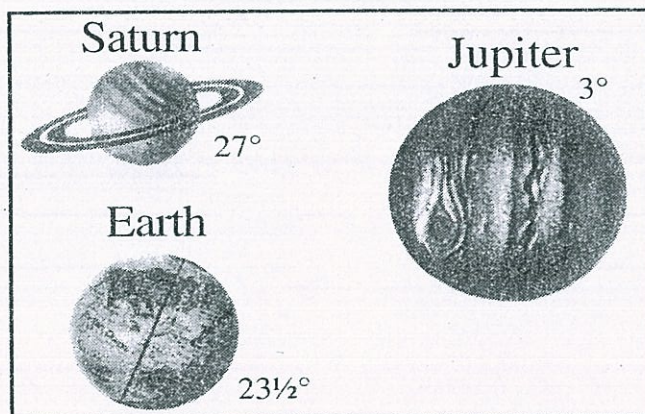


Fig. - 3.02

discussed. Now let us take few examples of behaviour of nature:- "The earth inclined at $23\frac{1}{2}^{\circ}$ revolves around the sun, whereas the Saturn and Jupiter revolve with an inclination of 27° and 3° respectively. Similarly, all the smaller and bigger bodies constantly revolve around the next bigger bodies in the posture of prostration (inclined posture). The inclination is the sign of

prostration and revolving indicates the action of '*Aarti*' (a sort of lit candle - '*Deepak*' moved round in front of an icon or a deity).

This is, therefore, deduced from the above example, that in the entire

nature '*Aarti*' is being performed. So it is prescribed for practice in temples. This behaviour of nature inspires us to imagine, that human soul – a smaller but glowful body is performing '*Aarti*' around the '*Virat*' (macro), the biggest glowing body in the cosmos. Thus, it is the simpler technique to merge the soul into the Almighty God.

Few more examples of the silent behaviour of Nature are cited below:-

The trees worship that unmanifest, invisible God by felling flowers. The falls do '*yajan*' (worship) by offering water. Thus offering water to sun god and Lord '*Shiva*' has been picked up from this natural phenomenon and based on such typical behaviour of Nature, *Shodash Puja*¹ i.e. sixteen preliminary steps of main Vedic worship has been prescribed for devotees. The constant motion of planets, moon, earth, stars, comets, meteriots, molecules, atoms, particles etc are producing varieties of sound. Based on these echoes the '*conch*', the '*bheri*', the '*mridang*', the ghanta (large size bell) and so on have been specified for use in temples. These natural sounds have innumerable benefits, which the modern science should explore and bring forth before the people.

3. Vision of Totality:-
One example of wholesome knowledge has been cited in Session no.I and two more examples are given below:-

Suppose a man sees one square mile of land from his roof top, then he may view say about ten square miles from the top of

Nature Worships

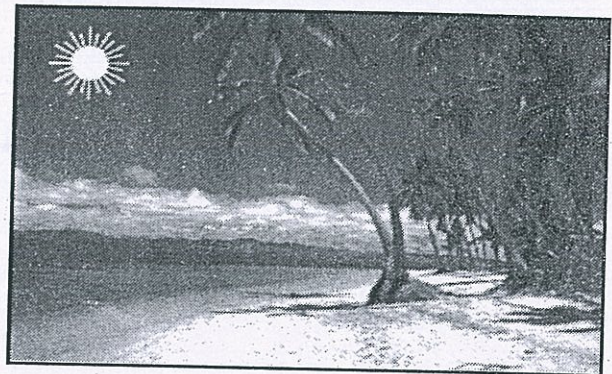


Fig. - 3.03

Viewing Earth From Moon (Vision of Totality)

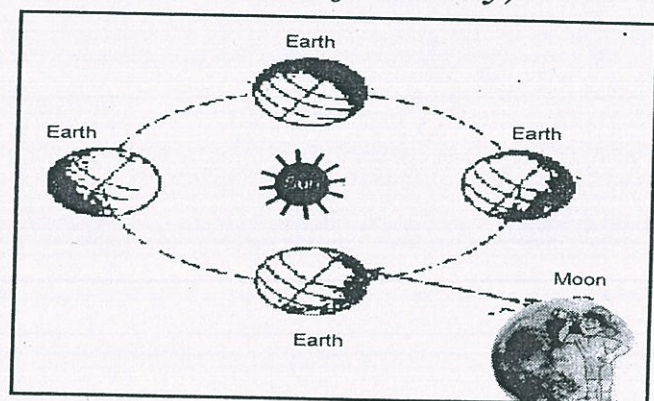
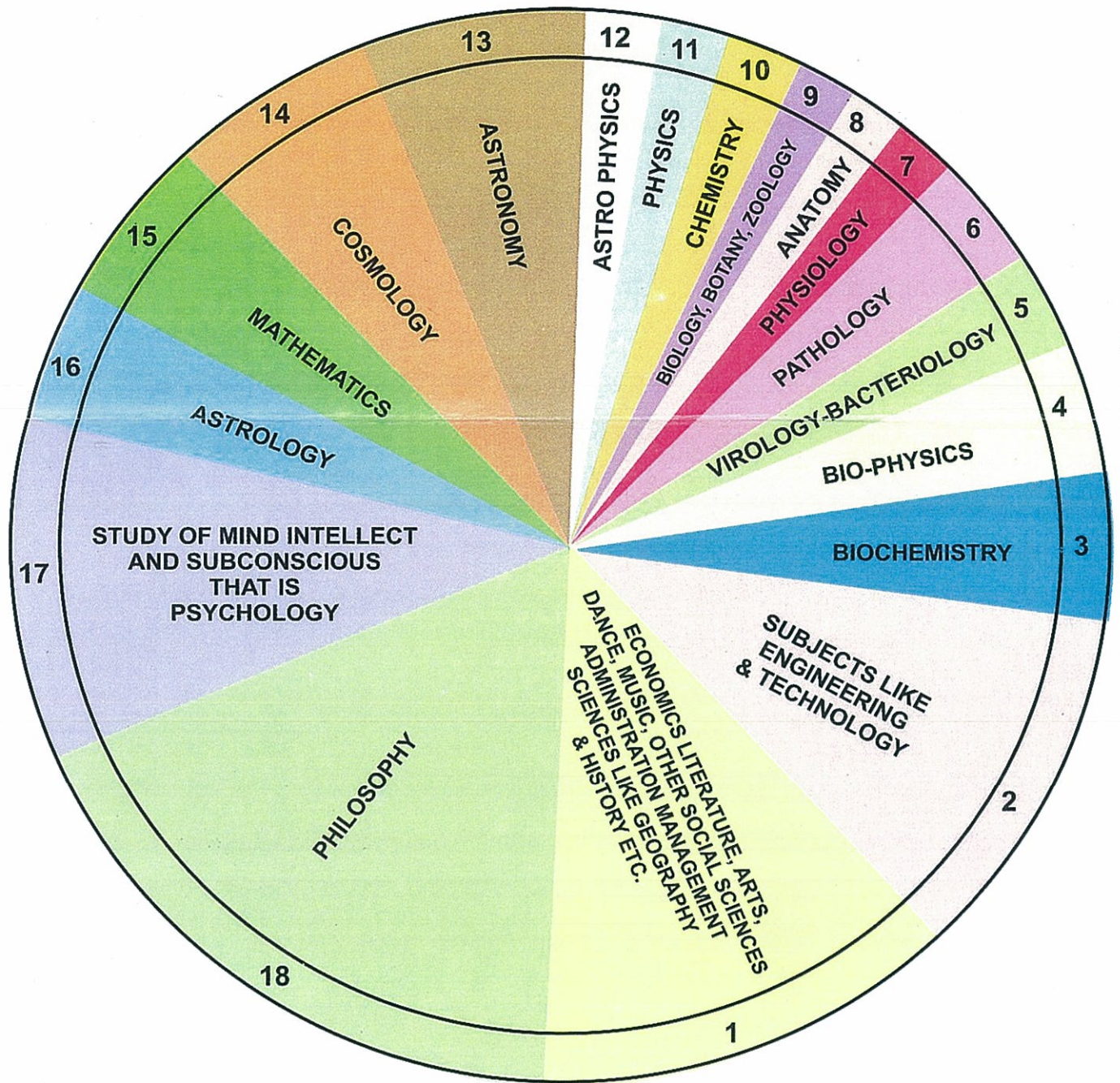


Fig. 3.04 (a)

¹ *Shodash Puja* (Sixteen preliminary steps of worship) consist of :- 1. Welcome (Avahan), 2. Seating (Aasan), 3. Offering Water (Arghya), 4. Washing Feet (Padya), 5. Offer Water for drinking (Aachman), 6. Offering Honey (Mahu Perk), 7. Offering Towel and new cloth for wearing (Vastra), 8. Offering ornaments (Abhushan), 9. Offering Scent (Gandh), 10. Offering Rice (Akshhat), 11. Offering Flowers (Pushpa), 12. Offering Herbal Scent (Dhoop), 13. Offering Light (Deep), 14. Offering Sweet (Naivaidya), 15. Sprinkling or Smearing Sandal (Anulaipan), 16. Bidding Farewell (Namaskar).

PERSPECTIVE VIEW OF TOTAL KNOWLEDGE



the T.V Tower, but while flying at a height of five hundred miles, he may observe say ten thousand square miles, whereas the same man will be able to see the whole earth from the moon. *Thus, this can be termed as the vision of Totality or Wholesome view.*

The field of knowledge is so vast, that it is almost impossible for a single person to digest all the branches of knowledge in one's life time. Even then, to have a rough idea of the number of branches constituting wholesome knowledge, a chart [fig no. 3.04(b)] showing perspective view is attached at P-3.5A.

The above Chart tries to picturise broadly the number of branches e.g. material sciences, spiritual sciences as well as the arts and literature. Thus it projects the view of totality to the great extent.

The Rishis have prepared the fabric of Vedic literature in such a way, that the analytical part (science) has been enwrapped into arts and literature to make it wholesome, interesting and popular. In this intense effort, the culture and 'Dharm' have been intermingled with each other so much so, that the masses have accepted culture itself as 'Dharm'. Consequently they are never able to know about the natural Laws viz Law of cycle, Law of Rebirth, Law of Karma and so on, which are the basics of 'Dharm' i.e 'Sathya' (truth), 'Tapa' (austerity), 'Yajna' (selfless duty) and 'Daana' (sharing). *Thus the common man remains unaware of the fact, that these four alone lead to salvation.*

Rishis had studied the life and the creation very minutely. Consequently they developed the wholesome view, deep insight and foresaw the ensuing blows on 'Vedic Dharm'. They therefore created a hard covering of cultural traditions to protect 'Dharm', as the nature does in case of a coconut fruit.

They also realized, that to protect 'Dharm' a sovereign state with four things in common is essential. These are :- (a) Dharm (b) Culture (c) Language and (d) ideology. To achieve this vision of totality and to reinforce the ideology in the masses, they worked on number of plans viz establishing temples, holy sites, 'Kumbh Parvas' (festivals of mass bathing in holy rivers and worship of deities on specific planetary conditions with entertainments). *This wholesome plan is known as culture.*

4. Factors forging unity amongst masses:-

4(i) Temple:- On hailing the 'sagun – saakar' (having form and qualities) methodology of prayer by the masses, number of temples having 'prateeks' (symbols) of unmanifest godforces were constructed at various selected sites. These 'prateeks' were energized through special mantras by special priests. This process is known as '*Prana Pratistha*' i.e superimposition

of '*prana*' (energy) on icons. The temple sites selected were such, where the masses could reach easily for daily worship viz central place of the village or city. These were built, if possible at some hillock or their plinth levels were kept higher than the general ground level, so that they are clearly visible from far off distance. The temples were constructed as per Vastu rules, and the environment echoed with ringing of bells conch and bheri etc., wherein the devotees performed '*Shodash Puja*', Japa and meditation to attain mental peace.

The stalwarts used to discuss the social problems and managed to fill the gaps of financial, educational and social imbalances. The temples were made the centres of high profile knowledge by way of speeches of saints and scholars, who basically aimed to lead the people to the highest goal of human life. The temple priests guided the people for daily puja, rituals, sacred dates of worship besides the beneficial contribution of Ayurveda for health.

4(ii) Holy Sites :- Based on the stories of puranas, the kings under the guidance of puranikas built magnificent holy sites for pilgrims to assemble from far off

*Kali Temple at Dakshhineswar
(Kolkata - India)*



Fig. 3.05

*Holy Site - Badri Dhaam
(Uttarakhand-India)*

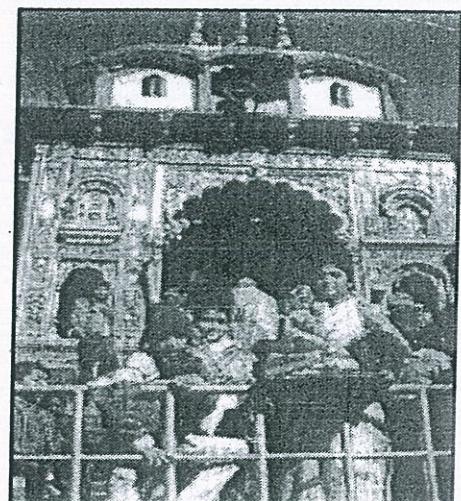


Fig. 3.06

regions to perform '*Shodhash Puja*' and prayer of various gods as per their physical needs of life. These sites were created around rivers, lakes, sea-shores, on mountain-tops, in the midsts of various natural and beautiful sceneries. Few sites worth mentioning are Kaashi, Prayag, Haridwar, Vrindaban, Mathura, Rameshwaram, Tirupati, Mahableswar, Kailash Man Sarovar and so on.

There is one natural/Holy site known as Amarnath. It is situated in Kashmir at the height of 3888 metres from sea level. Every year in the month of Feb–March a Shivalinga of snow gets formed inside a natural cave. It is also known as 'Him linga'. Lakhs of people go for 'darshan' of this natural 'Him linga'. The devotees are permitted to visit during the period starting from 30th June to 28th August. This linga slowly melts away around the month of August or so. It is reported, that a pair of pigeon lives there since unknown times.

Mass pilgrimages and bathing in sacred rivers like Ganga, Yamuna, Godavari and Chhipra by lakhs of people at a time on sacred dates, not only provides entertainment and enjoyment of festivals but ideological solidarity and brotherhood are also reinforced. The sacred dates fixed for festivals and parvas (bathing dates) are astrologically determined every year so that the human mind is filled with cosmic energy, happiness and linked with the macro. The dietary control and meditation on these dates lead the people to good health and nearer to God. '*Navratra*' festival is celebrated

*Him Linga
at Amarnath (Kashmir)*

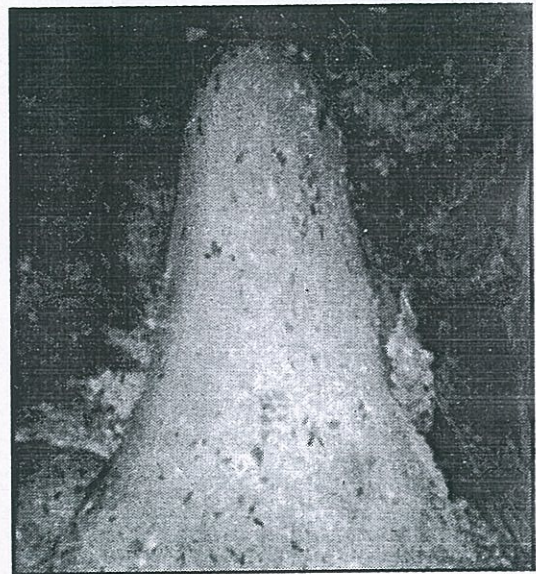


Fig. No. 3.07

*Kumbh Mela-Hari Ki Pauri
(Haridwar - India)*

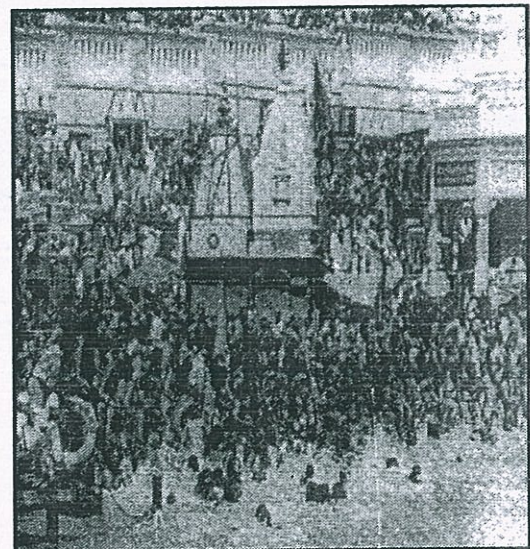


Fig.3.08

almost in whole of India. First before onset of summer and next, before the onset of winter. The object is to maintain the healthy body and sound mind. Fasting on sacred dates are aimed to prepare the man to fight the atrocities of weather and diseases produced from the imbalanced secretions of hormones from endocrine glands. Thus, the living of the people in the society had been so designed, so that each individual advances on the divine path and gradually achieves the goal of human life.

Followers of great 'Arya - Dharm' maintained unity through several ways including festivals like Shravni, Deepawli (festival of lights), Dussehra (festival of victory of righteous forces over unrighteousness), Holi (festival of colours) and mass prayer on sacred days viz Ramnavmi (birth day of Lord Rama), Krishna-Asthmi (birth day of Lord Krishna), Nav-Ratra (Raising the pranic level to fight out the atrocities of weather). The Ramlila (play staged on the life lived by Lord Rama), Krishan lila (play staged on the life lived by Lord Krishna) were not only the medium of entertainment, but also highly educative, character building and moral boosting. This helped in forging the ideological unity amongst the masses and protecting 'Dharm'.

Brotherhood through Festivals



Fig. 3.09

Every material wealth belongs to the Almighty is the basic ideology of Indian Culture and hence, before it is enjoyed, the same should be offered to Him. Keeping in mind this very idea, all festivals have been designed. However to make the festivals full of entertainment, the dance and music were made essential parts. The colourful Holi of Vrindavan is famous, because it is full of dance, music and romance.

4(iii) Instrumental Music, Dance and Ragas:- This art is the superb in itself and by practicing the same, human mind can easily reach godly abode. Varieties of instrumental and vocal music known as Ragas and Raganis, the dance viz Bharat Natyam, Kathakali and Odissy based

on scriptural nodes were developed in India and are so excellent, that they have been delighting the people since ages. They are matchless in quality and scientific approach and can easily bring the human mind to trance.

4 (iv) Vastu :- This technique of Vastu based on natural Laws was not only found useful for construction of temples, palaces and forts, but it also helped the masses in providing livelihood for ages. Beautiful carvings and idols of gods in temples, caves and palaces built in ancient India have no match. All these temples, caves and forts worthy of seeing, inspired the masses even in the crucial period of history to remain united through common ideology.

4(v) Paintings and literature :- Very high quality of paintings of heroes of puranas exhibited in the temples, caves and palaces kept the whole society emotionally charged and tied as in a thread. The poetry, novels, the educative stories were evolved, which became the basic material for '*Puranas*'. The stories in puranas not only present the simplified text of upnishadic knowledge, but they also throw light over the Natural Laws discussed in Session-II. The puranikas have used the language of symbols, which superficially appears illogical, but their meanings are deeper and to-day it is essential to interpret them in the modern context.

Collective Rejoicings Through Dance & Music

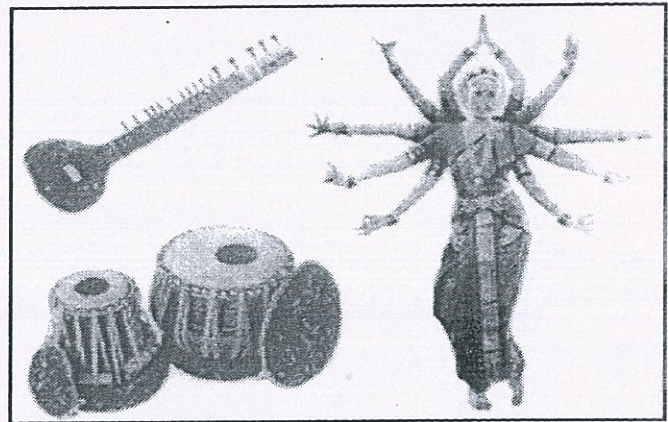


Fig. 3.10

Worshipping And Enjoying Nature Through Paintings

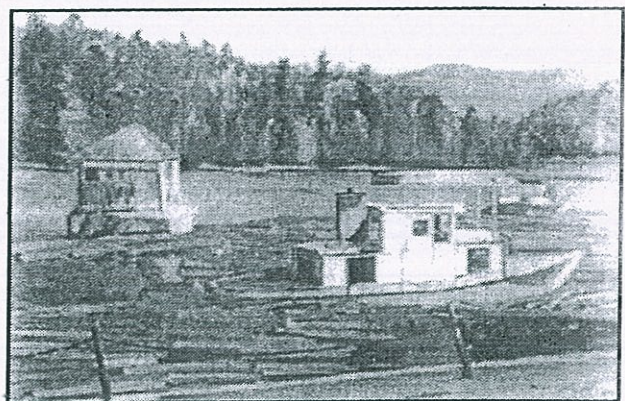


Fig. 3.11

4(vi) Astrology and Ayurveda:- The research of these two sciences by the Rishis is a superb work. The astrology contains full

knowledge of creation, evolution and its annihilation. By knowing the events of future, past and present the Rishis have bestowed the great and miraculous knowledge to the whole world. The future events of billions of people described in '**Bhragu-Samhita**' leave any intelligent reader stunned about the great scientific approach of the subject. Ayurveda is now being recognized gradually by the western world also. This therapy is mainly based on natural living and hence herbs are the main ingredients of Ayurveda treatment.

5. Dresses and Garments:- The dresses and garments were designed in such a way, that suited the climate and local conditions. These are comfortable, beautiful and sober. Age factor as well as the utility were fully kept in view. To maintain sobriety amongst ladies, the '*sarees*' and '*lehangas*' were the best garments. These are very popular to-day in the world market. The tight dresses were ignored except in the case of warriors, as it is their specific need. The chief object was to be near the nature as far as possible. Indian dresses are preferred world wide. The cotton and silk threads loomed in India had gained world wide fame before the invention of machines.

In nature, every flower attracts the butterflies by the smell and the beauty of its pollen. This happens according to the plan of nature to produce progeny.

Similarly, every girl attracts a male by her beauty. This attraction is wholly natural. This is unavoidable. In nature right from plants, trees and animals, the offsprings are produced through free sex. In human beings alone controlled sex has been prescribed through '*gotra tradition*'¹, so that the offsprings born may have noble tendencies rather than like animals.

Now-a-days due to sex exciting movies and sexy ideas propagated by the media, the youngsters, under the influence of the Western Culture

Varieties of Indian Dresses

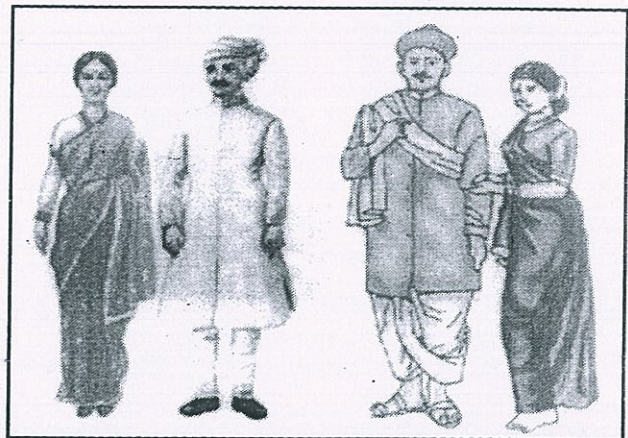


Fig. 3.12

¹ The detailed discussion on this subject may be referred in Part III of the book in an essay A system of character Building - *The Gotra Vigyan*.

are wearing very tight and so-called modern dresses and roaming freely almost in naked condition. This has resulted in the increase in number of crimes viz molestation, rapes and murders.

6. Solution:- Modernisation, fashion designing and so-called liberty of sex are provoking limitless sexual urge among youngsters. This is leading the masses to commit number of crimes. Therefore, it is essential to restrain the advertisements, the thoughts and dresses influenced by the modern world, which are provoking the young generation for open romance and sex. The sober, comfortable and simple Indian dresses should be encouraged by formulation of specific rules. If any individual, even after the implementation of the above reforms in letter and spirit does the sexual crime, then he should be punished. *The moral degradation has crossed the limit and it is almost reaching to cracking point. Right knowledge should inspire us to live life according to specific moral rules.* Living the life without restraint is an animal life and the gross ignorance. The results of this ignorance are very gruesome. The Gurus alone can transform the people's mind in this field. It is not so, that sexuality did not prevail in ancient times, but the same was restricted within the red boarder and kept outside the periphery of the colony. The girls were worshiped as goddesses and on the day of *Shravni festival* they tied a '*Rakshha Sutra*' (colourful thread) around the wrist of the boys. This festival is specially meant to celebrate the relationship of sisters and brothers. *This holy tradition should be implemented and reinforced in schools and colleges even to-day.* This will help in putting a restraint on sexual crimes. The worshipping of girls means, that the boys should see in them the form of goddess and girls should develop divine qualities in themselves. They should wear sober dresses and live by noble ways. They should be taught, that the *future results of immoral acts shall be horrible for the generations to come.*

7. Scientific way of living life:- To maintain the supremacy of human beings the Rishis planned to produce the progeny in scientific way and regulate their lives, so that each jeevatma goes beyond death in the same incarnation.

Sixteen samskars in brief:-

(i) Garbhadhan:- It means sowing the seed by the male member through intercourse into the womb of a female. This is the first and the most important activity carried out in the well planned manner. Just as to

produce quality food grains, we take necessary precautions viz quality seed, good soil, adequate manure, harmless pesticide and water. Similarly, to produce noble progeny, Rishis have laid down specific norms. These norms should essentially be followed and precede the actual intercourse (Garbhadhan) by the couple . These norms are :-

1. Acquire good physical health through natural living and dietary control.

2. Acquire morally upgraded mental status through divine grace by performing puja of specific gods.

3. Intercourse should be performed with full love and affection at the auspicious planetary position and between zero to two A.M.

(ii) **Punsvan** :- As soon as the pregnancy is confirmed by medical check-up, there are certain herbs (Bataroh, Batankur, Front part of kushas and somlata) which are grinded finely and given to the lady to drink. This is meant to safeguard miscarriage, strengthen womb and protect the mother from gynaecological problems.

(iii) **Seemantonayan**:- To keep the lady all the time happy and cheerful, the husband and the other family members have to boost her moral. Therefore, as a mark of love, they give her such gifts and presents, which are cherished by her and can be used for adornment e.g. jewellery, saree and cosmetics etc.

Strengthening the Womb



Fig. 3.13

(iv) **Jat karm and Shasthi puja**:- On the birth of the child the cutting off the naal from the solar plexus, bathing the child for the first time, writing OM (ॐ) with the honey on the tongue with a golden rod and blessing by the father for hundred long years of age are the activities performed on this day. Proper cleaning of the house, specially the room where the child is born is carried out. In order to disinfect the environment, the '*Havana*' is performed. Havana is an act of burning scented herbs and chanting of Vedic mantras. In modern times, there is a very convenient arrangement for delivery of a child in hospitals.

(v) **Naamkaran:-** On eleventh day, one hundred and one day, second year or on baby's following birth day, the naming ceremony is performed. The name of the child is decided on the basis of the electromagnetic frequencies generated by the planets and nakshatra at the time of birth. This helps the child in performing his life journey in rhythm with nature.

(vi) **Nishkraman:-** The child is brought to wide, open and clean environment after three months of his birth. This precaution is taken care of to protect the child from any infection. By this time the child develops adequate resistance, hence this practice.

(vii) **Anna prashan:-** After six months of the birth, besides mother's milk, the child is able to digest the cereals like rice, curd, honey, ghee etc., so after this date gradually more proteinous diet should be given. This is ceremonised by the ladies.

(viii) **Chuda-karm:-** This means shaving off the skull completely. It is performed either after completion of one year or three years of his/her birth and is aimed for the growth of strong hair in future.

(ix) **Karn vedh and writing alphabets:-** On the third or fifth birth day, the Karn-vedh (making hole in nostril and lobes of ears) ceremony is performed. This activity is meant to prepare the child for adornment in future. This can also be understood as a part of acupuncture therapy of modern times. From now onwards writing of alphabets is started i.e. the child is sent to nursery class.

(x) **Upnayan or Yagyopaveet¹ :-** The boys between the age of eight years to twelve years are brought under this samskar. In fact, on the very first day of the entry by the boys in Gurukuls (schools run by Ashramas in solitary and clean environments away from cities), they are initiated and very fundamental teachings are given to them. They are taught Yoga techniques including meditation and also the specific 'Mantras' for yajna. They are prescribed yagyopaveet to be worn round the neck for the

¹ Details regarding *Yagyopaveet* may be seen at P-11 of Session no. I

Note – Sanskrit terms used under paragraphs 7 & 8 do not have equivalent in English. These terms have been explained in the same sub-head. It is hoped that readers will kindly pardon for this shortcoming.

whole life to keep them reminding the three duties. The boys are taught to lead the life of austerity, celibacy and purity. The term upnayan (extra eye) means, that the teachings given at the time of initiation ceremony, the student gains an additional eye to see the world of matter from a different angle. This is a very important ceremony in the life of each student. This ceremony makes the boy a morally upgraded human being. After such teachings the basic attitude of the student is changed, and he is known, as reborn (Dwij). Because by now he has learnt the technique to go across the world of matter and merge with God.

(xi) Vedarambh:- After initiation ceremony the teachings of Vedas used to start. Based on the inborn tendencies of the boys, the subjects of teachings were decided by the Acharyas (professors). The highly Qualified and experienced Acharyas did scientific screening either astrologically or perhaps they had devised some electronic instrument to test the frequency (varna) of the boy. Thus they segregated them in four '**Varnas**' viz (1) Brahmin (2) Chhatriya (3) Vaishya (4) Service personnel. The birth in a particular family was not the basis of classification, but the tendency (Varna) of the student was the criterion.

(xii) Keshant:- After the entry of the student, his head was completely shaved. The object of this activity was, that the student should not loose his time and energy in beautifying and adorning his body, rather he should devote wholly on his studies.

(xiii) Samavartan and vagdaan:- On completion of the studies in Gurukuls, the young man returns to the family, where he is welcomed warmly and the relatives and friends discuss proposals for a young spouse.

(xiv) Panigrahan (Marriage):- Unlike the modern thinking, the objects of marriage of any young couple were (1) To provide a capable and noble offspring to the humanity (2) To lead the life of austerity and discharge his total duties*, while living in the family (3) To continue to make journey towards the goal of human life.

(xv) – (xvi) Van prastha and sanyas:- The detailed discussion of these two may be seen ahead under the sub-head '**Chief Samskars**'.

* **NOTE:-** To sustain all family members, elderlies, sanyasis, ashramvasis, brahmcharis etc. are the normal duties of the couple. This means, that the couple have to share their earnings with these people as a duty.

Antim Samskar :- It means last rites. The eldest son carried out the cremation ceremony of the dead. The body was cremated with jungle wood. This practice is in vogue even today.

Last Rite

8. Chief Samskars :- Out of the above mentioned sixteen samskars, the essential six samskars are discussed in detail in the following lines. These are (i) Garbhadhan (ii) Upnayan (iii) Deeksha and Panch-Karm (iv) Vedadhyan (v) Panigrahan (vi) Ashram Vyavastha.

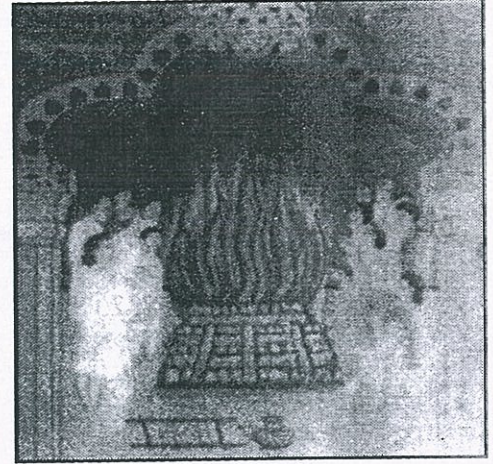


Fig. 3.14

8(i) Garbhadhan:- The object of this samskar is, that only those souls should be incarnated on the earth from whom all beings shall remain satisfied and happy. Also that such souls on gradual evolution should merge with God. India has been the vishwa guru (spiritual guide) because they incarnated an ideal soul like lord Rama through the special technique. *For bearing a noble soul proper spiritual preparation¹ before meeting of the couple is a must.* To produce a male or female child, the number of days after starting the menstruation of the woman are important. Specific pooja (worship) Vrata (austerity), specific diet etc. are to be observed. By undergoing the above exercise, the couple is mentally purified. This brings the great souls like Shanker (Adi Shankracharya) and Vivekanand on the earth by whose incarnation the nation, society, Manav Dharm and all beings are benefitted.

The great poet king Bharatrihari's statement is worthy to be quoted here. The meaning of the same is given in the following lines² :-

In the ever changing world, infinite number of souls take birth. But the incarnation of, that soul is worthy of adoration by whose coming on the earth, the society, the nation, manav dharm and entire humanity is elevated.

Modern society is devoid of this knowledge, hence the birth of souls having animal tendencies are increasing in number resulting in enormous

¹ These preparations have already been discussed under *Para 7 (i) of this Session.*

² *Sah Jato Yen Jaten Yati Vanshah Samunnatam Parvartini Samsare mritah, Ko Va Na Jayete- Bharatrihari niti Shatak - Sloka no. 32*

increase of crimes, violence and restlessness on the globe. *Our Institute shall try its level best to propagate this knowledge in the world.*

8(ii) Upnayan:- *God has provided two eyes to each individual to see the world. A common man sees the matter world either with attachment (raga) or hatred (dwesha). But the guru provides his disciple one extra (up) eye (nayan) to make him Shiva in the very life. To make Shiva means the teachings given by the guru are such, that the disciple starts viewing the matter world with no attachment. He thus practices and rises above the feelings of respect – dis-respect, sorrow – happiness, profit – loss etc. The essence is that his mind does not react and remains balanced while facing the dualities of life and is thus totally quietened.*

Three Vows & Initiation Ceremony

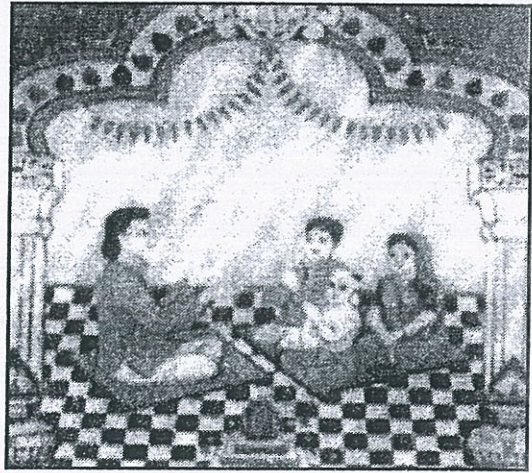


Fig. 3.15

The scriptures say, that all souls born are normally devoid of noble samskars and higher knowledge i.e. these are born as **shudras**, but the teachings given by the guru make them dwij (a great soul). These teachings are given between the age of eight to twelve years. During this age period, the boys are taught the basics of Vedic Dharm, viz perform daily sandhya, panchkarma, and wear yagyopaveet. The duties linked with yagyopaveet are :- do selfless service to parents, grand parents, gurus elders, community, Nation, Dharm and humanity. Also the knowledge given in Vedas should be carried to the next generation in the language of the times. The student has to take a vow to adhere these duties throughout his life. Such teachings were not only retained on the sub-conscious of the student for the whole life, but also elevated the moral of the masses very high, resulting into the society of clean people and high character. Due to mass awareness, there was harmony, peace and brotherhood in the society. *People did not use even locks on the doors for safety from thieves and dacoits.*

The present society has relinquished the initiation samskar (deeksha samskar). This has, therefore, caused gross ignorance in the society. Thus they are blindly running towards the agonies of hell by pursuing worldly happiness rather than the *bliss*.

As and when the society is sub-merged too much in negativities i.e. sex, lies, hatred, envy etc., the nature manifests its devastating face. It appears, that at this stage there is a heavy emission of neutrino particles from the sun (Brahma) and god Rudra through his eleven aspects, plays Tandava (dance of devastation). This results into mass destruction through volcano-eruption, heavy snowfalls, thunder storms, tsunami, floods, tornadoes, *wars* and so on.

In fact the sinful acts by the masses get recorded on the super-computer of the macro in the form of magnetic impulses. These records neither can be seen nor visualized by the common man. But our Rishis had known all this and they have left that knowledge for us as a lamp post on the cross-road. Such sins result into mass destruction, where several people seemingly innocent are also killed, because they have been the quiet witness to such acts and did not oppose. As the law of *Karma* regulates the fruits of karmas of the individual, similarly it governs the karmas of the masses as well.

There are two clear examples from Ramayana and Mahabharata (i) abduction of Sita (wife of Lord Rama) by demon Ravana and (ii) Dropadi being unclothed by Dusshashan. These events point out to unrestricted tendency towards sexuality prevailing in the society during that period. Ravana was full of ego, that he is the matchless warrior and Duryodhan was greedy of Kingdom, hence both were killed and there was heavy loss of lives as well.

To-day also under the influence of modern culture in India as well such conditions are growing fast, which are leading the society towards *free sex and the greed for money and power. The people consider these things as progress of civilization*, but both these desires are leading the masses to mental restlessness. The westerners, who come to India in search of peace, are disappointed. In fact, *the glamour produced by the woman, wine and wealth is side-tracking the whole world from the right understanding.*

Indian culture preaches to live life of restraint. This is the right interpretation of 'Dharm', because by such ways only the peace can be attained. This Institute wishes to propagate the ideology of discipline to the new generation through scientific understanding.

8(iii) Deeksha¹ Panchkarm and Dainik Sandhya:- After every Seven years, cells of human body are replaced by new ones. It has been observed, that during this period, though there is an evolution of intelligence, but simultaneously increase in EGO also, due to which the acceptability of any teaching given decreases. After the age of thirty five years, normally the individual due to increase in EGO, rarely accepts new ideas. Keeping this point in view each student at Gurukuls was initiated between the age of eight to twelve years and '**Panch Karma**' was taught compulsorily. It consists of the five activities described as under:-

(a) Agnihotra:- It means burning of scented herbs amidst chanting of Vedic mantras in a hearth. The object is to create healthy and congenial atmosphere for study of scriptures, japa and meditation by eliminating flies, mosquitoes and bacteria etc.

(b) Tarpan:- This activity is performed towards souls of ancestors . It comprises of offering water, rice and flowers, praying them to guide in the daily struggle of life and give adequate energy to succeed and progress. By doing this exercise, the practitioner gets inspiration to solve problems and face difficulties from his ancestors.

(c) Swadhyaya:- It means regular reading of scriptures, pondering over the subject matter and assimilating the purport. This way the person becomes acquainted with the Natural Laws, particularly the law of *Karma*. Consequently, God also protects such person from adversities.

(d) Japa :- The guru prescribes a specific mantra of specific god to the student. Number of **Japa** are also specified. The mantra prescribed is according to the need of the student², which will evolve him to the greater heights in his carrier.

(e) Dhyan (Meditation):- No doubt, this act is not easy, but the mind of the child is comparatively pure than those of elders, hence young student can succeed much earlier. In the ancient times, those who performed meditation regularly came out with bright feathers and proved assets to

¹ **Note:-** Since there are no equivalent terms available in English for sanskrit terms used hence the explanations given in front of them may be accepted by the kind readers

² In this connection an essay - "*Praying Deities - fulfilment of worldly desires*" in part III of the book may be referred. In this article which Mantra, which god and why it should be worshipped has been explained.

the society and the nation. *Deeksha samskar* (Initiation samskar) contributed the maximum in making the individual a great man (*Dwij*), a man of high character and a noble soul. Normally every body had two gurus in society (a) Deekshha guru and (b) Shikshha guru. The kulguru normally used to be '*Deeksha*' Guru as well. '*Shikshha*' Guru means, who gave teachings of livelihood. *Rama, Krishna* and *Pandavas* all had two gurus each. There is a tradition of naming of gotra¹ of the family same as the name of their '*kulgurus*' viz Bhardwaj, Gautam and Kashyap etc. This tradition continued till the British regime in India. But, after the British education system was introduced, the country became devoid of noble samskars. *There is a deep diversity in two cultures, hence language, dress code and modern thoughts have created a hate in the minds of people towards the Indian Culture resulting into degradation of moral values and increase in crimes.*

(iv) **Vedadhyyan (The study of Vedas) :-** The Vedas contain the wholesome knowledge of the universe. The object of teachings of '*Vedas*' is that, the student should lead a happy family and noble social life. *This was taught in gurukuls free of cost.* The education system prevalent now-a-days is highly costly and is basically aimed to earn money. The ideology of character building of the student is no more the chief object of the educational institutions. *The modern education system is so designed, that each student must learn the techniques of earning maximum money.* In order to become rich overnight, people are engaged in exploitation, cheating, looting, decoity and murdering. This has resulted in restlessness, violence and insecurity in the society. Thus no life is safe because every body is interested only in earning money by hook or crook and fulfilling his sensual needs. *Our Institute aims at teaching Vedic ideology of restraint.*

Beginning Studies

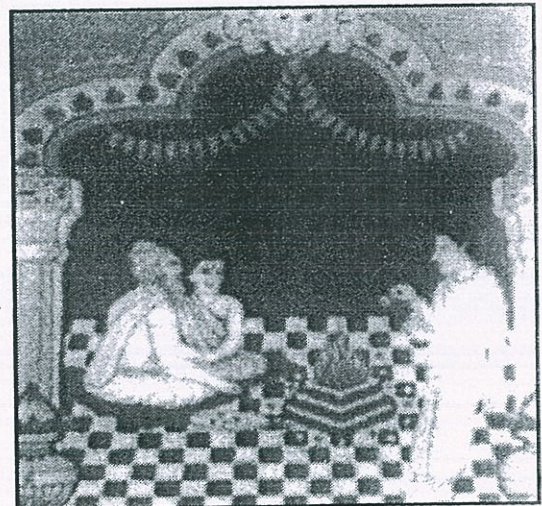


Fig. 3.16

¹ In this connection a detailed discussion has been done in an essay – “A System of Character Building- The Gotra Vigyan” in Part III of the book.

(v) **Panigrahan (Marriage)**:- Now-a-days this pious samskar has been made a mockery. Due to desire for free sex like animals, the number of divorces and patients of venereal diseases are increasing. On account of devaluation of this samskar in western countries, the number of illegal offsprings are on an increase resulting into corruption, criminality, drug trafficking, violence and so on. *Breaking all norms, the human beings have come down to the animal level.* The desire to enjoy free sex like animals never ends, but increases on. The permanent happiness can not be found through sensual pleasures. Constant cheerfulness of the mind is known as **Ananda** (bliss). The bliss is everlasting, whereas the sensual pleasures are transitory. The pleasures enjoyed through senses lead to pains and sorrows and result into the growth of number of diseases like Aids, and Cancer. In spite of the best efforts when the man fails to get rid of these diseases, then he is filled with depression and in several cases commits suicide also. Now-a-days in the west, due to excessive indulgence in sex, the cases of depression and suicides are increasing rapidly. *This Institute shall try to teach people about the evils born out of the wrong understanding of this samskar.*

Marriage Ceremony



Fig. 3.17

(vi) **Aashram System** :- Keeping in view the needs, abilities and social responsibilities, the life of the human beings has been divided in four Aashramas and for each Aashrama, the technique of living happy life has been artfully designed, so that the follower of the system ultimately achieves the goal of human life. The Aashrams are:-

(a) **Brahmacharya (Student life)**:- There are two main objects of this Aashrama - (i) From childhood to the age of twenty five years, the earning of knowledge from various fields and achieving maturity of mind and intelligence. (ii) Learning the technique to live full hundred years so as to serve the people, Dharm and all beings on the globe. This is the most crucial period of life for every student. This is why the student is to lead the life of austerity, so that at later date he may prove an asset to the humanity.

(b) Grahastha (Family life):- To incarnate the noble soul on the earth is the holy duty of every couple. The modern people are ignorant of wholesome knowledge about life. This has resulted in the birth of characterless offsprings, who indulge in looting, corrupt practices, drug trafficking, addiction to wine and violence. They are suffering from number of diseases viz mental depression, cancer and venereal diseases etc. The second and damaging ideology adopted by the modern society is the divorce system, which is a destructive tendency. India too is heading fast in this direction. The woman now being the earning member can only enjoy the world of glamour and cannot visualize the benefits of joint family system and salvation oriented society. This is all happening because we are loosing the *vision of totality about life*. Therefore the education system should be such, which may generate perfect harmony between the spouse and keep the family intact.

Technique of incarnating noble soul:- This is commonly known to all, that the thoughts a pregnant woman ponders upon and scenes she visualizes, deeply influence the child in the womb. This is why, it is advised to a pregnant woman to keep herself happy and cheerful, take the simple and nutritious diet, gaze at idols of gods or good natural sceneries, read scriptures and ponder upon noble ideas, so that the divine soul comes in the womb. To bring on earth souls of good character, the puranikas have laid down such devices and traditions by adopting which the society will incarnate noble souls only. Out of those techniques '*garbhadhan*' is the first and foremost one. During the month of *Kartik* (around September – October) the young couple are advised to take morning bath in the river, lake or pond, worship God, listen spiritual talks and ponder upon them. In India this tradition continued till 1947 i.e. upto the political freedom of the country. But now due to modernization, it has declined and is residued in villages only. It is clear, that if a lady becomes pregnant during the following months of kartik, while leading the life of austerity and celibacy as discussed above should bear a child of noble character only. A child born before winter, if passes safely one season and enjoys good health, then his/her longevity can be considered as safe. To disobey these norms, there is the greater possibility of bearing a diseased, *paralytic*, mentally-retarded, criminal, wicked and brutal offspring, which is a burden on the society and pollutes many people. *Therefore it is the pious duty of every couple to follow the rules strictly for the sake of happy future for themselves, the family and for elevation of the*

character of the society, nation and the humanity as a whole. Let the couple not harm the nation by producing offspring of diseased, criminal and animal tendency. We should restrain our life considering the social responsibility, otherwise whole society shall suffer because of breaking of standard norms. Vedic scriptures state, that “Every Couple should do their best to generate offspring, who is either scholar, warrior, server to the people and the nation or a great devotee of God, else produce none. It is extremely shocking, that the young children born to wealthy parents are being caught stealing cars and doing murders. Indian traditions are being ignored. The blunder will be realized later after few generations. By that time the graph of criminality shall shoot up very high.

It appears that during Vedic period, there has been a tradition that the girls born to chhatriya families were married to Rishis. The object was to produce a high calibre and divine offspring. The emperor Manu married¹ his daughter ‘Devhuti’ to ‘Rishi Kardam’ and the couple produced a famous *Guru* known as Kapil Muni, who propounded the ‘*Sankhya Shastra*’. Lord Krishna has heartily praised this ideology in Srimad Bhagwad Geeta².

(c) **Vanaprastha**:- The Rishis have laid down that after the age of fifty to sixty, when the individual has completed his family responsibilities, he should detach himself from the family and proceed to some solitary place (jungle). The term solitary means the person should try to achieve the quietitude of mind by detaching himself from the family. He should now proceed to perform ‘*Dev Yajna*’ as vowed under thread number two of ‘*Yagyopaveet*’, that is, he should try to pay the debt of the society by doing service to the down trodden or whoever needs help. In fact, this is the most valuable period, when the individual by detaching himself from the family, can devote for the cause of the society. This is the time when one should try to rise above ‘*I*’-ness and ‘*my*’-ness. It is also the high time before death to prepare himself for total separation from all belongings earned during one’s life time.

When it is certain, that by a single stroke of death every thing viz the physical body, the belongings earned, the relatives and friends, all shall be snatched in no time, therefore, the duty of

¹ Srimad Bhagwat Mahapuran Vol.-I Page 306 Publishers M/s Geeta Press Gorekhpur U.P.

² Srimad Bhagwat Geeta - 2/38 ; 5/8-9.

each individual should be to return all that he has earned from the society. This act not only benefits the individual, but also the weaker section. Few highly educated people can act as preachers. Thus by this kind of worship of **Brahm** i.e. doing selfless service of the people in the form of vast humanity, vanprasthi merges with Him (God) very easily. In modern times most of the senior citizens either continue earning money or remain attached with the grandson/daughters etc until they are active. During this period the family members finding him useful, pay respects also. As soon as he is physically non productive, the family starts ignoring him. At this stage this individual having remained attached with the family and not having performed service to the people loses the holy opportunity of having become one with '**Brahm**'. He thus leaves this earth with great agony due to his deep attachment with the family and belongings.

(d) **Sanyas**:- This term means, that the individual has achieved total quietitude of mind. Attaining this state of mind is only possible when the individual has made serious efforts in this direction right from the day of initiation (yagyopaveet samskars). Otherwise, in many families several senior citizens are living in pitiable condition. The family members ignore this old man and the person feels humiliated and insulted. He suppresses his feelings and thus at times he behaves like a crazy or mad man. It is in the interest of the individual, that he does not interfere in the family affairs until called for. He should focus his mind on God, remaining fully detached from the family, so that by constantly pondering upon godly attributes, the individual gets merged with Him after death.

9. Varna System:- Varna system is the weakest link of Vedic Dharm. This ideology has been subjected to strong criticism since long. The *Buddhism* was the outcome of wrong interpretation of '**Varna system**'. *On the later period this system transformed into caste system, which really is not the object of this ideology.* Although the scriptures say :-

*“Janmana jayete shudrah
Samskarat dwij uchyate”*

It means that each individual when born is devoid of noble samskars, that is, he is nearly a shudra. Such individual is made dwij (a great and noble soul) after he is initiated by the guru.

The guru at the time of initiation teaches the student, that the object of human being is to attain *Mokshha* and not enjoying the sensual

pleasures. All such teachings are given to the student on the day of initiation. *On this day the student is made to vow three basic duties through 'Yagyopaveet' ceremony. These duties are deeply carved in the subconscious of the student by every day repetition.* This process is known as engraving deep impressions (Samskar) on the sub-conscious, thus creating a permanent habit in the individual. Rishi Manu in famous book of Social Laws known as Manusmriti¹ has stated, that a person known as dwij (person belonging to guru, warrior or business class) if does not perform 'Dainik Sandhya' 'Panch Karma' and leads *disciplined* life, then he, should be treated as *Shudra*. The literal meanings have harmed the society very much in the past. This is why people are opposed to this great book of social rules. The correct definition of Shudra is that (i) He who does not accept the existence of God (ii) Is characterless and indisciplined (iii) Is of criminal tendency.

*Illustration of Four Varnas
Guide, Warrior, Business & Service Class*

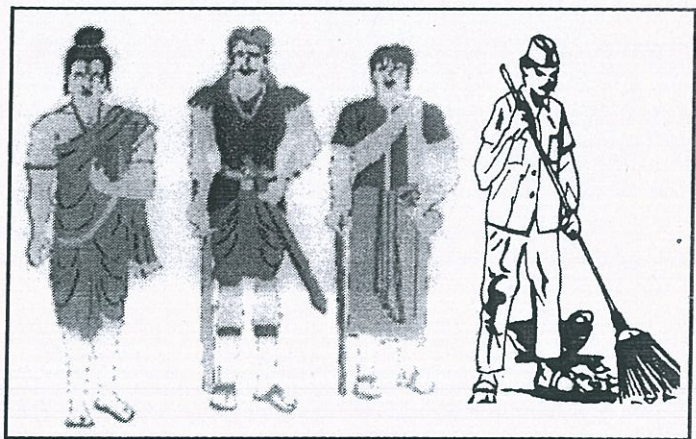


Fig.3.18

Srimad Bhagwad Geeta² about **Varna** states :- *“The four varnas have been created by Him (God) which are based on the tendency, the qualities and the activities the person does”*.

In fact '*Varna*' means colour. It appears, that each individual has a dominating colour of his sub-conscious, which decides his tendency and that is what here Lord Krishna wants to say. The colour of the sub-conscious of the Brahmin is green, blue of warrior and black of the business class. The individuals, who have colours other than those stated above are to be classified as Shudras. In spite of the clear verdict given in the scriptures, this subject has become the sick issue for the followers of Vedic Dharm.

Rishi Jabal, Balmiki and Vedvyas even though born in Shudra family have contributed such a great knowledge to the Vedic Dharm, which is

¹ Manu Smriti – 2/103.

² Srimad Bhagwad Geeta – 4/13.

unprecedented in the history of literature and science. This knowledge is universal and shall remain a lamp post on the cross road for all ages. Rishi Narad¹ is also said to have born from a maid servant, but his contribution since ages is tremendous. He is still a link between the Rishis and the source of knowledge, that is, supreme computer of the universe.

Vedic Dharm is replete with highest ideologies, but due to non-following of the instructions, it caused the financial imbalance, resulting into division of society in higher and lower class and the feeling of untouchability, hatred and ill treatment towards the so-called '*shudras*'. In spite of the dawn of modernization, the followers of Vedic Dharm are still possessed of the feeling of untouchability, specially in villages. Since last 2600 years or so, this has repeatedly resulted into their mass conversion to the other religions. *The frequent invasions followed by mass killing of scholars and destruction of Vedic literature by the invaders from West Asia and their rule for more than one thousand years totally destroyed the Gurukul education system and traditional social and human values. It gave such a deep trauma to the Indian people, that almost entire intelligientia of 'Bharat' was wiped away and reached the lowest level of ignorance as far as interpretations of Vedic injunctions were concerned.* Hence due to ignorance, the family heads particularly the senior citizens stopped discharging their duties prescribed under thread number two of yagyopveet i.e. they abandoned the uplifting of the poor. The violence by Naxalites and terrorists is therefore the direct consequence of non following of Vedic injunctions. To the great extent the global terrorism is also the result of the same.

The wealthy people do not realize, that the excess wealth causes restlessness and ultimately leads to severe pains and agonies. Yet ignoring the Vedic instructions, they want to amass enormous wealth worth using by their several generations. At occasions like constructing their premises and performing marriages of their children, they lavishly spend and exhibit their wealth to the people with great zeal and enthusiasm, but hesitate to share it with poor. This is the great sin. Moreover it is against the law of nature. Lord Krishna in Srimad Bhagwad Geeta² has pointed out, that such sinners are the waste in human form. *The Institute of Scientific Religion shall make efforts to carry forward this knowledge to the next generation.*

-Hari Om Tat Sat-

¹ The term Narad has been explained in detail in Session no. IX.

² Srimad Bhagwad Geeta – 3/12.

