



CHAPTER 17

Sraddhatrayavibhaga Yoga (Threefold Faith)

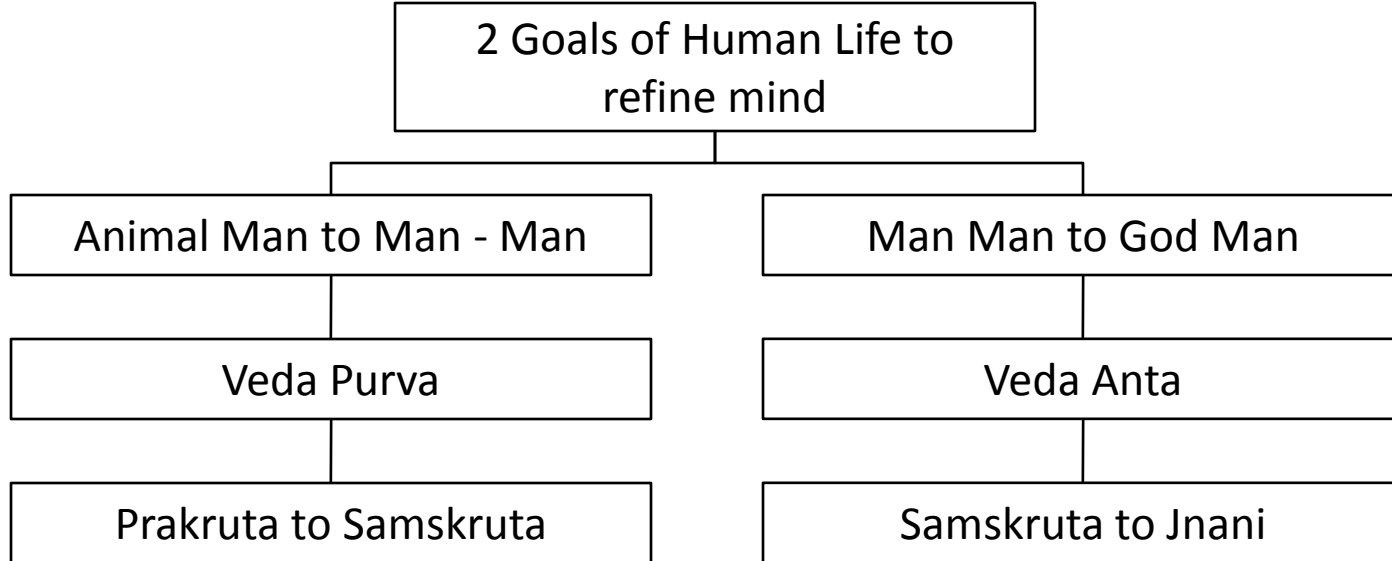
Chapter 17
Sraddha Traya Vibhaga Yoga
28 Verses

Introduction :

- Only fit refined mind can gain Atma Jnanam.

यतन्तो योगिनश्चैनं पश्यन्त्यात्मन्यवस्थितम्।
यतन्तोऽप्यकृतात्मानो नैनं पश्यन्त्यचेतसः ॥ १५.११ ॥

The seekers striving (for perfection) behold Him dwelling in the self ; but, the unrefined and unintelligent, even though striving, see Him not. [Chapter 15 – Verse 11]



Goal of Human Life

Prakruta Purusha

Samskruta Purusha

Raaga Pradhana

Dvesha Pradhana

- What I like I will do.
- Dog Barks, cow crosses road.
- Asuras, Rajasic
- Attached to selfish desires.
- Give up in due course, with maturity.

- What I dislike I will not do.
- Rakshasha Manushya
- Terrorists, Harmful, cruel, Tamasic.
- Drop immediately.

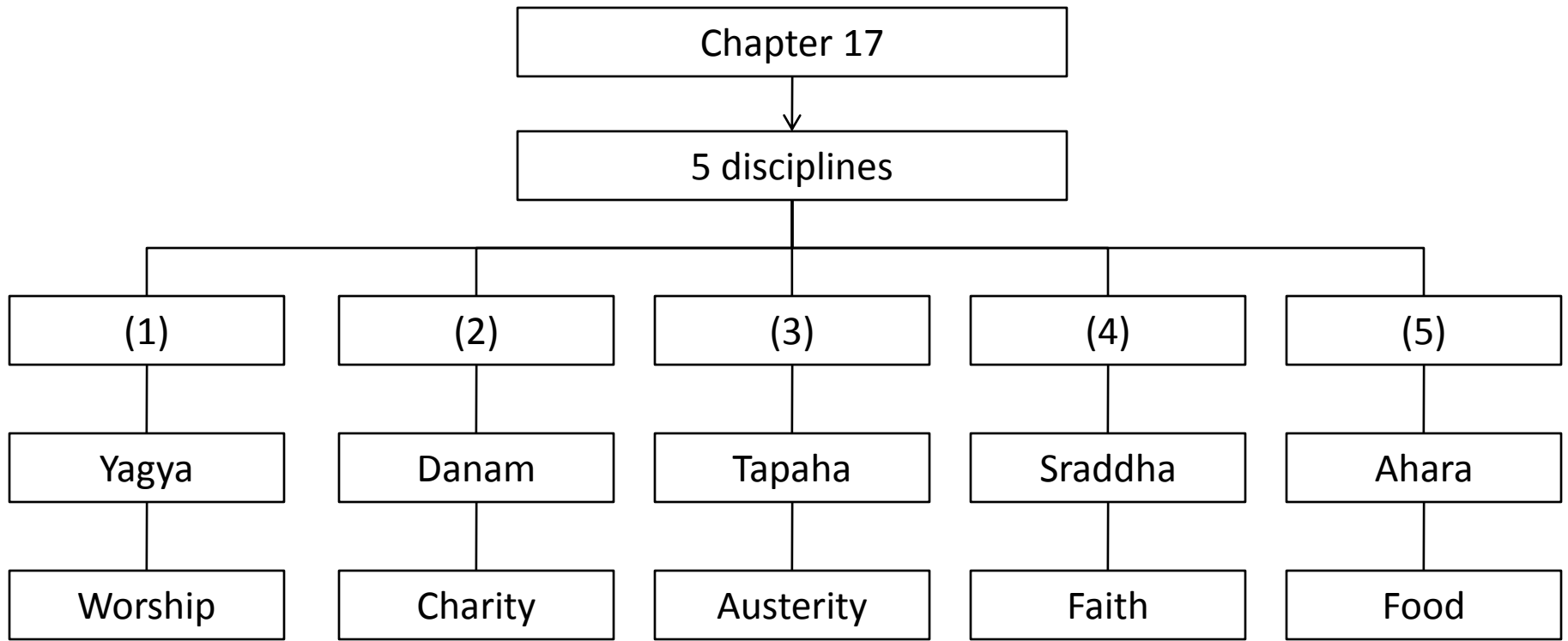
2nd Womb :

- Gayathri Devi – Mother.
- Upadesa Acharya – Father
- Selfless, Uttama

- Dharma and Acharya Pradhana.
- Before acting, will ask - is it proper for me, evaluates consequences.
- Restrains wrong action.
- Do good even though I don't feel like.
- Chapter 3 – Verse 34
- Not controlled by Likes + Dislikes.
- Nip in Bud if improper
- **Example** : Pay tax.
- Twice born – Dvijaha
- Cultured, Sattvic, Deiva Purusha.

इन्द्रियस्येन्द्रियस्यार्थे रागद्वेषौ व्यवस्थितौ ।
तयोर्न वशमागच्छेत्तौ ह्यस्य परिपन्थिनौ ॥ ३.३४ ॥

Attachment and aversion for the objects of the senses abide in the senses; let none come under their sway ; for, they are his foes. [Chapter 3 – Verse 34]



- Yagya, Dana, Tapas – are 3 Religious disciplines.

1) Yagya :

- Worship, Prayer, integral part of life.
- Chapter 3 – Pancha Maha Yagya.

Worship + Prayer	Sattvic	Rajasic	Tamasic
1) Diety	<ul style="list-style-type: none"> - Rama, Krishna, Devi, Vishnu. - Contribute to spiritual growth. 	<ul style="list-style-type: none"> - Yaksha, Gandharva, Kinnara, Demi Gods. - Kubera in Badrinath – put one coin and get wealth. 	<ul style="list-style-type: none"> - Buta, Preta, comes in Mahanyasa Mantra.
2) Method of Worship	<ul style="list-style-type: none"> - Quiet, withdrawn, Japa, Dhyanam 	<ul style="list-style-type: none"> - Noisy, Dancing, colour powder. 	<ul style="list-style-type: none"> - Torturing body, animal, sacrifice liquor given to Tamasic diety.
3) Motive of worship	<ul style="list-style-type: none"> - Self less - Loka Samastha Sukhinav Bavantu. - Chitta Shuddhi, Vishalata - Sacrifice own well being for others. 	<ul style="list-style-type: none"> - Selfish - Materialist - Want Danam, House, Svarga. 	<ul style="list-style-type: none"> - Harm others for ones own well being. - Get nothing out of it. - Use religion for negative end. - Puranic Asuras – Ravana, Hiranya Kashyapu.

2) Danam :

Sattvic	Rajasic	Tamasic
<ul style="list-style-type: none">- Give with respect as per requirement.- Without expectation- Danam not investment.- Done as duty.- Educate children not as insurance for old age care.- Verse 20- give proportional to what one earns.	<ul style="list-style-type: none">- Gives, but wants benefit, name, fame.- No Joy in heart.- Pariklishtam, with pain in heart.- Photo in paper, souvinier.- Verse 21.	<ul style="list-style-type: none">- Wrong gift to wrong person, at wrong place at wrong time.- Shawl requested for going to Kashmir given when one returns to Chennai.- Belittling person.- For donation – ask people to come 10 times.- Insult person.- Better than no Danam.- Verse 22

दातव्यमिति यद्दानं दीयतेऽनुपकारिणे।
देशे काले च पात्रे च तद्दानं सात्त्विकं स्मृतम् ॥ १७.२० ॥

That gift which is given, knowing it to be a duty, in a fit time and place, to a worthy person, from whom we expect nothing in return, is held to be sattvic. [Chapter 17 – Verse 20]

यत्तु प्रत्युपकारार्थं फलमुद्दिश्य वा पुनः।
दीयते च परिक्लिष्टं तद्दानं राजसं स्मृतम् ॥ १७.२१ ॥

And the gift which is given with a view to receiving in return, or looking for fruit again, or reluctantly, is held to be rajasic. [Chapter 17 – Verse 21]

अदेशकाले यद्दानमपात्रेभ्यश्च दीयते।
असत्कृतमवज्ञातं तत्तामसमुदाहृतम् ॥ १७.२२ ॥

The gift that is given at a wrong place and time, to unworthy persons, with out respect, or with insult, is declared to be tamasic. [Chapter 17 – Verse 22]

3) Tapaha :

	Sattvic	Rajasic	Tamasic
Based on Guna	- Practiced with faith and without expecting result.	- Practiced for the sake of show, name and fame.	- Practiced with false notions and bodily torture for harming others.
Based on Instrument	- When used for noble purpose.	- When used for Selfish purpose.	- When used for cruel, negative purpose.

4) Sraddha (Faith) :

Sattvic	Rajasic	Tamasic
- Faith in Sattvic yagya. - Verse 4	- Faith in Rajasic Yagya.	- Faith in Tamasic Yagya.

यजन्ते सात्त्विका देवान्यक्षरक्षांसि राजसाः ।
प्रेतान्भूतगणांश्चान्ये यजन्ते तामसा जनाः ॥ १७.४ ॥

Sattvic (People) worship the gods. Rajasic (people) worship the yakas and the raksasas. Tamasic (people) worship the ghosts and the spirits. [Chapter 17 – Verse 4]

5) Ahara (Food) :

Sattvic	Rajasic	Tamasic
<ul style="list-style-type: none">- Delicious, gives longevity, strength, nutritious, happiness.- Verse 8- Offered to Lord, Consumed with Rememberance of Lord.- All sweets. Ghee	<ul style="list-style-type: none">- Excessively bitter, sour, salty, astringent, hot, pungent, causes pain.- Verse 9	<ul style="list-style-type: none">- Improperly cooked, without nutrition, putrid, stale, left over, impure, kept in fridge. (Sandhya... Prayaschittam for taking stale food).

आयुः सत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।
रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥ १७.८ ॥

The foods which increase life, purity, strength, health, joy and cheerfulness (good appetite), which are savoury and oleaginous, substantial and agreeable, are dear to the sattvic (pure). [Chapter 17 – Verse 8]

कटुम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।
आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥ १७.९ ॥

The foods that are bitter, sour, saline, excessively hot, pungent, dry and burning, are liked by the rajasic, and are productive of pain, grief and disease. [Chapter 17 – Verse 9]

Tapas Based on Instrument

Kayikam

Physical

- Walk in Tirupati, Sabarimalai, Tiruvannamalai.
- Required to destroy basic inertia, Tamo Guna.
- Brahmacharyam is physical restraint.
- Sashtanga Namaskara.

Vacikam

Verbal

- Vak – Tongue is most powerful human organ next to intellect.
- What intellect conceives, converted by vak in word form, written form.
- Words make human most powerful.
- Vak – is double edged sword – constructive / destructive.
- Tongue controls 4 Jnaneindriyas + 4 Karma Indriyas.

Manasam

Mental

- Entertain thoughts which can be published.
- Soumyatvam, Calmness, Shantata.

Verse 15 :

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत्।
स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥ १७.१५ ॥

Speech which causes no excitement, and is truthful, pleasant and beneficial, and the practice of the study of the Vedas, these constitute the austerity of speech.
[Chapter 17 – Verse 15]

Vak – Tapas 7 Factors

Anudvegakaram

- Non hurting, non disturbing, nonviolent.
- If someone not interested in listening, don't talk (considered violence).
- Don't talk simultaneously when someone else talks – lot of heat generated, noise, no light.
- Don't use negative indecent, loud language.

Satyam

- Speak truth (not stressed).
- Don't speak untruth (Stressed).
- Truthful person alone spiritually victorious
Satyameva Jayate.

Priyam

- Gentle, Soft, Pleasant.

Hitam

- Good to all.
- Beneficial.
- Not good to me alone (Talking for passing time).
- Gossip because of lack of Vak Tapas.

Conclusion : Our Aim

- Convert all actions to Sattvic actions. Inadvertently if actions turn Rajasic, Tamasic, what is the Remedy?
- After completion of action, dedicate action to Lord, chanting Om Tat Sat.

Verse 23 :

ओं तत्सदिति निर्देशो ब्रह्मणस्त्रिविधः स्मृतः।
ब्राह्मणास्तेन वेदाश्च यज्ञाश्च विहिताः पुरा ॥ १७.२३ ॥

“Om tat sat” – this has been declared to be the triple designation of Brahman. By that were created formerly, the Brahmanas, Vedas and Yajnas (sacrifices). [Chapter 17 – Verse 23]

3 Names of God

OM

Tat

Sat

- Avati iti Om
- Protector Lord.

- Lord Beyond sense perception

- External God

- Say Brahma Arpanam Astu, Krishna Arpanam Astu.
- Chant Vishnu or Lalita Sahasranamam.
- Bagawan will convert it into Sattvic.
- Be Sincere, dedicate to Lord.

How to cultivate positive traits and reject negative traits?

Aquire viriues and avoid vices 5 Methods

Viveka

- Study significance of every Virtue.
- Telling lie changes one Psychologically, mentally.
- Brings negative influences to physical, subtle body.
- Spiritual loss when value violated.
- Sensitise mind.
- Value is a value. Only when value of value is valued by you.

Sankalpa

- Take resolve for one month / year.
- Gandhiji fasted when he violated.
- Upavasa, Vritam, auto suggestion.

Pratipaksha Bavana

- Practice opposite value deliberately.
- If hatred, love.
- Bring person to mind mentally, and offer flower!
- Give Danam if miser.

Satsanga

- Unknowingly imbibe character.

Prarthana

- Pray to Lord – only you have to help me.

Conclusion :

- Become Samskruta Purusha, then Jnani and then Muktaha.



BHAGAVAD GITA

Verses for Introspection



CHAPTER 17

सत्त्वानुरूपा सर्वस्य श्रद्धा भवति भारत।
श्रद्धामयोऽयं पुरुषो यो यच्छ्रद्धः स एव सः ॥ १७.३ ॥

The faith of each is in accordance with his nature, O Bharata, Man consists of his faith; as a man's faith is, so is he. [Chapter 17 – Verse 3]

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत्।
स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥ १७.१५ ॥

Speech which causes no excitement, and is truthful, pleasant and beneficial, and the practice of the study of the Vedas, these constitute the austerity of speech. [Chapter 17 – Verse 15]

मनः प्रसादः सौम्यत्वं मौनमात्मविनिग्रहः।
भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥ १७.१६ ॥

Serenity of mind, good-heartedness, silence, self-control, purity of nature – these together are called the mental austerity. [Chapter 17 – Verse 16]

ओं तत्सदिति निर्देशो ब्रह्मणस्त्रिविधः स्मृतः।
ब्राह्मणास्तेन वेदाश्च यज्ञाश्च विहिताः पुरा ॥ १७.२३ ॥

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