

Vishnushastranama : Its role in spiritual development

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We have assembled here for a journey, of which we know the destination. This journey is very very different therefore the path is strong, the methods are known, the destination is known, and the results are guaranteed. Then what is the problem? We have to undertake the journey. That is the reason we are all here.

In the 1st prayer: by the great ... Dhruva to Narayana
Something in kannada

When you call Lord Narayana – he simply explains that you have entered into me. You're making my limbs move, walk, speech, everything. You are my breath.

In the 2nd prayer, which is provided by my spiritual guru, SriRanga Sadguru and Vijayalakshmi mother, yogi dampathi who I think is responsible for anything good that comes to me. It is only *kannada* when combined together, that gives the knowledge and the place that is why the great Kalidasa

Like Shiva & Parvathi are inseparable. Narayana & Lakshmi are inseparable, Brahma & Saraswathi are inseparable like that the inseparableness of speech & meaning will come to us. Thru' which you can get knowledge and bliss.

It is very important that (we should thank) in the name of Lord Vishnu we should thank the host of this satsanga.

Satsanga is very important, the like minded people come together to talk of the common source that is the speciality of satsanga when the satsanga is done, Bhagvan is actually there then why can't we see? He is everywhere that is why we can't see. Everywhere we see he is there. *Kannada* we see that. So we thank the host for being the instrument for arranging the satsanga. We also thank our dear friend Padma who

My favorite prayer, one of my favorite chanting actually. So, I thank again and I offer all of this to the Lord and to my Guru. And I thank all others who have helped in this satsanga b'coz, I have been given a sound system by Prasad I have given an amplifier. I'm also an amplifier and I have been an amplifier also and the the speaker is Lord Vishnu.

We said to ourselves the role of Vishnushastranama in the role of spiritual development b'coz it is not an in-depth discussion of different names of Lord Vishnu. We will touch upon them. That is something that shall be done on a more time on a regular basis. B'coz there are 1000 names. But we will see its like a dip in the ocean of Vishnushastranama. The ocean is very very infinite. It is very big nobody can fully see the ocean, but the interesting thing is we can experience the ocean. We can take a dip in that. It is exactly like that here also. One dip in Vishnushastranama takes us to Vishnu himself.

Now what do we mean by spiritual development? Development means unfolding that is the context in which we use, so development we ourselves will know that the progress is occurring it is an internal experience for everyone who is in the path of spiritual enlightenment. It is an internal bliss the Lord is not only outside but also inside.

Kannada

So this unfolding is nothing but development. So spiritual unfolding is spiritual development. So if we take when the unfolding what happens? What will actually happen in its simplistic sense – the body is considered as the soul itself. The scriptures say, the *kannada* there is something other than the body which is in the body so *kannada* that is the name to remember in *kannada*

Atman is in the body so that is the goal which one should come to or one should attain that there is atman. *kannada*

It is a declaration. It is not a debate there. The debate is what is the nature of wisdom? What is the relationship between the *kannada* & the individual. There is the matter of discussion. *Kannada* All acharyas have said that is what we are focusing today *kannada* so *kannada* upanishad gives a beautiful description we should all remember this *kannada* is loosely translated as Truth in English but this definition is one we have to ponder over and over again. *Kannada* means permanent destination, *kannada* eternal destination –eternal state of being *kannada* means temporary, changing, contextual *kannada* the bridge that we build now this is very important. Why what helps us in our day to day activity which takes us toward that eternal destination is *kannada*.

This satsanga what we are doing is *kannada* if the destination is Lord Vishnu's abode, eternal abode then whatever we do is *kannada* if we speak one sentence about the Lord & is helping us to go towards the goal is *kannada*. That is the power of this word *kannada* Anything we do that does not take to that goal. Towards that goal, towards that abode is not *kannada* It can be very well arranged, very well done in a worldly level but if it is not Satya – the bridge is going from one temporary situation to another temporary situation. For eg. When people get disappointed – disappointed is by worldly affair. Then we try to go and get in another worldly affair like

But it is not going to solve the problem. B'coz the bridge is going from on worldly situation to another. That is why it is not going to help in the long run. So that is the power that is why satsang, discussions, prayers, going to temple, celebrating a festival, whatever it is, that becomes *kannada*. So that is very important every time we repeat Vishnushastranama it is towards that *kannada*. That is why Bhagvan's name God's name is *kannada*. Every time you utter the name and the object are inseparable, whether I understand it or not is not a question.

When we say conch shell in this context I'm telling. I may think conch shell is a horse, it does not matter but this is the conch shell. In the world of existence so that is why whenever I am uttering the name of the lord, I'm going towards the object. Of course when it is done consciously and with devotion & with prayerful attitude all these are very important. So Vishnushastranama 1000 names of Lord Vishnu in the category type of analyses we have 5 categories. 5 kinds of which we can relate to ones existence. *Kannada* For eg. I see this, you see this everybody see this, its existence both by scientific whatever we call – modern science. Whatever way we see this it is *kannada*

It is expressing itself the moment it exists, it is expressing itself.

Then *kannada* which is a kind of associative views, associative relationships. Drink water – you take water & drink we don't have to tell anyone. We take water & drink. But the moment I associate with another one, another person, I say I need water so name came into being *kannada* suppose the person does not get it I show a form of glass so, *kannada* is for our worldly relationship. But the *kannada* name & form is related to these 3 *kannada* if the *kannada* are not related to it then we have a problem. But in case of God it is always related *kannada* that is why when we say 2 sn we say *kannada*

Bit in order to describe the beyond, so that we enjoy we understand to use this as a tool, to go towards that then *kannada* are used to go to *kannada* so that is why *kannada* it is important for spiritual development so we see that now Purandardasa says *kannada* so people may say we need the credit card & we don't need you. That is not the point here Name is so important it is thru' the name & name alone people have realized like *kannada* went on chanting writing actually *kannada* crores of time *kannada* So the name we have heard that *kannada*

So we can see that the world is nothing but form of the name that has the power to see how the kannada takes to that another place we can see. Kannada

Alvars kannada all these great devotees have used the names as means for spiritual experiences for God's experience.

In fact in tradition people used to ask in earlier times, now some of them may ask in some places at least in India have you finished kannada so that is integrated as part of routine. So we can see that kannada

The reality is one but it is experienced and desired in many many ways now the question comes why only 1000 names? Actually it is in a figurative way kannada

This cosmic being that they are talking about kannada

So that infinity has been described in a very humble way in 1000's. this is not uncommon in our day to day we talk to someone who is a bit worried or something what do they say – I've 100s of problems if we mean that the person has 1000s of problems he will not even be standing there he will be in the hospital. But we have to elevate this thing to God also. So that is why 1000 is there. Kannada 108 these are mystical numbers the great rishis brought kannada

In another eg. We can see that why this 1000 names of the multi relationship that God has with everyone of us. We know that everyone of us in a limited way we have many names. When I mean name I'm not talking about the proper name but the name associated with relationship for eg. Everyone of us is a son/daughter of somebody then you are a brother/sister to someone so you become a brother, then you are a cousin to someone, you become a cousin you are a friend to someone, you become a friend, uncle etc. How many people are we talking about? Only one person. But the relationship if we ourselves can have 10-12 relationships then what about Bhagvan – how many relationships can he have? So there is no end. There is no end for the names that we use to call the Lord. These 1000 what is the speciality of this? The rishis have got into the internal yogic experiences & these forms & names have manifested thru' their intuitive. Kannada they have made this beautiful garland so when we use that it will help our spiritual development in a more effective & efficient way. Kannada

Every name can be used to God that is not the point the point is these names have gone thru' the yogic eyes. Yogic vision so, that is the importance of these kannada

Then we also have kannada why name is so important kannada It is all in the name we say work for the name. People are very conscious of having any bad name – good name right.. not only that when people take franchising people sell the name also. You might have heard the Co. sell their name. It all in the name. It is the whole story of kannada. All he did to make that name to be immortal so that much is the power to the name. Coming to the kannada aspect of it Upanishad say kannada

The Lord has few aspects of kannada

That is the word we speak now is related to the universe whether we know it or not it is coming thru' my mouth, coming thru' my breathing apparatus which is making my system move truly my mind is related to the stages related to knowledge. So every word ie coming out of our speaking, is not some isolated thing, it is all related. So that is why it is called kannada very very deep topic on another occasion we can take it. The point we are making here is that word carry's that ... carries the power. Not just word itself. But the energy behind, I'm talking but the word is the one that brings it, word is the one that makes it in a kannada there are 3 stages behind it. That is kannada to give one simple eg.

When I'm drinking this water, it is in a cup, I take the cup & drink it but before this the water was in a tank, before that in the lakes, before that it was in the clouds. So the water I'm drinking here is related to the water in the universe. The moment we recognize this it becomes sacred. Similarly when we utter a name, or the word immediately you're related but we have to make the connection. The connection is already there – existing so very important. So we can see that the Sahastranama is nothing but different kannada

So that is another aspect of spiritual kannada development that we are talking. Then there are many other aspects ie. Why we take kannada In Vishnushastranama it is kannada basically very simple – it is 4x8 each verse has (16) kannada

Just like that another 16 another 16 so, the whole thing goes in kannada

In pronunciation, it helps to remember that instead of breaking anywhere you should break it at these. If you cannot say all the 16 at one stretch, you can break it at 8. kannada is very important (of the count?)

i.e. the manifestation of count coming thru' now in terms of pronunciation there are 3 types of Japa kannada means mental, kannada only I hear, kannada means others can hear too. 1 importing thing, you should always go from kannada to kannada many people think that they can go the other way. It is not possible. Kannada is the best, but there are some verification methods - kannada has to be done for a long time. Therefore when we say - kannada simply the body becomes a resonator. After kannada is done many, many many times and only when pretty sure it is coming out with proper pronunciation, then slowly one can recite kannada only I hear. After some time when one goes thru that then automatically kannada will occur. We just think of Vishnu, vishnushastranama it comes. Always, it has to be from kannada to kannada to kannada. If we start from kannada it is not possible at all – people may think they are doing but they are not, mind is not able to focus on the word. What is the verification?

When the kannada is done, after all this kannada and kannada automatically inside things are happening in kannada. Once kannada is attained, the moment we are saying automatically we are experiencing certain things. It is true for all japas, not just for this. For all japa symbol when we say kannada many, many times, the whole kannada or centers will open up.

Now I will focus on 1 or 2 specific aspects – one specific aspect is kannada means soft aspirant. kannada means hard aspirant.

Now what I'm saying is everybody should try their best especially for spiritual development. We have to try our part & leave the rest to God. But our own doing we have to know, something what is that we have to do so that is what we are sharing. For eg. We take in Sanskrit alphabets we have say it in a particular form – eg put a tissue paper in front of your mouth kannada it moves that is how we have to recite. Kannada

This is the difference – it is the mechanical energy, it is not an imagination. Things actually move, if it can move so much outside – how – what it can do inside? Only experience can tell. It is not something that can be described, so one has to make an attempt. It is very interesting, it is not that we don't know how? Not only we have to know but we have to make a willful effort on this. If I say kannada I should know it is kannada and I should also tell my mind, I should order my mind kannada

You tell the mind – come on get into action the mind goes, & frees & brings the energy – brings it out otherwise it will not happen people will tell kannada

It has to be told. So when we do this kannada what happens? Every time you are doing kannada it will activate inside. It is a physical energy & it is the name of the lord. So that is why when we have yagna/pooja, we have a priest – if the priest is reciting kannada

We don't know what priest is telling not like that kannada when you are calling someone, if they don't come, either you are not calling them properly or they don't care. But when you are calling God he cares. There is no question about it! God cares. If I do not call properly, (I'm not just talking about sound) there is a lot of things behind it like devotion etc.. but sound is also important.

To experience certain how much can one try? It is a process its not something that one achieves in a day or two. It requires focusing, in music for eg. You can see lots of people have experienced where the

sound should come from kanada not only for just classical musicians. Chanting can be done anyway. Only classical music has to be that way. It is not that. Any sound production should come from in kannada we can go into details like that. Then kannada Every alphabet is like a flower we have to ... in omkara when we say ompudi, it does not come like that. Kannada what I mean is ... kannada Whenever there is kannada we have to know kannada not say it b'coz the mantra effects comes kannada

No – for analysis & description we should do that. But when we say in mantra form it should come as strings of sounds interlinked, b'coz the kannada (sandhi) effect is there. Sandhi effect is an very interesting phenomenon very few languages have it. In fact Sanskrit language is fully equipped with that. Sandhi effect is actually when 1 alphabet and another alphabet comes together, a 3rd sound will come. It is like marriage, we have to do justice for that, this is the way it happens. We have to have the knowledge so that we can say in our best attempt very important - sandhi.

Kannada when you have long kannada increase so you have to recognize this then another aspect of kannada we call after saying many many many times, then when we do the manasika, why it is very there is a reason for it. There are 2 nyayas in the Indian philosophical system there is a 3rd nyaya also kannada (markata kishora nyaya) kannada (marjala kishora nyaya) (matsya kishora nyaya)

Markata kishora nyaya means where the baby monkey is holding the mother monkey with effort. So there it is the duty of the baby monkey to hold the mother so that is the effort we have to do

Then there is Marjala kishora nyaya ... in cat what happens, the mother holds the baby & the baby should be like "alak niranjan" simply should be like that. It should not doubt that mother may not hold me properly so let me move like this, so mother knows. so that is the next stage or another stage kannada where the baby fish remembers the mother fish & the mother comes, it just remembers Sant Jnaneshwar refers to this in one of the writing that is another developmental stage and that is the state everybody should go b'coz there what happens you just remember & automatically you think kannada simply peace of mind will come then & there. Kannada

No matter where you are in the car, house, office etc wherever it does not matter simply you remember b'coz Bhagvan is everywhere, no question about it. We have to realize this. That is the point, I want to make – that it is what we are talking about development & life itself is a process for that.

As expansion of consciousness happens then automatically one day kannada

So that is the development – meaning from local to global, from the finite to infinite; temporal to the eternal that is what development means & we have to do it. Why? B'coz unimaginable & uninterrupted happiness will come. That is what we want. Really that is what we want – we try to find that in things that cannot give it. It is something like, I have a straw, I get orange juice, & drink it the glass is empty, I get apple juice, drink it its empty, I get coke same thing I get bored of this .. so we can see that we change the container with limited quantity from one to another, then another... what we have to do is the straw is like our mind, we have to put it to use... kannada

Kannada that it is beautiful. We have to take the straw and put it into the milky ocean, we get tired but the ocean is inexhaustible. Not only I drink but everybody drinks, truly democratic thing is only in spiritual world – only in spiritual world b'coz God can be seen equally by anybody & everybody and at the same time, this is Matsya kishora nyaya is kannad smarana ie. Another point.

Vishnushastranama is one of the pearls in Mahabharat. There are 5 pearls that scholars have referred to: Bhagvad Gita, Vishnushastranama, Gajendra Moksha, Bishma Stava and kannada these are panchratnas. One important issue comes here is what is the equivalency between Bhagvad Gita and Vishnushastranama? Bhagvad Gita – we all know of it, many of us may know a lot about it. It needs

a lot of intellectual ability - to recite is one thing, to know the meaning is another!

So how can that be equal to VSN? B'coz VSN 1000 names we recite & we can know the meaning. But to understand Bhagvad Gita takes more, so how can we say equality? Equality is not the method. Equality is in the final achievement. What we get from Bhagvad Gita is the same thing as in VSN but for those who want to go through the intellectual happiness also in addition to experiences Bhagvad Gita is the one. That is how all the methods were given to us by the rishis, it is not this or that; but it is this and that! Depending on one's frame of mind, Bhagvad Gita Ramanuja says in a very nice way that experiencing God or Godly experiences is the one that we have to aim for – we can do from Brahma Sutras study or you can do from kannada or you can do by flowers – making a garland of flowers to the Lord on a regular basis with a loving way or you can do service in a temple. But the goal should be to seek the Lord. Any of this if somebody is doing kannada to impress another person that impression will come but not God! That is the point.

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If somebody is doing service, again to impress someone. That will come and not that. The point is - where is my aim? Then I do this or I do that. Whether I do this or I do that the aim is that. So, we can see that the goal is important. Whatever means I use, it should fit in my comfort in the sense, my mental frame of mind. So, in this way, nobody need to feel inferior. I know Vedas...What do you know? If you start feeling like that, [kannada] people ... this person knows Vedas. That is it. That is all. The person will not experience GOD conception. So that is another important thing. Many times, when asked - Oh I only do VSN - I tell as though the person is only able to do --- and not much. That is not the right frame of mind at all. Very Important. One should have complete internal spiritual pride - I am telling the Lord's name...you know "Vandi Magadhas" - people who are paid to sing the glory of the king - they are paid to do what --- [kannada] - like that. They are paid. But unfortunately, when it comes to say prayer – "prayer [kannada] one mumbles. I don't know what it is, somehow we become weak - [kannada] . I told in my mind. But I want something – I tell out loud. In fact when we say with little bit of energy, that comes from anger – not angry – but with the energy from anger – can be taken when we sing. So with that

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now [kannada]. We have heard in our growing years - [kannada] like that. It is a very interesting thing. [kannada] means it is not unrelated and is bothering us – so we have to know what it is that is why we say [kannada]. What it means is [kannada] means restlessness [kannada] means three. There are 3 kinds of causes that will make our mind restless – called

[kannada]

very simply, [kannada] means the neighborhood, immediate vicinity that is location, location, location. There is a relevance for it. If a person is afraid of the area where a person is living, constant mind will tell ...That fear should be removed by whatever method. Prayer is one. Next one is [kannada] That is by natural catastrophe. Now it is interesting how it disturbs our mind – one very simple example – husband and wife would have planned for something but both have not agreed to that day – always one has to win right. Suddenly thunderstorm occurs and heavy snow of which nobody has any control. Suddenly, the other who would not have agreed – "see I told you ... This is what I told you...you don't listen to me" – as thought the other person

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brought the snow and thunder. So this can go on and become a big fight. So the problem is mind becomes restless. That is the point. So the mind restlessness should not occur. And that is [kannada] And [kannada] is body is mind related – feeling suddenly ... remembering something, getting hurt/affected by somebody's statement. So, [kannada] is internal.

So all the 3 causes make the mind restless. SO by saying VSN or doing any other equivalent thing, mind will come to a restful state. Slowly, it is something one can experience. Immediately mind becomes restless, we use this. It does happen, it does happen. One has to take it as an experiential test and go on. So little about what acharyas have told about VSN.

All the 3 tradition acharyas have written commentaries on VSN...all the 3. One of the special thing about it is Shankara Bhagavatpada – his teacher Govinda Bhagavatpada asked him to write commentary and the first thing that was chosen was VSN because it was v.v. popular at that time and a commentary to that will help everybody because Bhasya means meaning. Adi Sankaracharya was moved by VSN so much that in one place he says

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[kannada]. He is talking about VSN. The acharya who wrote commentary for the Upanishads, BhagvatGita .. that shows how compassionate he was – that this will give all the [kannada] Dharma, Artha, Kama, Moksha.

[kannada]

Not only that, it gives [kannada]

[kannada] means it is peace of mind. Normally [kannada] go together. But there is good news there. I don't think there is a person who is unhappy all the time. I don't think there is a human being like that. It is not possible. We can think about it later. But it is possible to find a person who is happy all the time. That is called [kannada]. When I am saying happy all the time, I am talking about the external thing The internal state of mind – equanimity – it is possible – it has been achieved. There are people like that. They wont come and tell us. IF THEY TELL THEN YOU HAVE TO DOUBT THAT PERSON> It is like quantum physics. If someone says I can describe the motion of a particle, completely, precisely, that means that person does not know anything. Same thing about God. If someone says I have seen God

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I know everything [kannada] at the earliest time we have to take bye-bye from him. That is the humble good way. Why I am saying this is [kannada] very small effort but [kannada] large reward [kannada] there is no violence here.

Normally in the ancient times Yagna means – some people will put agni – sacrifice- but in this yagna, there is nothing like that. [kannada] There is no grgreat pre-requirement for this – you just have to say with devotion. It is in Shakara Bhagvatpada's beautiful statement.

Then Parashara Bhatta one of the disciples of Bhagvat Ramanuja – he gives 6 reasons for the greatness of VSN [kannada] It is the essence of mahabharata why – bcoz the glory of Lord Vishnu/Krishna is described in 1000s of ways. [kannada] the great rishi who recorded [kannada] all the vedic acharyas have adored it. [kannada]

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[kannada] by holding God - great rewards will come [kannada] it gives the essence of Bhagvat Gita because it comes in the Mahabharata. then the great [kannada] says [kannada]. Among the Shashtras, Mahabharata is the essence. You know [kannada] has wrtten [kannada] - one of the Acharyas who wrote that only for Mahabharata.

[kannada] even in the Mahbharata Sahastranaam is essence. This [kannada] he uses the same knowledge becasue we talked about ----. Then Santa Tukaram - he says each name is a [kannada] by itself. It was very interesting. It was an unique father-in-law, son-in-law relationship. He gave VSN as the gift when his daughter got married. That was the gift of father-in-law to son-in-law.

Then [kannada] has done another interesting thing. On each name, he has given Nirukti [kannada] for example you take Vishnu -- [kannada] so for each name, he has composed an etymological verse. [p13R]

Now you can imagine for 1000 names he has created 1000 verses - you can imagine -- remember the meaning also. It is called [kannada].

Mirror of glorious qualities of the Lord. Madhvacharya himself did not write - his disciple [kannada]. It is called [kannada]. So we can see all the acharyas have told very clearly that VSN is for spiritual development, which includes all the 4 [kannada] one one end, Moksha on the other end, Artha and Kama in the middle / in between - bounded by Dharma and Moksha.

Artha and Kama not bounded by Dharma and Moksha are guaranteed misery - guaranteed. Our guru used to say this...Kama is very interesting thing - when it is No 1, it is roadway to hell when it is put in # 1 position. When you put it is #3 position, it is essential. i.e. Dharma, Artha, Kama, Moksha. Kama is #3 position. When it is #1, it is [kannada]. When Kama is #1 - watch out ! But when kama is #3, welcome it. That is why ---[kannada] ---. Krishna says - I'm that Kama which is compatible to the Dharma - which is not against the Dharma. In one conversation

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between Krishna and Pandava. Krishna asks the question to the Pandavas - what drives the life ? It is very interesting question. What is the driving mechanism of life ? It is true even today. What is that that drives life ? Then Dharmaraja says: as we can expect it - it is Dharma. It is the rightful duty. Krishna says No - everybody on this earth does not live the right way. I want to live the right way - No that is not the driving force for everybody. The Arjuna says - Money - Artha. Krishna says No - not for everybody. Everybody wants money but not everyone is driven by money. After a while I am not made for this. So everybody is not driven by the money all the time. Then, Bheema says, Kama. Krishna says you are right bcoz that is the one that is the driving force. You ask anyone at any age - everybody - you will have a list of desires. It should have happened this way or it should have happened that way. Wish list past future. So how to convert that make it Godly - spiritual. That is the right way bcoz desire is the life source for everybody. The Arjuna asks what about the people who have no desires ? It is possible to find such people right ?

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Krishna says - that is the desire. Some people you might have seen during the new year while making resolutions [kannada] dont want to make any decision. Oh God that is the resolution for me bcoz they make and break - why to go with the headache - guilty consious. No resolution for me this year. That is my resolution. People have done. So the point is [kannada].

The important thing we have to rmember - if someone wants to know what are the things to desire - conducted on a survey = you can ask anyone at any time - you can give on a blank paper any list and say all the things you want and desire - people may come up with 20 or 30 even that is a high number - good car, good house, good this - this - and that. That is it. 25-30 over. It is hard to get more than that. When we go to Rudra Chamaka, I call it a "desire dictionary". You take time to read Chamaka. It will tell you what to ask for. We would not even thought about those desires. [kannada] pleasant mind ..good sleep...bcoz we lose sleep for the things we want - desire - it takes to higher level. [kannada]

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I want my mind - prana shakti - -- and atma - so wh I'm saying this is all related. When we say VSN, it gives all of that - all of them together. So then we have [kannada] in a formal setting. We have to go thru that. Basically, it is [kannada] preparatory thing. People get upadhis of that also for that also. But for the chanting - one can development of spirituality and devotion, one can recite it. What it needs is [kannada] is sincerity, faith, conviction - all put together [kannada] is devotion. [kannada] is to be a part of it. I am a part of you. I am your own. That is called [kannada] means separate [kannada].

That is [kannada] from Rama to Rama --- that is essential. Without Bhakti, nothing can happen.

The next one is [kannada] meaning of little by little you have to know meanings of names. Slowly, it will take time also. Let it take years. So what ?

[kannada]

Whatever we say, by knowing it will become more powerful. I will give you a negative example - suppose somebody has to yell at somebody - do you think I should yell, how I should yell. What words I should use ?

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The other person will remember it for a long time. Suppose if somebody just yells - the person will just forget it. Bcoz the person did not prepare it. Once we had a discussion with Sri Bala Murati Krishna. A long discussion. Then he said "music transforms people". It takes the worry out. Then it seems someone did not agree with it. The Bala Murati Krishna said, OK, I will give a negative example - if you listen to bad music, headache will come. Do you agree ? Oh yeah - of course. Then why you dont agree with good one ? why always agree with negative ?

On another occasion, in a gathering, one person was talking about greatness of names - of Lord's names - singing the glory of name. Then one person, so called intellectual and high profile - was kind of gossiping and creating a lot of disturbance when the speaker was saying to repeat the name of the Lord, so this thing became little [kannada] and smoke. Then the speaker saw that person and said - "you fool sit down" - then what happened - the person became very angry - starting shouting - face became red.... Then the person - "what did you say ? How can you say ?" "What did I do ? I didn't do anything. I did not hit you or anything. I used the word fool. If you are getting upset about it, when I am saying the glory [p16] of Rama and Krishna will awaken the spiritual energy, you did not agree - created so much energy in you - why should you take only negative example ? take positive..[kannada]"

possible - possible. but we have to go towards that. It is not something not there. It is always there already there. Gold is Gold. You have to recognize it. But calling something that is not gold - it is a problem - That we have to deal with that by Sadhana - so with that our guru always used to say VSN one can primarily use for [kannada] i.e. spiritual development. But along with that also it gives other things - charaka samhita says ;

VSN is prescribed as medicine in earlier days and even now when people have done VSN for many many times. There are so many practical experience people have gone through - that is something - you have to meet such person and you will see for yourself. It has changed people's lives.

Some reference names:

As I said it is just a flavor we can get. Each name one can make it as a mantra. This whole thing came as an answer to Dharmaraja's question. Here is one small

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imp thing - the situation. Many of us may know the situation. But there are some details that is important.

After the victory, Pandavas were rejoicing. Krishna came to know that Bhima was about to relinquish his body [kannada]. Immediately he commanded the Pandavas - what is it that you are doing? This is not the time to rejoice and wait away your time. One of the greatest gyanis of the time is leaving the body and going on ... Run and learn from him - get the knowledge from him. Then immediately Pandavas go to Bhishma. Then bhishma says - it is so beautiful - this is knowledge. Knowledge, Humility completely in personification. These people know everything - everything. But the kind of [kannada] the kind of words they use is unbelievable.

Nowadays [kannada] means the person is useless i.e. the kind of connotation we see "Krishna what can I say when you are there. You are the [kannada]:. Also my body is aching. I am about to leave - this requires energy. Krishna say for your children you have to say. It is my command. It has to come through [kannada].

That knowledge has to come from you to them. Whatever the energy, whatever you are feeling...

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nothing will bother you. simply Bheeshma felt totally rejuvenated when someone gives their mind to God, believe me God's energy comes to them b'coz it is just there. We receive it, it energizes them. We have seen in our own eg. If somebody does kannada some pooja in the house - immediately how much work they have done - fasting - so where is the energy coming from? They can't go on like this on other days, the body immediately recognizes 12 noon its lunch time, but on the pooja day where did the energy come from? - Bhakti from God it is not that they willed & had the will-power, where was this on other days? It is through the Lord it came, that is the way it happens whether people know it or not this is what happens. So this happens on every festival & you go to the temple.

Bheeshma becomes kannada then the knowledge simply started flowing all types of things are described from Bheeshma kanada asks 6 questions

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who is that only one Lord/God kannada does not only mean the universe, the whole thing kannada...

who is the one who has to be followed or one has to be worshipped kannada means one has to be followed or one has to be meditated upon.

Kannada who has to be praised? Glorified

Who has to be accepted worshipped who has to be kannada means worship but in a most subjective way kannada

What is the best dharma among all the dharmas from your advice.

Kannada

What has to be repeated over & over again so that kannada being kannada free from all worldliness

Here is a small thing we have to remember in some places it is misunderstood kannada means there is a fear kannada when a young man...ask vishnushastranama why do you need that now - you are still young - you have to get married - have children ... have to lead a long life.

Definition of Moksha by Vyasa Kannada means simply un-rectified & undirected desires they are called vasanas. All of that removed and toward a defined goal of kannada that is all moksha means. In other terms moksha means "uninterrupted happiness" everybody should be encouraged to go to achieve that.

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kabir says "I want it now & now itself" I don't know what is going to happen after this body is gone, I don't want to think in future, I want it now.

The reason is b'coz it has to be achieved now & now itself. that is the spirit in which all of this is done, so that is moksha. That I want that happiness uninterrupted. That is only possible in God realization. God has to be realized & he can be realized. Our Guru always used to say as a person becomes what ever age, voting right comes to that person. Whether that person uses it or not. Similarly human life has come, its birth right is already given - of realizing God, whether the person chooses to use or not. That is different thing. But rishis warn again kannada

They say an effort not made is a great loss - indescribable - they say - it is amazing - you shake up - what is happening? What is it?

People see after some time. It is not uncommon - people see. The same rut goes on, what is happening? Not able to focus on anything - the whole life passes away - then where did it go? So rishis warn again & again & again - in many many places. That is what Dharmaraja is asking - asking for our sake kannada Bheesma gives answers the first question as you can see... kannada

Q: kannada

A. Kannada

That fits to the particular question kannada he is the pure of the purest, purity gets its purity from the Lord the impure water which mixes with the Ganges gets purified as it merges with the Ganges.

Kannada benevolent of benevolent, benevolence gets its energy from him. Kannada he is inexhaustible source of energy for all bhootas, that is called Father kannada...
Q kannad A: Kannada

He is the ultimate (kannada) there is nothing higher than that. That is kannada luster, brilliance, radiance kannada highest level of consciousness he is the Brahman – beyond – kannada he is the one who has to be followed, has to be worshipped, who has to be praised about kannada

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kannada
always one should develop – slowly but surely it will happen... kannada

through 1000 names – kannada
by worshipping whom the human being will get kannada
for that kannada

he is the kannada (yagamana) he is the master of everything
kannada

Bhakti is very important, b'coz Bhagwan Krishna says in Bhagvad Gita also – that kannada that bhakti is so important that is the bed rock of everything that we do.
Then he says kannada

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Lotus eyed Lord – you might have heard of the other prayer kannada

Even if we are not clean externally – or there may be some variation of the mind kannada

If we remember that is the most difficult thing... many times people say thanks for 'remembering me' - they do want gift – they want to be remembered. But remembering – mental time is so important kannada
That person becomes pure inside & outside so here we say kannada 6th Q & A kannada
all dukhas will vanish – that means our mind attachment to the worldly affairs will be under our control. It is not that the person who becomes a 'jnani' will cease to be a human being. No he will be like anybody, he will get hungry, some people have the misconception kannada

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you put everything they will mix everything & eat, that is not he kind of (Brahman jnana) that is a kind of confusion, taste buds have gone somewhere & the person is restless, let me eat & go. Some people will say – this person has reached spiritual attainment that is why this person will not talk. I say no, the person knew that he was talking rubbish – nobody wanted to listen so he became quiet, see all this confusion should not be there. Kannada
another time people might be talking intellectual stuff kannada other people think simply they are talking. People do not know the difference between Vedanta vichara & this, but when they talk about investment .. oh what an interesting talk! I am not saying that it is bad or something, but people should have kannada talking about spirituality, philosophy... I'm talking only dry talk in a discussion if people don't do Vedanta vichara they are not going to advance, b'coz we use the mind for intellectual pursuit. It is not that we don't use intelligence at all, we use intelligence to choose which dress I have to buy, which movie I have to go, which restaurant to go...etc

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But when it comes to Bhagvad Gita discussion, brahma vichara, jiva-jagat, it becomes a gossip. Kannada
I am very practical – what practical? See all these notions have to be removed, one has to see what is important in life? & that is only by time tested measure, it is not what I say or what one says – what is the life long value? That is where Vyasa maharishi lifts both his hands for all of us & he says kannada such compassion for all these people – why? They have got everything, but look at the compassion. Never

see short term – don't make short term as your life mission. Long term – whatever it is – long term will always survive. Whether I like it or not that is the Truth. If I tune it I gain it, so that is how kannada
Now a couple of names, I can just give some glimpse – the best way is to take the 1st name & the last name, then we can get encapsulation kannada 1st name of the Lord Vishwam is the universe, world – how that becomes the name of the Lord, it is very simple, b'coz he created the universe.

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Vishwam refers to the creation done by unqualified – indescribable Brahman so b'coz of that you can see the imprint – you can see the work of that indescribable – so that is why it became his name. For eg: when you see a painting – oh this is Leonardo di Vinci. You don't even see the name, just by looking at the art we say the name. Even with handwriting we recognize the person. When we take the whole universe created by Him Vishwam itself is his first name. That is why kannada
So this whole universe is a name of him automatically remembers his name. Kannada boss it is his house, he is in it, he is out of it, he is in it, he is everywhere. So, in all those things given in one name Vishwa. Kannada
Taithra Upanishad – it entered, what it created, so when it is true for our own worldly experiences, to the Lord it is fit. Parashara Bhatta is his etymological use.

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kannada
This Vishwa is his limb – his body like when we say "prasad" we are actually telling the person, but actually showing the body.
Now how can we say? We will take a simple eg, we greet – we give a card, are we giving it to the person – the hand? If you say to the person – it is wrong, why b'coz you are giving it to the hand – it is the hand that is receiving, iam giving it to the hand – iam greeting the hand – iam garlanding the neck – not the person – you cannot say that. The person is identified inseparable from the hand, so that is how he has entered into the universe. So, the universe itself becomes his name b'coz it is an identity, name is an identity so we can see them kannada
So what happens, he enters into the bodies & then he controls. That is why it is called as Vishwa b'coz jiva becomes the kannada (adhina) that is why many people say after a long time kannada
Of course that should not be a fatalistic statement, but a statement of knowledge. Archaryas also say that – not as fatalistic statement but as a statement of knowledge. So like that this Vishwa is a very important name.

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The last name kannada
What it means is – one who can use anything & everything as a weapon or anything & everything becomes a weapon for him. Very interesting b'coz this is his universe. He can take anything & make it as a weapon. There are so many eg's in our scriptures kannada
Lord Narashima used his nails - who can imagine that? Nail is for beauty – people pay a lot of money to get their nails done – nails have no life it was one of the boons right. So, Lord Narashima used the same nails.
Then in Kakasna, Rama used grass as kannada anything can be used b'coz it is his universe. Vishnu is "satya sankalpa" – that is why kannada
If sankalpa is to be fulfilled, he will remove any obstacle, for which he can use anything as a weapon.

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Parashana says kannada that is kannada for Vishnu – anything becomes an useful instrument for him, weapon is also an ornament for him. For whom? For the bhaktas. For bhaktas God's weapon becomes an ornament. Kannada
Same Sudarshana becomes a worshipping object for a devotee. For Shishupal, it became a weapon. For Gajendra it became an ornament for the crocodile it became a killer. It is the same thing. You might have heard kannada

Beautiful song – same person becomes Yama – Rama became Yama for Ravana & for Vibheeshana he became the Lord. Kannada That is what it means here – so kannada that is what it means here so – kannada what he says in this context - beautiful Prahalada who is a parma bhagvata was in the grips of death. Kannada

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Narashima became Mruthyu for Mruthyu he killed Hairanakashipu – why 2 reasons 1) To make Prahalad's words truthful that is the power of Lord's name – what did Prahalada say? There is Lord everywhere – when Hiranyakashipu made him sit on his lap and asked what he learnt from his Guru Amarka he said – kananda then immediately Hiranyakashipu kicked him out – but Prahalada kept on repeating that the Lord existed everywhere to make this statement true the Lord has to appear in a lifeless pillar. For making Prahalada's words true. Kannada

So he became kannada

2) kananda b'coz even though he does not only come to remove the bad elements – to show paths for good elements so, that is how he comes to show the pathway. In that process he had to remove the obstacles.

Then there are opposites – I'll only take Vishnu b'coz Vishnushastranam.

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who created this Vishvam ? So we can say [kannada] you will keep going like that. Who made this Universe ? Vishnu. What did Vishnu do ? This Universe. Who did this painting - the painter. What did that painter do ? The painting.

You can go on like that [kannada]

Who can verily say the power of the Vishnu - Prashna says ---- who can describe ? bcoz nobody equal to you even in description. In scripture, many references will come for e.g. Vasudeva himself - Vasudeva & Devaki - in one of the previous incarnations had asked yhe boons from the Lord - we want a son like you. Then Lord gives the answer - Krishna in Bhagvat Gita you asked - your asking was very simple. But I thought and thought and thought. Who is there equal to me ? I could not find any. So, I had to come myself. Lord says what a beautiful statement - [kannada]. There is no comparison. He is incomparable. That is any comparison falls short of his glory. That is what it means.

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We got enjoyment in comparing. But don't get into the ego that you are doing everything or you are exhausting. He is in-exhaustible. If million people can describe Lord for millions of years, even that is like a drop in the ocean. Bcoz he is.

[kannada]

The speech came back - "I cannot describe this entity"

Mind went - "I cannot hold him. I cannot comprehend."

But bcoz they went in that process, this is what spiritual development means - the speech worked - it came ----

But it experienced the vastness of the mind went and it came with experience. That is what is called as Jnana. Jnana means that it is not a negation. It is not ignorance It is total. That is why we have 2 types of mounis [kannada]

1. one who knows everything but won't say - smart people keep quiet.
2. one who does not know anything - they have to keep quiet.

[kannada]

So this Vishnu is all pervading. He created the universe and he entered into it. That is why He is called as Vishnu.

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[kannada]

He entered and he is moving through the Janthus. [kannada]
Shankaracharya says [kannada] as we referred earlier [kannada]
This is an entering of a different kind.

It is not that Vishnu was not there and he came - It is not like Prasad is not in this room and he came into the room. He is not outside there. He is not here. It is not that. A kind of example can be given. When you have an electric machine - like xerox machine.... evrything is there. But when you plug it in, electricity enters through it. See until it is entered, it does not work. So it is entering. Something. It is a limited example but something like that. Event hat you can extrapolate. But it is not that somebody entered into room. He energized. That is the better way to say. Narayana/Vishnu energized this universe.

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Then there are --

for e.g. Vishnu's name is also called Shiva. - Ishwara is another name for him.

Now here some confusion some people might have or people might express.

Shiva is different, Vishnu is different. They are all incomplete knowledges. They are all incorrect bcoz Visnu is all pervading entity.

So Shiva is Mangala swaroopa. [kannada]

What it means is Shivam is benevolent. It is benevolent for everybody. Annamacharya - beautiful composition - [kannada]

The earth is same - a buffalo walks on it, a prince walks on it but earth is same.

Similarly, here also, earth is for everybody Shivam Shantam.

Shantam - it is very peaceful.

Kevalam it is by itself. It sustains itself. It depends on itself.

Advaitam - it is only that. there is no second to that. To the Bramhan, I am talking Na dwaita - no second. All acharyas, all jnanis say same thing.

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Only people who have other interests Shiva is different, Vishnu is different - In the prayoga, there are some differences. Prayoga is a methodology. Prayoga is Prayoga.

Everybody has different taste of food. But everybody's hunger is common. I cannot say my hunger is better than your hunger. I cannot talk like that. No. But our tastes are different. For whatever reason. But our hunger is common. Similarly [kannada] for devotees.

There are 2 types of Bhaya there. For evil forces, he will create Bhaya. Hiranya Kashipa, Kansa, for example, they were all afraid. But they were trying to cover it up. But there is also another kind of Bhayakruth - people in the spiritual world, when they are walking in the path, some kind of fear will come. Bcoz certain amount of detachment has to occur for worldly things.

[kannada]

like a lotus leaf. Lotus leaf in water, but it is separate from water - like that in spiritual development it should happen.

People who are meditating may know in higher states, some kind of fear occurs. That is why some people cannot meditate for some time. But one has to go over that. Sitting in meditating, meditating means very serious thing. it is the

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7th step in Ashtang yoga. i am not talking about meditation given in 1 week crash course. Somebody said meditate on the black dot on the white wall or empty the mind - it is all wrong actually. Meditation as defined is so simple - [kannada] uninterrupted flow of mind on the object of meditation. That is meditation - uninterrupted dwelling of mind - it is not emptying the mind - not possible. Mind cannot exist without object. So that is what it is - instead of mind going hither and thither - wander, wander, wander - bring it to the lotus feet of the Lord, have an ishtadevata, ishta mantram, have an ishta japa - focus, focus, focus i.e. meditation. Let your mind wander. Some elementary instructions can be given like that but they are not right definitions. Like the oil is flowing from one cup to another - how does it flow ?

[kannada] If you pour water after some time each droplet is independent of another droplet, but oil will never flow like that even the last bit - it goes like a stream - that is how our mind should be on the object of meditation. What is to be the object of meditation - that

is also very important - one has to have the murthy - if somebody is following the ishtadevataa

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the murthy or ishta devata one has to automatically feel a love for that murthy – Rama/Krishna. These are all established. It is not that - people might say, I focus on a blank wall, how can anybody focus on a blank wall. People may do whatever they may want, but they won't get what is to be gotten by meditation. Astanga yoga is a topic by itself. But I am focusing on meditation b'coz meditation has become as though anybody & everybody can do it. The point is everybody can do it. Meditation demands effort – energy, meditation is very difficult, but everybody can do meditation. It is not easy, simple in the sense, I'll tell you. One should not be tired while doing the meditation, one should be very relaxed – bodily & mentally, one should have supporting practices – like Vishnushastranama practice, Bhagvad Gita or any practice so that the mind is prepared. Puja people have to do all of this to support meditation in a way, I don't want to call it as sleep but what do people do when go to sleep? They prepare for it – the preparation work has to be done for meditation. In a sense of spiritual work, in fact it is better to take a nap before meditation so that drowsiness is gone. One has to be alert, very alert in meditation, so if someone falls asleep while in meditation, it only means that the person is tired. So quit meditation & go to sleep.

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Otherwise kannada it is neither this nor that. So, one has to sit & do meditation like that, but it is possible & everybody can do it. Meditation is human gift. But I just want to say that it is so simple – it takes a lot of effort - that is all. (question on rising kundalini) one has to have devotion on ishta devta & if one wants shanti – peace of mind that is all one has to ask for. B'coz the term kundalini there are a lots of misinformed, misconceived states, and most of the people are not working full time on this. So it needs a lot of technical knowledge along with that, but what happens in the devotion approach everything will happen by itself. And the Lord will be taking care of it all the time. That is the power of Bhakti marga. All this energy raising experiences will happen – but with God's direction. Kannada 2 types we described kannada says – he provides shelter for the devotees, in that positive fear he gives shelter, like parent he is watching – like parents want the children to be independent – what do they do? They keep something & stand at the back, the child when about to fall, they come & hold. That is the kind of kannada

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he is the smallest of small and biggest of big kannada very interesting. He is very very light why – b'coz he is everywhere it has to be light. But immediately opposites comes – he is kannada (sthulaha) he is very heavy why, b'coz he is everywhere. See what a beautiful thing. Now simple eg. Earth. Earth is everywhere - kannada air is everywhere - opposite here is not really opposite it makes our mind large – enlarge then there is neutral gender also. Kannada who made this universe what is his name? If we keep asking that question, we are actually saying Vishnushastranama one of his names, but only thing is we don't ask this question enough. Only when we are bored- once a year - what is going on? & Suddenly we are back to earth. So everybody gets this question, but the thing is to make this question – very relevant for our life. I have to answer this question, I want to make progress in answering this question, the moment we put that question, this becomes a tool – to answer.

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then he is neither man or woman, in the sense , he is a man, woman neutral.

That is why kannada Lakshmi is another name for him, so we can see here as I said thousands of name and at your own time you can take a good look at the names & their meaning & ponder on them. But, any name – a practical way to apply – when you start saying

Vishnushastranama we have to keep our mind open –say a name clicks to your mind. Then hold on to that for some time ponder, ruminate. I tell you that experience comes. Kannada if we keep asking this question who made this – our mind gets diverted to Vishnu – but it is diverted to that person – who made this so, when we are going into that, automatically we are doing Vishnushastranama. So any name kannada so what happens – like that one name after another name like that it starts growing on us. So, recitation is one thing, but pondering on that, thinking on that, making it our own is another thing. Also, it has to be done.

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and the 1/2hour it is said, you have to make sankalpa that this is what I'm going to do not going to get up, unless it is an emergency. It is very important when folding clothes when doing something that is ok they are all bonus, they are not the main thing, they are all bonus. Gopis were doing it we can also do that. But the best way is to sit for ½ hr & do it with full focus. Then at other times you can be doing in other ways. So with that I am sure Lord Vishnu will give us the meanings – meaning grows with time.

Q – of Shankha

Shankha is a very special thing, left handed Shankha are big in size that is its nature. The right handed is small & used in Abhisheka. Why Abhisheka, b'coz it is not only right handed it aids in pouring. Even in Ganapathiwe say right handed – yogic & the left Bhogic. Bhogha is related to world & yoga is related to spiritual. Left handed shankha is mainly for blowing, its inside is like a French horn – it is very long inside. Spinal like a cochlea the area increases as you can see, the pure tone is unique – even man made instrument cannot produce this pure tone, that you can get from a conch shell.

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that is why it simply captivates the attention b'cos of its pure sound. Pure means single frequency mainly how does this shankha sound? It resembles the sound of OM. It is not the OM itself, it resembles the sound of OM. Why no sound can be reproduced, you can only produce another sound resembling the original sound. Omkara is not even a physical sound – whatever we say OM it is only the reflection of memory of symbol of Dhyana. Omkara is the nama and roopa of the Lord. That is why we use OM for all Gods.

OM Ganashaya namah, OM Vishnuve namah, OM Prakrutai namah.

OM is like the last name of God, then the first name is the name of the God you use & then namah – namama for you

This shankha brings the sound of OM & brings the sound of infinity also. And when we blow the conch shell actually restlessness of mind will be driven out. Kannada

Same thing for kannada & shankha also. So the divine tendencies will be but it has to be good sound. Even ghanta has to be good sound.

Sound has to be good

When Narayana appeared to Dhruva he touched his right cheek with the conch shell, so from that he got all the kannada somehow in hindu practices, shankha is not the same level it used to be. Buddhists have taken over – that is OK kannada Saligrama – has Vishnu & Shankha has Lakshmi. Maha Lakshmi does not just mean money, b'cos only money is a sure way of suffering. Shankaracharya has said kannada

So, Lakshmi is totally money is incorrect. Lakshmi means all wealth – spiritual & materialistic.

Kannada