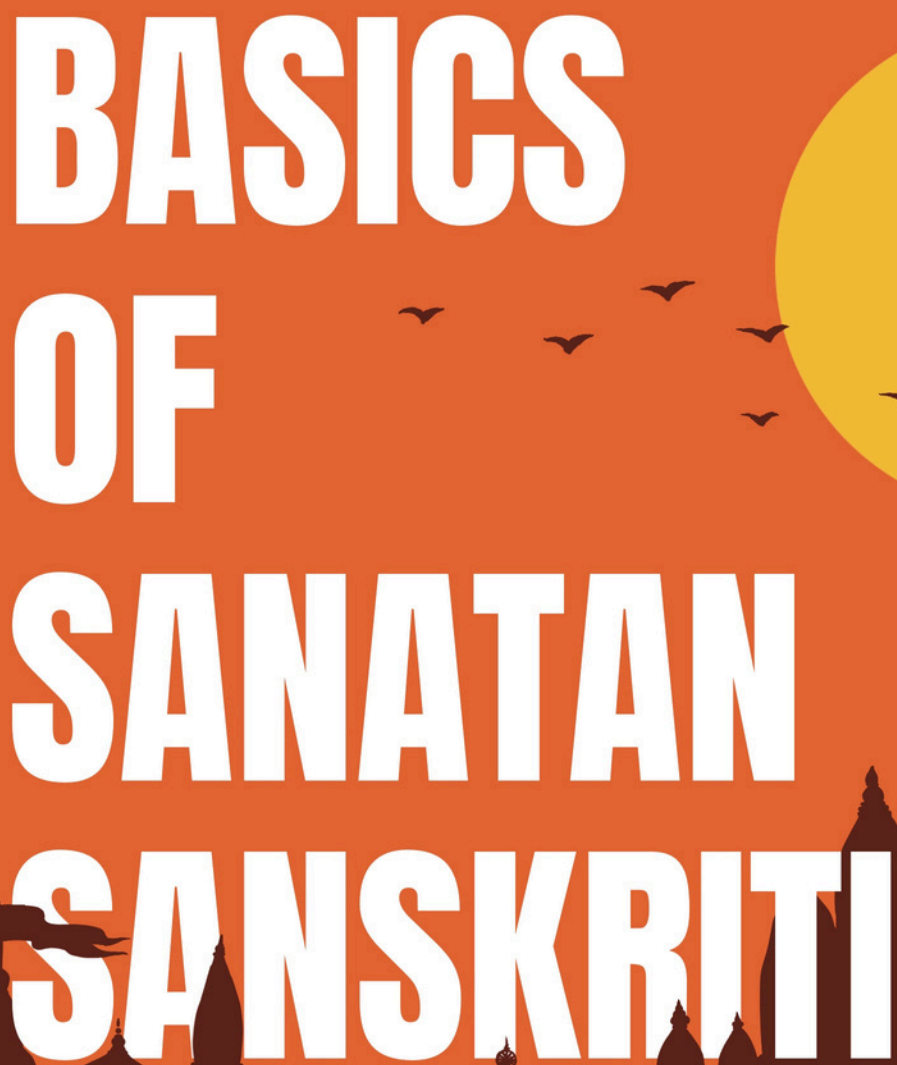


BASICS OF SANATAN SANSKRITI



THE ETERNAL KNOWLEDGE FROM
THE WORLD'S OLDEST CIVILISATION

PRATEEIK  PRAJAPATI

BASICS OF SANATAN SANSKRITI

The eternal knowledge from
the world's oldest civilisation

The **purpose of this book** is to **introduce** the basics of the forgotten glorious **knowledge of the Sanātana Saṁskṛti** to modern minds the way they can easily understand.

Further **depth of knowledge can be achieved by** approaching a proper **guru-śiṣya paramparā** and learning under their guidance,

OR

by referring to current and future videos, podcasts and book series by **Veduction**; where we **will elaborate** all this **knowledge from Shastras** as much **in detail** as it is necessary.

PRATEEIK  **PRAJAPATI**

Dedicated to

All our Great **Disciplinc Successions**,
All our great **Saints &**
All our great **Vedic Scriptures**;
because of whom this divine **knowledge**
is still available for us fallen souls,
in this fallen age of **Kaliyug**.

What will you learn?

1. Basics of **Soul** : Ātmā, Jīva
2. Basics of **God** : Īśvara, Paramātmā, Bhagavān
3. Basics of **Demigods** : Devī Devatā
4. Basics of **Nature** : Prakṛti
5. Basics of **Yoga**
6. Basics of **Dharma**
7. Basics of **Karma**
8. Basics of **Cosmos** : Brahmāṇḍa
9. Basics of **Time** : Kāla
10. Basics of **Śāstra**
11. Basics of **Sanātana Saṁskṛti**

READY?

Prayers before Paṭhana (Study)!

om ajñāna-timirāndhasya jñānāñjana-śalākayā
cakṣur unmlitaṁ yena tasmai śrī-gurave namaḥ

nārāyaṇaṁ namaskṛtya naraṁ caiva narottamam
devīm sarasvatīm vyāsaṁ tato jayam udīrayet

Sanātana : Eternal : That which doesn't have start or end
Saṁskṛti : Culture : The way of life

Sanātana Saṁskṛti : The eternal way of life.

You,

For the next few minutes,
as you flip through the pages of
this book of divine knowledge,

FORGET

who you are,
where you are,
what you know,
what you believe,

FORGET EVERYTHING.

And set yourself in a peaceful corner,
& read like you are floating in the middle
of the galaxy and **the universe is talking to you.**

Because,

now what you're going to read is
not some mundane **worldly knowledge**.

It's possible **you may have read** something about this,
heard something about this, and may have even
told others about it.

But **today**,
for some time,

FORGET EVERYTHING.

Today,

approach this knowledge the way an **ideal student** approaches an **ideal teacher (Guru)** to get the **ideal knowledge**;

by accepting oneself as a fool,

who accepts that he doesn't know anything,
and surrender one's mind with a clean slate,
without any pre-written things on it.

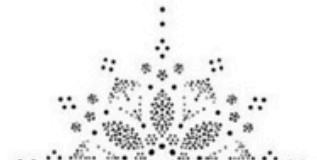
Today,

we won't just take the knowledge,
but we will do contemplation over it.

Which we never do!

But
today,

WE START AGAIN.



SOUL

Ātmā

Jīva

Ātma-jñāna,

the knowledge which seems **simple**
when heard, but **deepest when**
realised.

Realising this knowledge,
the greatest of **saints & ascetics have achieved** the greatest
of powers, Siddhis, higher realms; and with the same
knowledge they've also achieved
the highest goal of life.

This knowledge starts when we start **understanding**
the difference between Matter and Spirit.
That is when we start realising that,

WE are not this body,
WE are SPIRIT SOUL.

'अहं ब्रह्मास्मि'

'Ahaṁ Brahmāsmi' :

I am an **eternal spirit Soul**.

Our **body** is like a **vehicle**,
in which, us, the **spirit soul**
is sitting as a **driver**.

Now reading this much,
we may start thinking,
'O yea, yea I know I know,
We are not this body, we are spirit soul,
the soul keeps changing the body,
the soul is eternal.'
etc etc..
'We know all this,
say something new!'

And then we never think over this,
and we again get back to mundane routines.

BUT NOT TODAY.

Today, Think,

Your body,
however beautiful, fit, fat, thin,
healthy, diseased, young or old,
is nothing but a complex machine.

Yantrārūḍhāni māyayā ॥
Bhagavad-gītā 18.61

Which is made of **11 Indriyas (Senses)**:
5 Jñāna-indriya + 5 Karma-indriya + 1 Ubhaya-indriya.

Through **5 Jñāna-indriya**,
our body takes in the input in form of information.

1. Visuals through **Eyes**
2. Sound through **Ears**
3. Smell through **Nose**
4. Taste through **Tongue &**
5. Touch through **Skin.**

Processing this input information, our body performs the
action and gives output through **5 Karma-indriya.**

6. **Hands**
7. **Legs**
8. **Mouth**
9. **Genital &**
10. **Rectum.**

All of which is processed by the **11th Ubhaya-indriya,**

11. **MIND.**

So,
the **primary function**
of our machine-like **body**,
is to **take the input** with the jñāna-indriyas,
process it with the ubhaya-indriya and
give the output with the karma-indriya.

But,
What is THAT which is **thinking**,
feeling and **willing** to perform these?

Better put,

WHO

is that, who is thinking, feeling
and willing to perform these things?

Because,
the act of **thinking, feeling and willing,**
is not done by the body.

It is done by something else,
Better put,
SOMEONE else!

And THAT someone is,
You,
The eternal Spirit Soul a.k.a. Brahma : ब्रह्म

Hence,
अहं ब्रह्मास्मि : Aham Brahmāsmi : I am an eternal spirit Soul.

We,

as soul accept this material body

of ours made by **pañca-mahābhūta**:

The **five primary elements of nature**,

1. **Earth**

2. **Water**

3. **Fire**

4. **Air**

5. **Ether**

But apart from that,

we have another one body,

which **we carry around** wherever we go;

even **after death**.

That body isn't made of these 5 Gross elements.

It is made of **3 Subtle elements**,

1. **Mind**

2. **Intelligence**

3. **False ego.**

Now,
from here starts
The real game of life.

We shape our subtle body
by our thoughts, desires and actions.

**And that subtle body gives shape
to our gross body.**

For example,
If our **thoughts** are **unhealthy and uncontrolled**,
our **actions** too become **unhealthy and uncontrolled**,
as result, our **body** becomes **unhealthy and uncontrolled**.

But if our **thoughts** are **healthy and controlled**,
then our **actions** will be **healthy and controlled**,
resulting in our **body** becoming **healthy and controlled**.

Which for the most time even leads our surroundings and
relations to be purer, healthier and controlled.

Now,
this isn't limited just to our daily habits.
It goes beyond life and death.

So let's extend the timeline of this example,

The **material existence exists** because we want to complete our desires. So throughout our lives, however we have shaped our thoughts, desires and actions;

To continue completing those desires,
whichever body is best suitable,
we get that body in the next birth.

For example,

If whole our life we've just shown **interest in sleeping** like a bear, we **get the body of a bear** in which we can sleep longer and **continue fulfilling our desire.**

If we have been **eating meat** like a wolf, then **we get the body of a wolf or a dog**, which is more suitable to **fulfil our desire of meat-eating.**

and if whole our life,
we've been **thinking about sex** sex sex,
then accordingly **we will be given the body of a pig or a pigeon**, where we can have sex 50-60 times with multiple partners every day **and fulfil our such sexual desires,**
which are not possible in this human body.

Now,

various combinations of such material desires make **8.4 Million** types of species according to the level of our consciousness.

On whatever level we are at the time of death, we are granted a suitable body accordingly to fulfil our desires.

As Padma Purāṇa says,

jalajā nava-lakṣāṇi : there are 9 lac aquatics
sthāvarā lakṣa-vimśati : 20 lac trees and plants
kṛmayor rudra-saṅkhyakāḥ : 11 lac reptiles
pakṣiṇām daśa-lakṣaṇam : 10 lac birds
triṁśal-lakṣāṇi paśavaḥ : 30 lac terrestrial animals
catur-lakṣāṇi mānuṣāḥ : & 4 lac human species
(which also includes demigods, demons, daityas, gandharvas, kinnar, citta, caraṇa, yakṣas etc..)

All these **forms take birth** only **from our own desires**. Whatever desires we build, whatever **consciousness we develop**, accordingly, we **design our own Body** and **continue** our eternal **journey of birth & death**.

Now think,

day and night we are endlessly working
hard to comfort and decorate our body,
but **what actually matters** after all
is our consciousness.

That is why **Sādhus and Tapasvis** only take enough
to maintain their body to be clean and healthy.
All other attention and effort they utilise
to **build and elevate their consciousness.**

Because ultimately that will decide if one will get the
body of some insect, some animal, again a human on
earth or some demigod in higher realms.

OR,

There's one more option.

If we **use our life to elevate our consciousness**
towards God, **towards Narayana;**
we can **get out of** this never-ending
cycle of birth and death.

And we can **return back** to our original eternal form
which is **SAT-CIT-ĀNANDA** (Eternal, Conscious &
Blissful) to our eternal home,
back to the Spiritual world,
back to...



GOD

Paramātmā

Īśvara, Bhagavān, Param-īśvara

But,

Who is God?

Well,

Different religions have different definitions of God.

But the **Vedānta Sūtra (1.1.2)** gives a definition that world's most major religions would agree upon.

janmādy asya yataḥ ॥२॥

Janmādi—Origin etc. (Origin + Sustenance + Dissolution);

Asya—of this (world);

Yataḥ—from whom.

"From whom origins everything."

in other words,

“God is the one who is the source of everything.”

Vedanta literally means : Veda Anta : **The final aim of the Vedas**

Think,

everything perceivable
non-perceivable in this
world **comes from**
something.

Everything living
and non-living
has a source
from which it has come.

Trace that back,
and you will see that, that source,
also is coming from some other source,
trace again and that too comes from
something greater,

SOMEONE GREATER.

THAT initial starting point,
from where everything started emerging;
from where everything gets sustenance,
and where everything finally dissolute into.
The very source of everything living, non-living,
spirit and matter you can imagine,

is,
The GOD.

So now the question arises,

How is GOD?

What are his characteristics?

Sarva-vyāpaka: Omnipresent : He is **present everywhere**

Sarvajña: Omniscient : He **knows everything**

Sarva-śaktimāna: Omnipotent : He is **all-powerful**

Kartu: He can do what we can do

Akartu: He can do what we can not do

Anyathā Kartu: He can do what we can't even imagine doing
but apart from all this,
the most important thing is,
he is the **ultimate well-wisher** of everybody.

'suhṛdaṁ sarva-bhūtānām' – Bhagavad-gītā 5.29

Gita uses the word '**suhṛdaṁ**' to describe him.

Means not just a normal good friend (Mitra),
but the ultimate friend (suhṛda), the ultimate well-wisher,
who wants the ultimate best for us,
despite our imperfections,
our **faults** and our **wrong tendencies,**
he will never leave our side.

He would do the best for us,
even if we ourselves or even the world
does not understand it and start cursing him,
he will be ready to sacrifice his gigantic image,
and still, do good for us.
That is his nature.

And all this,
despite the fact that he is THE,

Bhaga : Opulence

Vān : Bearer of

Bhagavān : Bearer of all opulences in full

To understand it simply,
think what does it mean to be
Balavāna, Dhanavāna, Guṇavāna...

This verse from Viṣṇu Purāṇa 6.5.47
gives us the **Definition of Bhagavān**.

aiśvaryasya samagrasya
vīryasya yaśasaḥ śriyaḥ
jñāna-vairāgyayoś caiva
ṣaṇṇām bhaga itīṅganā

Bhagavān, the Supreme Personality of Godhead,
is defined by Śrī Parāśara Munī as...

The one who **is full in all six opulences**,

1. **Strength**
2. **Fame**
3. **Wealth**
4. **Knowledge**
5. **Beauty**
6. **Renunciation**

Think,
anybody who possesses even one of these
six **opulences** to even some extent,
becomes attractive in this world.

Think of anybody in the world you are highly attracted to.
That person must acquire one or more of these opulences
more than others.

We all admire or get attracted to the rich, the beautiful,
the intelligent, the powerful, the famous and
the renounced people in the world.

Think how much we will be attracted to a person
who has **all these opulent qualities in full quantity?**

Stronger than the strongest,
person in the whole creation.

Famous than the most famous,
not only on earth but in all the universes.

Wealthier than the wealthiest,
as ultimately he is the owner of the whole creation.

Intelligent than the most intelligent,
as the intelligence of every living entity comes from him.

More beautiful than the most beautiful person or an
object, as he is the source of all the beauty in the world.

And despite having all these in full quantity,
he can **renounce all of these in a blink of an eye**
for anybody who offers a flower, a leaf, a fruit or
even a drop of water **with selfless love.**

How to impress God?

पत्रं पुष्पं फलं तोयं यो मे भक्त्या प्रयच्छति ।
तदहं भक्त्युपहृतमश्नामि प्रयतात्मनः॥

patraṁ puṣhpaṁ phalaṁ toyam
yo me bhaktyā prayachchhati
tadahaṁ bhaktyupahṛitam
aśhnāmi prayatātmanaḥ

BG 9.26 & SB 10.81.4

These are the words that came out from the mouth of Krishna while eating dry rice given by his poor childhood Gurukul friend Sudama.

Smeared by the pure selfless love of his friend, he started giving him one universe for every bite of those dry rice, till the point mother Laxmi herself had to stop him. Else he would have given away **whole creation** to him just **for a fistful of rice**.

Yes, this is how easy it is to impress him.

He accepts anything that is offered with a **loving heart**. If you have only a fruit, offer it; if not, offer a flower. If it is not the season for flowers, offer a mere leaf; even if the leaves are scarce, offer a handful of water.

As it's the **love** of the devotee that **is pleasing to God**, and not the worth of the offering. He is not concerned with the material value of our offering.

Rather,

He values,

above everything else,

the love with which we make the offering.

तुलसी-दल-मात्रेण जलस्य चुलुकेन च।

विक्रीणीते स्वम् आत्मानं भक्तेभ्यो भक्त-वत्सलः॥

tulasī-dala-mātreṇa jalasya chulukena cha

vikrīṇīte svam ātmānaṁ bhaktebhyo bhakta-vatsalaḥ

“If you **offer God with sincere love**, just a Tulsī leaf and as much water, as you can hold in your palm,

He will offer Himself to you in return

because He is endeared by love.”

Just think ones,

The Supreme Master of unlimited universes,

whose glorious qualities and virtues are beyond amazing,

and by whose mere thought infinite universes come into

existence and disappear again, **accepts** even the most

humble offering of us that is given with **love**.

The word used here is **prayatātmanah**, implying,

“I accept the offerings of those whose hearts are pure.”

But,

not everybody directly gets to reciprocate with Him in the Bhagavan Swarup. That is why He makes Himself available to everybody in three different forms.

1. **Brahma Svarūpa :**

Which is **Nirākāra** : Formless

Avyakta : Unmanifested form

Sarva-vyāpaka : Present Everywhere

2. **Paramātmā Svarūpa :**

Lives in the heart of every living entity.

Yogis meditate on this form of Him in their hearts.

3. **Bhagavān Svarūpa :**

Sākāra : Original personified form

Lives in the Spiritual World

Is **manifested** only to **His Devotees** (Bhakta)

Śrīmad Bhāgavatam 2.2.8-12 talks about that beautiful **form of Paramātmā** and even the **size of it**.

**kecit sva-dehāntar-hṛdayāvakāṣe
prādeśa-mātraṁ puruṣaṁ vasantam
catur-bhujaṁ kañja-rathāṅga-śaṅkha-
gadā-dharaṁ dhāraṇayā smaranti**

Others conceive of the Personality of Godhead residing within the body in the region of the heart and measuring estimated to expand from the ring finger to the end of the thumb, **(more or less eight inches)** with four hands carrying a lotus, a wheel of a chariot, a conch-shell and a club respectively.

So,

He actually **is**,

present in our heart,

observing everything we are doing.

Everything good, bad, righteous, unrighteous, everything.

We can't keep any thought secret from Him,

let alone any of the acts of ours.

He witnesses everything.

As **He is** standing there **in our heart.**

Now think,

the place where the **Lord of the universe**

is standing, how clean should we keep it?

When a guest or some big personality comes

to our house, we keep everything clean and tidy.

This is the biggest and most important guest

that can ever enter our life.

So **shall we keep** that seat of Him in our

heart filled with **Greed, Anger, Lust and Envy?**

Or shall we keep our hearts **clean**

and **decorated with love,**

righteousness, kindness,

humility and satisfaction.

With the cleanest **heart**

only Yogis are able to **get a**

glance of that form of him,

after thousands of years

of meditation and

Tapasyā.

But,

such Tapasya is not possible for everybody.

how many of us in this age of degradation **can** even live for 100 years, let alone **meditate for thousands of years** to experience God?

Nearly **NONE**.

That is why,

God makes himself available to be experienced and **reciprocated** by every living entity **in 4 ways**.

1. Avatāra :

He Himself **comes** on earth taking different forms to show his prowess, to protect the righteous, destroy unrighteous, **to set the Dharma** again **and** most importantly **to perform** different **loving pastimes with and for his devotees**.

Refer to BG 4.5 to 4.9 for details...

E.g : Lord Rama, Sri Krishna, Lord Narsimha etc...

2. Bhakta-vatsala:

Apart from the times when He is on earth taking Avatar. **He** also **reciprocates** to the devotees by showing up to them in their most beloved forms and sometimes **in the form of deities**.

Refer to BG 9.30 to 9.32 for details...

E.g : Lord Viṭṭhala, Śrīnāthjī, Uḍupī Krishna etc...
To the devotees like Dhrūva Mahāraj, Mīrābai, Narsinh Mehta, Santa Tukārāma & other saints...

3. Vibhūti :

Now for the people who are not even on that level of consciousness, **He** shows himself in the greatness and goodness around us that **fulfils and sustains us**.

Refer to BG 7.8 to 7.12 and 10.19 to 10.42 for details...

E.g: In the form of the taste of water, the light of the sun and moon, the heat of the fire, the intelligence of the Intelligent, the strength of the strong, Om in Vedic mantras, the parental love that sprouts, after childbirth in parents.

All these are Vibhuti forms of God in which he reciprocates with us.

4. Śakti :

Apart from all the Vibhutis too, the very **primary eight elements** of whole existence **are His** separated material **energies**, also known as Apra Shakti.

E.g : Earth, Water, Fire, Air, Ether, Mind, Intelligence and false ego.

And we, the **living entities too**, in fact, **are His energies** known as Parā Śakti.

Refer to BG 7.4 and 7.5 for more details...

So, these are the four major ways how God reciprocate with all the living entities.

But What if we can't reciprocate with any of these?

What if we can't read Vedas, can't perform Tapasyā, Sādhana, or can't worship deities or chant mantras?

For **those** who are not in the position, or their consciousness is not on the level of any worship, studies of Vedas, performing sādhanā or any devotional service;
are given realisation by Paramātmā in the heart.

The **qualification** they need is **utter honesty** (Pramāṇikatā), **genuine desire**, the **simplicity** of nature and complete **surrenderence**.

If with all these qualifications, one **wholeheartedly prays** or calls for help, he comes to help in one or other form.

E.g: Pastime of Gaja Mokṣa, Draupadī Cīraharāṇa, Piṅgalā the prostitute..

Refer to BG 10.11 for more details

**So,
how many Avatāras (Incarnations)
are there?**

10..?

No.

24...?

Wrong.

100....?

Not even near.

1000.....?

Well, how about you tell me after I describe you
the six different types of Avatāras.

Yes? Ready? Ok.

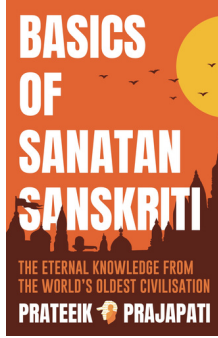
6 Types of Avatāras:

- 1. Puruṣa Avatāras :** Cosmic Manifestations
- 2. Līlā Avatāras :** Manifestations for Pastimes
- 3. Guṇa Avatāras :** Presiding Over Material Qualities
- 4. Manvantara Avatāras :** Manifestations of Manvantar
- 5. Yuga Avatāras :** Manifestations for each Age
- 6. Śaktyāveśa Avatāras :** Empowered Manifestations

Let's understand these one by one.

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What will you learn in the..

B.O.S.S : Basics of Sanatan Sanskriti

Basic knowledge of entire Sanatan culture in one book. Reading which will change the way you look at life. And all the questions of your existence will be resolved.



You will learn..

1. Basics of **Soul** : Ātmā, Jīva
2. Basics of **God** : Īśvara, Paramātmā, Bhagavān
3. Basics of **Demigods** : Devī Devatā
4. Basics of **Nature** : Prakṛti
5. Basics of **Yoga**
6. Basics of **Dharma**
7. Basics of **Karma**
8. Basics of **Cosmos** : Brahmāṇḍa
9. Basics of **Time** : Kālā
10. Basics of **Śāstra**
11. Basics of **Sanātana Saṁskṛti**

And don't forget to study these topics..

Types of Living Beings – Chapter 1

Types of Avatars – Chapter 2

33 Koti or Crore Deities – Chapter 3

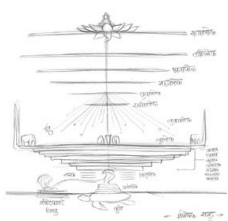
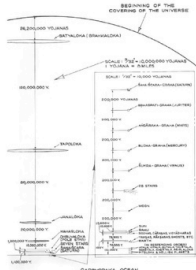
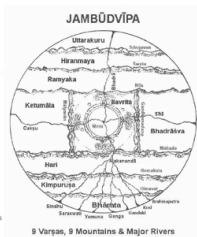
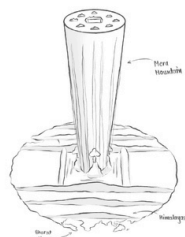
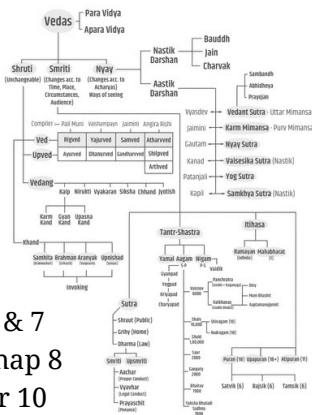
How Māyā Operates – Chapter 4

10 Yamas and Niyamas – Chapter 5

Types of Dharma and Karma – Chapters 6 & 7

Structure of the Universe (Brahmand) – Chap 8

Structure of the Vedic Scriptures – Chapter 10



555 Most asked Questions will be answered

1. Basics of Soul : 20

- Power of Atmagyan
- Where does Atmagyan start?
- Who are we?
- What is our Body?
- What is our body made of?
- What are 11 Indriyas?
- Primary function of our Body?
- Who is thinking, feeling, willing?
- Elements of our body
- Body's 2 Types of elements
- How do we shape our body?
- How to design our next life?
- Examples of next life bodies
- How many types of species are there in the universe?
- Categories of total species from Padma Purana
- How do different forms of species take birth?
- What does actually matter in life?
- What will decide which body will we get in the next life?
- How to get out of the cycle of birth and death?
- What is our original eternal form?

2. Basics of God : 26

- Who is God?
- Definition of God
- Meaning of Vedanta
- How is God?
- Characteristics of God
- Meaning of Bhagavan
- Six opulence of God
- How does opulence impress us?
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- What does God value?
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- Fourteen Manvantara Avatars
- Yuga Avatars
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- Characteristics of demigods
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- Whom do Demigod positions represent?
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- What is Prakriti?
- 3 energies of God
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- Why did God make Maya?
- Why does Maya exist?
- What is Prakriti made of?
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- How exactly does Maya work?
- Three modes of nature
- What do we feel in three different Gunas?
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- Why is Prakriti?
- Purpose of Material existence
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5. Basics of Yoga: 65

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- What is not Yoga?
- 5 systems of Yoga
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- Eight limbs of Ashtanga yoga
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- How to Kshama?
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- How to Saucha?
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- What is Asana?
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- How is Dharna performed?
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- The process of Dhyana?
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- What happens in Samadhi?
- Three types of Samadhi
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- 3 Types of Karma
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- What is Akarma?
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- What is the solution to the endless cycle of Karma?
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- Why is it not possible to love in the material world?
- What is our eternal need?
- How do we fall down in the pool of material existence?
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- What happens when we follow Dharma?

- Dharma in form of Duty
- Why has God designed Dharma?
- What is the purpose of Dharma?
- Two parts of Dharma
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- What is Gaun/ Naimittika Dharma?
- What is Sadharan Dharma?
- What is Manasik Dharma?
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- Who is a Brahmana?
- What are the natural qualities of Brahmana?
- What are the duties of Brahmana?
- Who is a Kshatriya?
- 5 weak अबल
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- What are the natural qualities of Vaisya?
- What are the duties of Vaisya?
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- What are the natural qualities of Kshudra?
- What are the duties of Kshudra?
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- What happens in Vanaprastha Ashram?

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- Two ways to cross-dimensional boundaries
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- 8 celestial mountains separating 9 Varshas
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- 7 Concentric Islands
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- Structure of Bhumandal
- 6 Upper Lokas
- Position of 9 Grahas
- What is special about Bharat Varsha?
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- What yuga runs in the places outside Bharat Varsha?
- 7 Lower Lokas
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- What is the experience that every soul is looking for?
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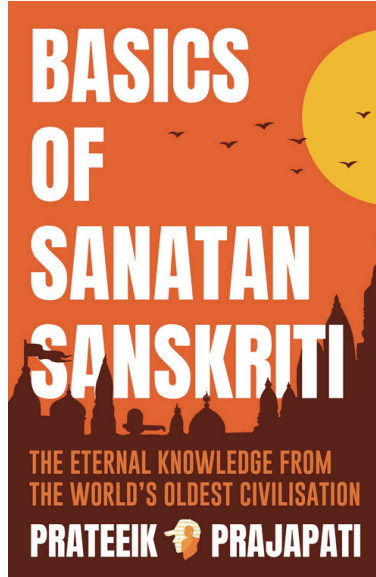
- What are Vedic Shastras?
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5. Basics of **Yoga**
6. Basics of **Dharma**
7. Basics of **Karma**
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