

an introduction to
Enlightened Living



scripting your way to
health, harmony & happiness



a Shrimath initiative

There are two aspects of individual harmony: the harmony between body and soul, and the harmony between individuals. All the tragedy in the world, in the individual and in the multitude, comes from lack of harmony. And harmony is the best given by producing harmony in one's own life

Hazrat Inayat Khan

The need to move from living to enlightened living

From time immemorial in almost all ancient cultures of the World importance was given to live in harmony with oneself, others and nature

In every era, when we read the history, we routinely come across how the humans veered away from harmony due to non-understanding and misunderstanding of cosmic principles

Then comes an *Avatar* (like *Sita Rama, Sri Krishna* etc) or a Messiah (like *Zarathushtra, Christ, Mohammed* etc.,) or a tradition of *Siddha / Guru* (of *Dattātreyā, Adi Sankara, Ramanuja, Madhavacharya, Vallabhacharya, Chaitanya* etc.,) who calibrate, reset the system to suit the needs of the time

As long as one is in touch with any of the above in their spiritual essence then their life is aligned with nature and harmonious in general. Let us not immediately jump to the conclusion that life is going to be a bed of roses from then on but we would learn to enjoy, appreciate and accept the thorns that come inseparable with the roses

But when the spiritual essence is not understood and the mechanism to adapt to present times is absent then these very systems turn venomous for oneself and the society as a whole

The lessons that we share in **Enlightened Living (ELiv)** are tried, tested and practiced in the living traditions. They are relevant today in our pursuit to script our life with health, harmony, happiness, success and abundance

This booklet contains an outline of ELiv and an adaptation of the introductory talk delivered by the undersigned on 18th December 2021. Thanks to *Chiranjeevi Aadarsh* for transcribing this talk

Lokā Samasthā Sukhino Bhavanthu

Krishna Prakash

The link to the 25 minutes introductory talk:

<https://youtu.be/Hnpp68BWbc8>

Adapted from the introductory talk on ELiv (2021)

The 18th of December 2021 happened to be a day of two auspicious events: *Annapoornā Jayanti* & *Dattātreyā Jayanti*

Goddess *Annapoornā* is worshipped at *Varanasi* and she is generally invoked using the *Shloka*:

*Annapoorṇe sadāpūrṇe śaṃkara prāṇavallabhe
jñāna vairāgya sidhyartham bhikṣām dehimca pārvati*



Ma Annapoornā is generally depicted with food in one hand and a ladle to serve in the other

This idol & water of (river) *Ma Ganga* in a copper cask are integral to many Indian homes because a pilgrimage to *Rameshwaram* & *Varanasi* is revered as an important event in the life of a vast majority of Indians

The second one is a popular image where *Shiva*, the *Mahadeva*, is seen accepting *bhiksha* (food as alms) from *Ma Annapoornā*, a special manifestation of *Ma Parvati*, the *Shakti*



The esoteric message is that the moment one descends to the plane of duality then sustenance is primarily through food. An intelligent being is one who is mindful of not just food but the entire human chain that made this very food possible. Thus, invoking the sense of gratefulness within is

important

Here, through this invocation we are asking more than just the physical food from *Ma Annapoornā*. Living traditions say that our needs of life would anyway fulfilled based on our *prārabda* (the fruits of our actions done in the past). It is for things in life that can take us closer to *knowing who we are*, we need to consciously pray, so *Jñāna* & *Vairāgya* are asked for. Thus, it is important to daily invoke *Ma Annapoornā* with this understanding

For those who wish to meditate on completeness (*Poornatā*), full moon is a great day to do that. Those who belong to India and the others who consider India as the cradle of civilisations need to explore to understand the reasons for our festivals, their timing, associated rituals and prayers as they are impregnated with wisdom

Now let us explore *Jñāna* (knowledge) and *Vairāgya* (equidistant from likes & dislikes)

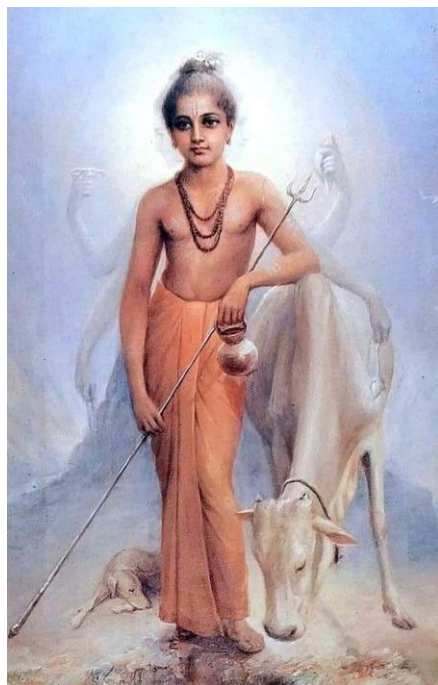
Jñāna in any level is important. It could be as simple as operating a mobile phone, the way we speak with others, to the knowledge of staying in the present moment. The ultimate form of *Jñāna* is Self-Knowledge and this is possible only with *Vairāgya*

Vairāgya is to be understood as ‘informed dispassion where we remain equidistant from our likes and dislikes’

On such an auspicious day, we seek the blessings of *Ma Annapoornā* as *Jñāna* and *Vairāgya* are attributes one can aspire for to ensure that enlightened living becomes a reality

Dattātreyā was born in the clan of *Atri Maharishi* and *Sati Anusooya*. He is considered to be the embodiment of the holy triumvirate, *Brahma*, *Vishnu* and *Shiva*

Pictorially he is depicted to have three heads and four dogs which symbolise the *Veda* (*Rig*, *Yajur*, *Sama* and *Atharvana*)



When we study the life of *Dattātreyā* on a deeper level, we come across his notes on how he learnt from 24 Gurus. They are: Earth, Water, Air, Fire and Sky (elements). The next two teachers are the Sun and the Moon. Upon introspection, we can clearly see that all the above-mentioned teachers are the 5 elements, the Sun and the Moon around which the human life revolves. The other 17 teachers of his are nature's creation whereas the first 7 are nature itself

If we do not derive lessons from day to day life then we would just study the life of *Dattātreyā* as a story and miss the moral of the story! From the life of *Dattātreyā* it is clear that we need to look at each and every thing in nature, humans and situations as a source of learning

When we get tough messages in life, it may be to serve as a wakeup call to mature, evolve or grow in life. Thus, gradually one gets to identify with the messages and not shoot the messenger. Let me go one step ahead and say, sometimes we love the message or the message awakens us leading us to develop an attachment to the one who delivers it rather than focussing on the message. Here, the messenger could be our partner, friend or Guru! Here too we are asked to be equally kind, grateful and not get attached to the form

Following the traditional method of sharing knowledge, to conclude this *introduction to Enlightened Living (ELiv)* you could do well to complete the home work provided here. This may give you a glimpse into what to expect in **ELiv**. **ELiv** is designed for people of all faiths following the *Rig Veda* (1.89.1) proclamation:

Let noble thoughts come to us from all directions



Homework



to explore your way to wisdom

Having read through this *introduction to ELiv*, you are encouraged to complete the following homework. This would help you even if you choose not to undergo **ELiv**!

On the theme - *Jñāna*

1. List out 12 areas / things that you feel will make a difference in day to day life, if you learn the how to

Examples: how to write a post in social media, how to speak, how to manage time etc.,

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.
- k.
- l.

2. Find out a form of knowledge which you're interested in learning on your way to self-discovery

Examples: a book, interaction with others, *satsang* etc

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.
- k.
- l.

Vairagya, contrary to popular definition is not a negative term. It simply defines a state where you remain neutral (equidistant) from your likes and dislikes. Based on this, work on two areas

1. Jot down the things that keep you from being equidistant from likes and dislikes. (Things without which your everyday routines don't remain the same)

Examples: the compulsory tea or coffee in empty stomach, eating a sweet dish daily etc.,

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.
- k.

2. Name an activity which will help you better your health but due to laziness or procrastination you never seem to do

Examples: walking, Yogasana, Pranayama, Yoga Nidra, Meditation, Mudra etc.

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.
- k.
- l.

Similar to *Dattātreyā* and his 24 teachers, put down 24 things around you or things you see in daily life from which you feel learning of some form is possible

Examples: pen, tree, friend etc.,

- | | |
|-------|--------|
| i. | xiii. |
| ii. | xiv. |
| iii. | xv. |
| iv. | xvi. |
| v. | xvii. |
| vi. | xviii. |
| vii. | xix. |
| viii. | xx. |
| ix. | xxi. |
| x. | xxii. |
| xi. | xxiii. |
| xii. | xxiv. |

These activities are designed to push you beyond your comfort zone and we hope that you will find the necessary inspiration from this material to complete these activities

Disclaimer

After the completion of homework or the program, you will continue to eat, drink, walk, live with your families, continue with their business or profession, engage in petty conflicts, give and take abuses, laugh, cry and so on as you did before. This program is not designed to change your activities or bring about change in your physical dimensions which is explained beautifully by this famous ZEN quote,

*Before enlightenment,
cutting and chopping woods.
After enlightenment,
cutting and chopping woods.*

Yes! Enlightenment is an inside job. It just provides you with a different perspective and a different frame of mind to tackle everyday situations

In *Sanatana Dharma*, the 63 *Nāyanmārs* and 12 *Āzhwārs* are specially noted for their exalted living through exceptional devotion towards their chosen deities. They were from various walks and strata of life. The lives of these saints before enlightenment varied from being hunters, robbers, beggars, wealthy men, kings and so on

In the *Vedic* times, we hear how King *Janaka* ruled the country irrespective of being a seer. He had many seers come to his court to debate multiple aspects of life. But, on no occasion he strayed from his duties. Such is the way we will lead our lives after this program

This program will help us to slow down, develop awareness and exhibit gratefulness as well. This would increase our efficiency, improve our effectiveness, enhance our health at all levels thereby leading to a sustained state of peace within and with others

Conclusion

Apart from activities mentioned above, in **ELiv**, we would address areas like the various dimensions within us, harnessing the energy present in us through a certain set of ancient, time tested and clinically studied processes, inspiring ourselves through understanding of various principles and concepts mentioned in living traditions. Some of these are backed by empirical studies and some are to be followed with belief and benefits realized for oneself

Thanks for investing time to go through this little manual!

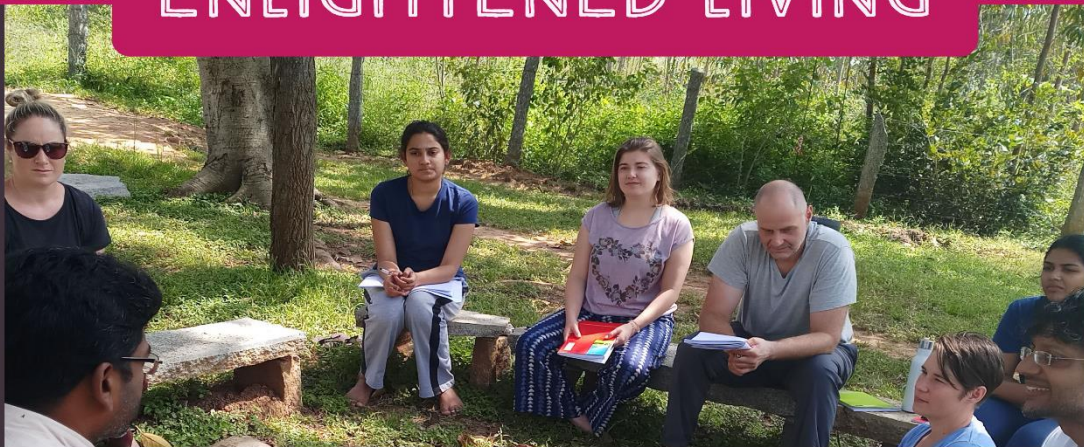


1. Do you want to be happy & feel relaxed?
2. Are you willing to learn unconventional tools & holistic techniques to experience abundance?
3. Are you tired of attending one workshop after the other but find yourself at the same place in life?

Come, let us together explore such questions at Enlightened Living (ELiv), a special interactive hands-on learning & implementation program

Since 2011, 100s of participants from 40+ Countries have experienced life transformation by figuring out answers to these and much more...

ENLIGHTENED LIVING



7 days of self exploration & immersive learning experience



Concepts that
shape our
thoughts & life



Tools to
implement the
wisdom gained



Exercises to
transform
your life



A Cultural Heritage Organization dedicated to preserving and promoting the ancient yet ever relevant Indic Knowledge Systems and its applications in daily life.

[Foundation for Indic Wisdom](#) is a formal name & initiative to efforts that are being done in this field of since 2011.

The primary objective is to facilitate the move from mere living to enlightened living.



[Shrimath Yoga](#) is the only YOGA SCHOOL listed in international travel portal TripAdvisor to be consistently ranked in the top #3 since 2013. Since 2015 we started to receive CERTIFICATE OF EXCELLENCE.

In 2019, Shrimath Yoga entered the HALL OF FAME in TripAdvisor for securing CERTIFICATE OF EXCELLENCE for 5 consecutive years since 2015.

In 2020 we were awarded the TRAVELLER'S CHOICE that's offered only to the top 10% hospitality properties of the World.

Do feel free to write directly to our students reviewers and get to know about their experience on studying at Shrimath Yoga.

Jai Ma!