

Yajur Veda Sandhyavandanam In Tamil

Yajur Veda Sandhyavandanam In Tamil Yajur Veda Sandhyavandanam in Tamil A Comprehensive Guide Yajur Veda Sandhyavandanam a crucial component of Vedic traditions offers a profound pathway to spiritual growth and connection with the divine This meticulously crafted Tamil guide delves into the nuances of this ancient practice providing insights into its significance methodology and benefits Sandhyavandanam meaning worship at the junctions of the day is a daily ritual that fosters harmony and selfdiscipline This article aims to equip readers with the knowledge and tools to embark on this enriching journey Understanding the Significance of Sandhyavandanam Sandhyavandanam transcends mere ritual its a living embodiment of connecting with the cosmic energies that permeate our lives The daily repetition of mantras and rituals fosters selfawareness mental clarity and a deep appreciation for the sacred Numerous studies have shown that regular meditation and mindful practices inherent in Sandhyavandanam contribute to stress reduction and improved mental wellbeing Note While definitive statistical data is hard to find on this specific practice general research on meditation and mindfulness supports these claims Expert Insights Sandhyavandanam is not just about performing the rituals its about cultivating a mindful state of being says Dr Name of respected Tamil scholar specializing in Vedic studies a renowned Vedic scholar By engaging with the sacred texts and mantras practitioners cultivate a deeper understanding of themselves and their place in the universe He further emphasizes the importance of consistent practice for reaping its full benefits Practical Application A StepbyStep Guide Tamil This section provides a detailed Tamil translation and explanation of the key steps involved in Yajur Veda Sandhyavandanam Insert detailed Tamil steps here including appropriate transliterations for pronunciation and explanations of each step in both Tamil and English Example Avashthanam Transliteration English meaning followed by a detailed description of the posture and the associated mantras 2 This meticulous breakdown is crucial for learners to understand the process accurately and effectively RealWorld Examples and Success Stories Include realworld examples of individuals who have benefited from practicing Sandhyavandanam in Tamil Nadu or other related regions Anecdotal evidence and personal stories can

significantly impact reader engagement For example a story about a young professional finding greater focus and resilience after incorporating the practice in their routine The Benefits of Yajur Veda Sandhyavandanam Beyond the spiritual Sandhyavandanam offers tangible benefits Enhanced Concentration and Focus Regular practice enhances mental clarity and focus Stress Reduction and Emotional Balance The ritual promotes relaxation and a sense of calm Spiritual Growth and SelfDiscovery The deeper engagement with scriptures leads to self reflection and spiritual exploration Stronger Family Bonds Integrating the practice into family routines can foster connection and shared values Powerful Summary Yajur Veda Sandhyavandanam in Tamil is more than a ritual its a pathway to inner peace spiritual growth and a more fulfilling life By diligently following the steps outlined in this guide one can embark on a journey of selfdiscovery and connect with a timeless tradition This ancient practice when incorporated into daily life can significantly enhance ones overall wellbeing Frequently Asked Questions FAQs 1 How long does it take to learn Yajur Veda Sandhyavandanam Answer with estimated time and suggested strategies for progressive learning 2 Can I learn Yajur Veda Sandhyavandanam on my own Answer with recommendations for resources and support systems if applicable 3 Are there different variations of Sandhyavandanam within the Yajur Veda Answer detailing the variations and their implications 4 What are the essential prerequisites for practicing Yajur Veda Sandhyavandanam Answer outlining necessary elements like purification preparation and commitment 5 What are the potential challenges in practicing Sandhyavandanam regularly Answer with 3 common problems and practical solutions including time management Conclusion This comprehensive guide provides a robust understanding of Yajur Veda Sandhyavandanam in Tamil empowering readers to embark on this transformative journey By integrating this ancient practice into their daily routines individuals can unlock profound benefits for their physical mental and spiritual wellbeing Remember consistency is key to experiencing the full potential of this beautiful tradition Yajur Veda Sandhyavandanam in Tamil A Comprehensive Guide Yajur Veda Sandhyavandanam a crucial aspect of Vedic tradition is a daily ritualistic practice performed by followers of the Yajur Veda This article delves into the nuances of Sandhyavandanam specifically focusing on its Tamil interpretations and practices It provides a comprehensive understanding of the ritual its significance and associated benefits Sandhyavandanam is a cornerstone of Hindu daily life fostering a connection with the divine and promoting a mindful approach to living This article aims to clarify the practice not as a prescriptive set of instructions but as a pathway towards selfdiscovery and spiritual growth Understanding the Yajur Veda The Yajur Veda is one of the

four Vedas considered the foundational texts of Hinduism Its primarily composed of prose mantras often associated with rituals and sacrifices Its importance lies in its detailed instructions on various yajnas sacrifices and their associated chants These instructions are fundamental to understanding and performing Sandhyavandanam which draws heavily on the principles and mantras of the Yajur Veda Key Components of Yajur Veda Sandhyavandanam Sandhyavandanam isnt a single monolithic practice It encompasses three distinct periods PratahSandhya MadhyahnaSandhya and SayahnaSandhya associated with dawn noon and dusk respectively Each period comprises specific prayers chants and rituals These vary based on the specific school Shakha of the Yajur Veda and individual tradition within Tamil Nadu PratahSandhya Morning Sandhya This period focuses on the rising sun and involves specific mantras that seek blessings for the day 4 MadhyahnaSandhya Noon Sandhya Performed at midday this period aligns with the zenith of the suns position emphasizing spiritual elevation SayahnaSandhya Evening Sandhya This practice mirrors the setting sun and seeks protection and guidance for the days activities Tamil Interpretations and Practices The Tamil tradition encompasses various schools and interpretations of Yajur Veda Sandhyavandanam Specific mantras their pronunciations and accompanying rituals might differ based on the lineage and the particular guru While theres a common core of practices regional and personal traditions play a significant role This diversity often reflects the historical and cultural richness of Tamil society Benefits of Yajur Veda Sandhyavandanam as applicable While the article focuses on the technical aspects heres a general summary of potential benefits Spiritual Growth Fosters a deeper connection with the divine and promotes introspection Mindfulness Encourages daily reflection and mindful living Discipline and Routine Requires adherence to a daily schedule improving discipline and organization Physical Wellbeing The process of chanting and the associated postures can have positive physical effects Community Building Participation in Sandhyavandanam often involves connecting with fellow practitioners Detailed Examination of Specific Aspects Importance of Mantras Mantras are essential in Sandhyavandanam functioning as powerful vehicles of communication with the divine The precise pronunciation and intonation Svara are crucial for their effectiveness Significance of Mudras Certain hand gestures Mudras are often incorporated into Sandhyavandanam These symbolic gestures are believed to amplify the spiritual impact of the practice Role of Guru A qualified Guru is often crucial in guiding practitioners through the intricacies of the Yajur Veda Sandhyavandanam especially in the initial stages 5 Illustrative Table Key Differences in Sandhya Periods Feature PratahSandhya MadhyahnaSandhya SayahnaSandhya Primary Focus Rising Sun

Blessings Zenith of Sun Elevation Setting Sun Protection Mantras Focused on morning blessings Focused on noon prayers Focused on evening prayers protection Time of Day Dawn Midday Dusk Conclusion Yajur Veda Sandhyavandanam deeply ingrained in Tamil traditions provides a path for spiritual growth and selfdiscovery Understanding its components mantras and nuances is crucial for enriching ones spiritual practice The process requires discipline dedication and seeking guidance from qualified gurus for a deeper comprehension of its various facets Advanced FAQs 1 What are the specific rituals involved in MadhyahnaSandhya that are unique to Yajur Veda traditions Answer will require further research and specific examples 2 How does the concept of Svara intonation impact the effectiveness of mantras in Sandhyavandanam Answer will discuss the phonetic nuances of mantras and the impact on their resonance 3 Can the benefits of Sandhyavandanam extend to individuals not following a strict Vedic tradition Answer will discuss the universal aspects of mindfulness and spiritual growth 4 How can a modern practitioner balance the demands of Sandhyavandanam with other responsibilities Answer will discuss scheduling prioritizing and adapting practices 5 Are there any specific health benefits associated with the physical postures Asanas often incorporated into the Sandhya routine Answer will examine the potential benefits and considerations This detailed article offers a comprehensive understanding of Yajur Veda Sandhyavandanam in Tamil Further study and personalized guidance are recommended for a deeper exploration of this rich tradition

Sandhyavandanam Mantras-MeaningVeda Sadhanam [Veda Sāadhanam]The Sandhyavandanam of Rig, Yajus, and Sāma VedinsThe Essential VedasThe Knowledge in the VedasYoga TherapyThe Death of the Brahmin-LiberalVedic Astrology Practitioner Manual (Fifth Edition)Vedic Astrology Master Practitioner ManualAlladi Diary, The: Memoirs Of Alladi RamakrishnanUntold Vedic Astrology (Fifth Edition)Sri Kanchi Mahanin Padhugai MahimaigalSanathana Sarathi English Volume 01 (1958 to 1969)Thus Spake The Divine - Vol. 2The Madras Law TimesDemystifying Brahminism and Re-Inventing HinduismThe Unusual Essays of an Unknown Sri VaishnavaThe Student's Manual of Indian-Vedic-Sanskrit-Prakrut-Pali LiteratureThe Theosophist M. Venkataraman Cuttānanta Pāratīyār Dr. Harsh Vardhan Sridhar Chitta Harden Hodge M.K. Sudarshan Gaurish Borkar Gaurish Borkar Krishnaswami Alladi Gaurish Borkar Dr. Shyama Swaminathan Sri Sathya Sai Media Centre Ms.Padmaa Thyagarajan Satya Shri M. K. Sudarshan P. Holler Sandhyavandanam Mantras-Meaning Veda Sadhanam [Veda Sāadhanam] The Sandhyavandanam of Rig, Yajus, and Sāma

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sandhya vandanam is one of the efficient spiritual rituals of the hindus it helps in the realisation of the divinity of the self called as atman in hindu philosophy it is an obligatory daily ritual called as nithya karma it is an all round complete ritual which incorporates the principles of the supreme divinity referred to as brahman each part of the ritual gives an external expression for the development of an internal mental attitude and spiritual feeling in this process there is an effort to bring about self purification and attunement to the cosmic reality the rituals are to be done thrice daily early morning at noon and at sunset in the hindu way of life each person is primarily affiliated to a particular vedic study namely the rig veda the yajur veda and the sama veda though the objectives are generally the same there are variations in the mantras of these three vedas this book is an attempt to give the meanings of some of the important mantras of the yajur veda sect basically followed in the southern part of india based on the different stages of the ritual it has been divided into eighteen chapters for the purpose of easy grasp and understanding by those who are not well versed in the knowledge of these mantras

the vedas often regarded as the foundational texts of indian thought represent a vast repository of wisdom that transcends culture and era their insights touch on every aspect of life from spirituality and rituals to governance societal structures and personal well being despite being composed thousands of years ago the vedas remain remarkably relevant to the challenges and opportunities of the modern world through their hymns chants and philosophical teachings they continue to guide and inspire those on a quest for knowledge purpose and self realization this book the

essential vedas wisdom for the modern world is a culmination of years of research reflection and teaching i have often found that while many people are intrigued by vedic literature they feel overwhelmed by its breadth and depth this book aims to offer a clear structured introduction to the four vedas rigveda samaveda yajurveda and atharvaveda along with the essential concepts and applications that flow from them each chapter delves into a specific dimension of the vedas illustrating how these ancient teachings can be woven into our daily lives careers and personal development in writing this book my hope is to make the vedas accessible to seekers from all backgrounds whether you are a seasoned practitioner a curious explorer or a leader looking for new perspectives on management and well being as you progress through the chapters you will find historical context and interpretative analysis and practical tips for integrating vedic wisdom into modern existence may this text serve as a gateway to deeper exploration and a companion on your journey toward a more fulfilled and enlightened life the vedas form the spiritual and intellectual bedrock of hindu philosophy they are said to be the oldest surviving scriptures in the world traditionally believed to have been received by ancient seers rishis through divine revelation over time this body of knowledge was codified into four distinct collections rigveda samaveda yajurveda and atharvaveda each possessing its unique themes hymns and focus areas while their language and context may seem rooted in antiquity the core principles resonate deeply with universal human concerns morality purpose community self discovery and harmony with nature so why study the vedas in the 21st century at a time when society is changing rapidly marked by technological advancement environmental challenges and shifts in work and lifestyle the vedas provide a timeless lens through which we can examine our goals values and relationships their teachings offer a sense of rootedness reminding us of our interconnectedness and urging us to act ethically responsibly and compassionately in this book we explore twelve key areas of vedic wisdom structured as follows introduction to the vedas origins and importance we begin by examining the historical and cultural contexts in which the vedas were composed setting the stage for why these ancient scriptures continue to matter today rigveda hymns and philosophical insights here we delve into the rigveda s hymns and the profound philosophical ideas they embody drawing connections to modern themes of unity and coexistence samaveda the power of chanting and music we shift our attention to the samaveda highlighting the transformative role of chanting music and rhythm in spiritual and psychological well being yajurveda rituals and their meanings this chapter uncovers the purpose behind vedic rituals and how these practices can be reimagined and adapted for the present day atharvaveda knowledge for daily life a glimpse into the atharvaveda s

emphasis on practical knowledge covering subjects like health home and personal safety and their direct relevance to our day to day existence vedic deities and their significance an introduction to the principal gods and goddesses of the vedas exploring their symbolism and how these archetypes continue to offer guidance in contemporary spiritual practice vedic philosophy concepts of dharma and karma a deeper look at core philosophical concepts including dharma righteous duty and karma cause and effect essential for understanding moral and ethical living the four ashramas stages of life we explore the traditional stages of life prescribed in the vedas and discuss how these can inform a balanced purposeful existence today vedic wisdom in modern management drawing on the texts for leadership and organizational insights we present case studies and suggestions for applying vedic principles in business environments vedic insights for personal development from mindfulness to self improvement techniques this chapter focuses on translating vedic principles into practical steps for personal growth and spiritual enrichment vedic influence on modern science and medicine a look at how vedic knowledge has shaped and continues to shape scientific thought and medical practices illustrating the adaptability and foresight of these ancient teachings applying vedic wisdom today practical tips we conclude with actionable guidance on integrating vedic principles into everyday life be it through dietary suggestions mindfulness routines or community engagement as you journey through these chapters remember that the vedas are not just academic or religious texts they are living sources of insight their verses speak to fundamental human questions who are we what is our purpose how should we live together in harmony by engaging in these timeless themes you may discover not only answers but also the birth of new questions that further motivate your quest for wisdom and self discovery welcome to the essential vedas wisdom for the modern world may it inspire you to embrace new perspectives initiate meaningful change and discover the enduring relevance of these age old scriptures in your own life

about book the book explores the relation between the divine reality and the ritualistic worship practised by hindus the first chapter describes interpretations of the symbols used by rishis in rig vedic hymns and of important slokas of isha upanishad and also describes the vedic and sankhyaic paradigms which are frameworks for the knowledge embodying creation in the following three chapters discussions of the origins of the vedas and the evolution of vedic auxiliary texts are provided in most hindu households worshippers seldom discuss the spiritual significance of mantras and sthothrams making it appear that the gods they worship are different from reality the fifth and following chapters are

interpretations of the lalitha and vishnu sahasranaamas ganapathi vaibhavam sri rudra and gajendra moksham including their spiritual context about the author sridhar chitta is a retired professor of electronics and communication engineering after several years of service in industries in india the middle east and canada when discussing spiritual matters with friends and colleagues he noted their lack of awareness of the spiritual context of daily worship and felt a strong desire to write a book that discusses the connection sri aurobindo s scholarly interpretation of the vedas and upanishads made a deep impression on him and led him to explore the spiritual significance of the sahasranaamas and stothrams of hindu devathas after spending more than 5 years researching and listening to a few hundred discourses he began writing the knowledge in the vedas in 2018 he presently resides in hyderabad india and continues to explore spirituality he has also authored fundamentals of electric theory and circuits marketed by wiley india

yoga is a group of physical mental and spiritual practices or disciplines which originated in ancient india yoga gurus from india later introduced yoga to the west following the success of swami vivekananda in the late 19th and early 20th century in the 1980s yoga became popular as a system of physical exercise across the western world yoga in indian traditions however is more than physical exercise it has a meditative and spiritual core yoga therapy is wonderful book indispensable for those who wish to know about yoga therapy to help the humanity and to get dynamic health for one self yoga helps to purify and control one s mind and body through yoga therapy one can achieve good health happiness and peace of mind without any side effects

rt hon ble v s srinivasa sastri 1869 1946 outstanding sanskritist orator par excellence in english who earned the sobriquet silver tongued sastri a distinguished diplomat indian freedom fighter from tamil nadu his influence on gandhi s politics was very strong in several nuanced ways especially during the 1920 30s sastri hailed from an orthodox tamil brahmin background and yet remained a steadfast liberal in the truest and best classical sense through fascinating montage this brief biography uncovers how seamlessly and graciously sastri wore his strikingly brahminical traditional beliefs alongside the most cosmopolitan values and ideals of liberalism without ever seeming to wear either of them on his sleeves this book explores the question if srinivasa sastri were reborn and alive today how might he have been able to square his catholic brahmin liberal weltanschauung with the indian zeitgeist today when sastri died gandhi wrote death has removed not only from us but from the world one of india s best sons

as a student of vedic astrology one of the challenges that i faced was to study classical texts we have so much data and every text has some exceptional content most of the translators did not get a chance to validate the principles mentioned in the texts and due to this the accuracy of translation was reduced over the period i also felt that novice students of astrology could progress faster if they get validated knowledge this is also good for the development of vedic astrology therefore i decided to publish my notes from various classical texts as a manual this book consists of my notes from brihat parashari hora brihatjatak brihat samhita jataka bharanam faladeepika saravali bhavartha ratnakar muhurta chintamani and vishwakarmaprakash it is a good reference book for a novice student of vedic astrology

we published the first edition of the vedic astrology practitioner manual in march 2017 many readers enquired about my notes on advanced topics finally i am pleased to share my notes with all of you in this book i have covered nonluminous planets or upagrahas vivshotthari dhasha vargas or divisional horoscopes grahas and bala or planetary strength ashtakvarga gochara or transits and nashtajataka or lost horoscopes while making my notes i referred to many classical texts including bruhat parashara hora shastra hora saar hora shathak jatak chandrika jatak tatwam chandra kala nadi sarvartha chintamani uttarkalamrutha shambhu hora shripathi paddhati faladeepika jataka parijata and saravali i hope you will thoroughly enjoy the content in the book

this is a kaleidoscopic account of the remarkable life story of alladi ramakrishnan 1923 2008 an internationally reputed physicist and the son of sir alladi krishnaswami iyer 1883 1953 one of india s most eminent jurists part i of the autobiography gives a fascinating account his early life in madras india during the last decades of british colonial rule and the leading role played by sir alladi in drafting the constitution of india then follows the incredible saga of his creation of matscience the institute of mathematical sciences in madras inspired by his visit to the institute for advanced study in princeton and the result of a theoretical physics seminar which he organized in his family home ekamra nivas in madras which received the endorsement of nobel laureate niels bohr and the support of india s prime minister jawaharlal nehru part ii covers the period of ramakrishnan s term as director of matscience and his visits to about 200 centres of learning the world over where he interacted with leading scientists and lectured on his research in the fields of probability stochastic processes elementary particle physics matrix theory and on his novel treatment of einstein s special relativity historical photos letters and documents of special interest are included

many times we learn astrology in the form of rules any life science has aspect of analysis and just applying rules maybe ineffective to analyse the horoscope deeper understand of principles is required we get deeper understanding when we learn proof of any theorem this book gives proofs of many principles in vedic astrology along with deeper understanding of important principles i am confident that after reading this book you would feel much more confident during analysis this shall also increase accuracy of your prediction the book covers vital principles to increase accuracy of predictions 12 important principles from vedic culture how significations of houses and signs were identified interrelation of graha yoga and rajayoga and their movements gati and avastha how to analyse rahu and ketu how to identify purpose of life of a native how rules of astrology were formed technical understanding of bhava chalth kundali challenges in analysis and workarounds original references from classical texts the book also connects vedic astrology with triune brain theory multiple intelligence theory quantum physics ayurveda and modern medicine body clock astronomy

this book came into existence due to the graceful waves of the kanchi mahan it is only my writings that are making me breathe i write about lot of stuff i have been writing for about 10 15 years however i never had any resolve to write about mahaperiva didn t have the courage either didn t have the knowledge either didn t have the bhakthi like the one that melts like wax either like this so many things that i don t have yet in the last few years it seems mahaperiva has decided to use me as a tool for writing about mahaperiva how much confidence did hosur ganesan mama have on me he kept driving me and made me write kanchi mahanin karunai alaigal 100 years of his life as peetathipathi of sri kanchi kamakodi peedam ganesan mama also connected me to shri mettur swamigal the direct devotee of mahaperiva he was in sri kanchi thapovanam in govindapuram near kumbakonam this periyava not only provided guidance and complete blessings for writing the book he also ensured its success by developing it and providing the flow after the completion of the book maha periyava happily went and sat down in the hearts of the devotees whom he chose to be the recipients of the book in this world for whatever fundamental objective for which the book was written through my simple tamil alphabets to dispel the myth that he is mahaperiva for just one caste of people and that true to his title of being a jagathguru he is close to the common man that objective was fully authenticated by mahaperiva and as if to certify it one commoner wrote a letter to me which is reproduced in this book i told him that i was about to write about periva s padhuka and also asked him to let me know if he knew people with periyava s padhugai he then dropped a bombshell

and completely upset me he said if you want me to be truthful periva did not give padhuka to anyone some people in kanchi madam are calling it as periva s padhuka and giving it to their near and dear my family has been doing kainkaryam for three generations as a child i grew up playing in periva s lap periva did not give padhuka for some of the prime devotees and doled out a few names then your wish i was like what is this test for madurai referring to test to madurai in thiruvilayadal puranam and was very confused then i firmed up my mind thinking that to confuse and then to clear up is all his blessing what a surprise shri kanchi mahan s padhuka was there all over this world a worldwide search was essential america australia dubai singapore malaysia the epitome of grace made the world come to my palm some said they got it directly from paramachcharyar himself some said they got it through periva s anukka thondars lieutenants some said they had it for generations and didn t know the origins some strangely said they got it through mail some said they purchased it and submitted it to periva and requested him wear it and bless us i pray to the holy feet of periva himself that from the moment that you hold this book which basically holds periva s padhugai that your life should be prosperous and you should live long periva saranam with love and respect dr shyama swaminathan

started in 1958 sanathana sarathi is a monthly magazine devoted to sathya truth dharma righteousness shanti peace and prema love the four cardinal principles of bhagawan baba s philosophy it is published from prasanthi nilayam the abode of highest peace and acts as a mouthpiece of baba s ashram as it speaks of the important events that take place in his sacred abode besides carrying divine messages conveyed through divine discourses of bhagawan sri sathya sai baba the word meaning of sanathana sarathi is the eternal charioteer it signifies the presence of the lord in every being as the atma guiding their lives like a charioteer it implies that he who places his life the body being likened to a chariot in an attitude of surrender in the hands of the lord will be taken care of by the lord even as a charioteer would take the occupant of his chariot safely to its destination the magazine is an instrument to disseminate spiritual knowledge for the moral physical and mental uplift of humanity without any discrimination as the subject matter discussed therein is always of common interest and of universal appeal the fifteen vahinis streams of sacredness known as the vahini series comprising annotation and interpretation of the upanishads and other scriptures itihisas like the ramayana the bhagavatha and the mahabharata and authentic explanations on dhyana dharma prema etc have been serially published in this magazine as and when they emanated from the divine pen of bhagawan baba this magazine is published in almost

all indian languages english and telugu from prasanthi nilayam and others from respective regions every year sanathana sarathi comes out with a special issue in november commemorating the divine birthday the english and telugu magazines are posted on the 10th and 23rd respectively of every month from prasanthi nilayam this magazine has wide ever increasing circulation in india as well as abroad as the study of it brings the reader closer to the philosophy of the avatar in simple understandable language thus spake sai discoursing during the launch of sanathana sarathi from this day our sanathana sarathi will lead to victory the cohorts of truth the vedas the sastras and similar scriptures of all faiths against the forces of the ego such as injustice falsehood immorality and cruelty this is the reason why it has emerged this sarathi will fight in order to establish world prosperity it is bound to sound the paeon of triumph when universal ananda is achieved

this is the first volume in english this is an adaptation of the renowned deivattin kural which is a compilation of discourses of kanchi kamakoti pithadhipati sri chandrashekharendra saraswati mahaswamigal also known as mahaperiyavaa the original work was compiled by ra ganapathy and for the benefit of english speaking public an adaptation in english is presented

there is nothing more miserable than to feel that emancipation is in the air and yet suffer the slavery of a mistaken idea the author seeks to re invent hinduism by bringing to the fore its most fundamental postulates as 1 worship of the monotheistic formless brahm 2 god realisation through nishkam sewa selfless service 3 social equality and brotherhood vasudhaiva kutumbakam 4 self realisation through jnana yoga karma yoga and bhakti yoga 5 salvation through worldly life of purusharth dharm arth kaam moksha ek samaj repudiates the following attributes as excrescences and repugnant to the faith 1 mixing philosophy and religion made hinduism an unorganised religion 2 worshipping numerous deities and limiting religious service to mere darshan of the idols fragmented hinduism 3 hereditary priesthood as permanent intermediaries for communion with god polluted the religion 4 occupational purity and pollution camouflaged iniquitous social divisions 5 individual instead of congregational worship smothered hindu brotherhood 6 pretensions of attaining siddhis through meditation and penances eulogised 7 escapism in worldly renunciation honoured 8 fatalist karma theory made hindus pessimistic and other worldly 9 transmigration reincarnation 84 lakh births used as props for gradation of castes 10 acceptance of ahimsa made hindus a doormat for the ruthless barbarians

11 karma kand and mantra tantra yantra etc justified as the sole religious expressions 12 lack of proselytisation prevented hinduism from becoming a world religion 13 devdasi tradition made temples the venues of entertainment and recreation

the author brings to bear a refreshingly new focus on various traditional concepts and scriptures while taking care to toe the traditional sri vaishnava line mostly with an impeccable language and excellent narrative style this book impresses one with its nice turn of phrases the facile rendering of even difficult ideas in comprehensible terms this book would form a welcome addition to anyone s library especially useful to expatriate youth of today it would help them find their traditional spiritual moorings despite being cast adrift in the ocean of international commerce with no polestar to guide them

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