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# Advanced Vedanta Course

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## Course Content

(VI Sections, 24 Lessons)

### Section I

(4 Lessons)

#### 1. *The Nine Blessings*

*Enumeration of the nine blessings*

Human birth

Manhood

Sāttvic attitude in life

Steadfastness on the path of dharma prescribed in the Vedas

Knowledge of the deep significances of the Vedas

Differentiation between the Self and the not-Self

Direct experience

To be established in the awareness of the identity of Brahman and Ātman

Liberation

*Milestones on the road to perfection*

#### 2. *Prakaraṇa-grantha, Maṅgalācaraṇa and Anubandha-catuṣṭaya*

*Prakaraṇa-grantha*

*Maṅgalācaraṇa*

*Anubandha-catuṣṭaya*

Adhikārī

Viṣaya

Prayojana

Sambandha

#### 3. *Sādhana-catuṣṭaya*

*Viveka*

*Vairāgya*

*Śamādi-ṣaṭka-sampatti*

Śama

Dama  
Upama  
Titikṣā  
Śraddhā  
Samādhāna

*Mumukṣutvam*

#### **4. Approaching the Guru**

*Qualifications of Guru*

Śrotriya

Brahma-niṣṭha

*Guru is indispensable*

*Duty of the Guru*

*The seven questions*

## **Section II**

**(12 Lessons)**

#### **5. Sthūla-śarīra and Jāgrad-avasthā**

*Anātman*

*Sthūla-śarīra*

*Jāgrad-avasthā*

*Sthūla-śarīra as annamaya-kośa*

*Identification and attachment with the sthūla-śarīra*

*Giving up identification with the sthūla-śarīra*

#### **6. Sūkṣma-śarīra and svapna-avasthā**

*Sūkṣma-śarīra*

Jñānendriya

Karmendriya

Prāṇa

Manas

Buddhi

*Liṅga-śarīra*

*Svapna-avasthā and taijasa*

*Sūkṣma-śarīra as three kośas*

**7. Kāraṇa-Śarīra and Suṣupti-Avasthā**

*Kāraṇa-śarīra*

*Suṣupti-avasthā*

*Kāraṇa-śarīra as Ānandamaya-kośa*

**8. Nature of Paramātman**

*Paramātman*

*Effects of tādātmya*

*Ātma-anātma-viveka*

*Practice of ātma-anātma-viveka*

*Nature of Paramātman*

Sat

Cit

Ānanda

**9. Defining the Self**

*Definitions as word-pointers*

*Three kinds of definitions*

*Svarūpa-lakṣaṇā of Ātman*

*Taṭastha-lakṣaṇā of Ātman*

Ātman as Enlivener

Ātman as Śākṣī

*Atad-vyāvṛtti-lakṣaṇā of Ātman*

Nirākāra

Nirvikāra

Niṣkriya

Nirvikalpa

Nirguṇa

Nirañjana

Nirmala

**10. Nature of Bondage**

*The three limitations*

Spatial limitation

Temporal limitation

Objectival limitation

*The three differences*

Sajātīya-bheda

Vijātīya-bheda

Svagata-bheda

*Defining bondage*

*Understanding bondage*

*Characteristics of a baddha*

## **11. Cause of Bondage**

*Ignorance*

Rope-snake analogy

Post-thief analogy

*Nature of ignorance*

Anirvacanīya

Jñānavirodhi

Triguṇātmakam

*Various appellations of ignorance*

Ajñāna

Avidyā

Śakti

Māyā

*The two powers of ajñāna*

Āvaraṇa-śakti

Vikṣepa-śakti

## **12. Persistence of Bondage**

*Ajñāna is twofold*

Anātmani ātma-buddhi

Jagati satya-buddhi

*The power of vāsanās*

*Vāsanā-traya*

Loka-vāsanā

Śāstra-vāsanā

Deha-vāsanā

*Anartha-paramparā*

**13. Methods to Purify the Mind**

*Yajña*

*Dānam*

*Tapas*

*Japa*

*Tīrtham*

*Vrata*

*Vicāra*

**14. Six Steps to Liberation**

*Vairāgya*

*Śamādi-ṣaṭka-sampatti*

*Śravaṇa*

*Manana*

*Dhyāna*

*Samādhi*

**15. Pañca-kośa-viveka (Part 1)**

*Logical Basis for Ātma-anātma-viveka*

*Negation of annamaya-kośa*

*Negation of prāṇamaya-kośa*

*Negation of manomaya-kośa*

**16. Pañca-kośa-viveka (Part 2)**

*Constituents of the vijñānamaya-kośa*

*Features of the vijñānamaya-kośa*

*Negation of vijñānamaya-kośa*

*Negation of Ānandamaya-kośa*

**Section III**

**(2 Lessons)**

**17. Ātman is Brahman**

*Jīva*

*Īśvara*

*Differences between Jīva and Īśvara*

*Differences between Jīva and Īśvara are illusory*

*Ātman*

*Brahman*

*Identity between Ātman and Brahman*

*Mahāvākya*

*Interconnecting the mahāvākyas*

### **18. Tat Tvam Asi**

*Tat*

*Tvam*

*Asi*

*Lakṣyārtha*

*Jahatī lakṣaṇā*

*Ajahatī lakṣaṇā*

*Bhāgatyaḡa-lakṣaṇā*

*Applying Bhāga-tyāga-lakṣaṇā in ‘Tat tvam asi’*

## **Section IV**

**(2 Lessons)**

### **19. Nididhyāsana and Samādhi**

*Viparīta-bhāvanā*

*Brahmākāra-vṛtti*

*Anātma-vāsanā*

*Tackling anātma-vāsanā*

*Nididhyāsana*

*Dhāraṇā*

*Dhyāna*

*Samādhi*

*Savikalpa-samādhi*

*Nirvikalpa-samādhi*

*Difference between nirvikalpa-samādhi and savikalpa-samādhi*

### **20. Sapta-jñāna-bhūmikās**

*Śubhecchā*

*Vicāraṇā*  
*Tanumānasā*  
*Sattvāpatti*  
*Asaṁsakti*  
*Padārtha-abhāvanā*  
*Turyagā*

## **Section V**

*(2 Lessons)*

### **21. Jīvan-mukti**

*Jīvan-mukta*  
*Brahma-niṣṭha*  
*Three types of karma*  
    *Prārabdha-karma*  
    *Āgāmi-karma*  
    *Sañcita-karma*  
*Jīvan-mukta's sañcita-karma*  
*Jīvan-mukta's prārabdha-karma*  
*Jīvan-mukta's āgāmi-karma*

### **22. From Jīvan-mukti to Videha-mukti**

*Bādhita-ahaṅkāra*  
*Yatheṣṭācaraṇa*  
*Siddhis*  
*Videha-mukti*

## **Section VI**

*(2 Lessons)*

**23. Path to Truth - 1 (verses 1-3 of Sāadhanā-pañcakam)**

**24. Path to Truth - 2 (verses 4-5 of Sāadhanā-pañcakam)**

