



Initiation

Parāśara Jyotiṣa Course

Following Parāśara

- Anuṣṭubh Chandas = 32 syllable
- Associate with 9th house = House of Guru, higher learning, spiritual learning, Veda, Vedāṅga
- Lineage definition: Tripura Sundarī = Ṣoḍaśī = 16 syllable, 16 year old
- Many forms → Bala = Child, Virgin Mother = Kanyā rāśi
- Gives Śaktī to 7H = Mīna Rāśi
 - the Feet of Kālapuruṣa
 - Guru Paduka (slipper of guru)
 - Following in the footsteps

Morning Alarm

- Get up in Brahma Muhurta
- 1 Muhurta = 2 ghāṭikā = 48 minutes
- Brahma muhurta is 2nd last muhurta = 48 -96 minutes before sunrise
- Say fix 'Mental Alarm' for 4.30 am or 5.00 am → Choose one of these
- Before going to sleep, silently pray to your Iṣṭa devatā in your language "Merciful Lord, please awaken me at 4.30 am".
- Recite your Iṣṭa mantra and sleep
- Keep a record of the time you awaken. It will prove if you are close enough to your Iṣṭa devatā

On Waking Up

- Do not rush out of bed. Recite the Paramparā mantra before your feet touch the ground
हरे राम कृष्ण । hare rāma kṛṣṇa
- Then remember your dīkṣa guru. If you have not taken dīkṣa, then just close eyes for a moment and visualize Śrī Vedavyāsa sitting over your head and say –
व्यां वेदव्यासाय नमः। vyāṁ vedavyāsāya namaḥ
- Now proceed to clean up
- Finish your morning prayers starting with Gaṇeśa

Kūrma Chakra

Kūrma Chakra

| | | | | | |
|------|---------------------------------------|--|--|--|-------|
| | ne | | east | | se |
| MOON | north | LAGNA ल क्ष ज्ञ la kṣa jña | MARS क ख ग घ ङ ka kha ga gha ṅa | VENUS च छ ज झ ञ ca cha ja jha ṅa | south |
| | KETU श ष स ह śa ṣa sa ha | SUN अ आ इ ई उ ऊ ए ऐ ओ औ a ā i u ū e ai o au | MERCURY ट ठ ड ढ ण ṭa ṭha ḍa ḍha ṇa | | |
| | RĀHU य र ल व ya ra la va | SATURN प फ ब भ म pa pha ba bha ma | JUPITER त थ द ध न ta tha da dha na | | |
| | nw | | west | | sw |

ॐ नमो भगवते अकूपाराय
om namo bhagavate akūpārāya

- Determine the East Wall of your room
- Determine the starting letter of the town (for large city prefer local area name)
- Example 'भ' भिमताल → 'bha' Bhimatāl
- In Kūrma Chakra 'bha' is in west
- Sit on the western part of the room
- Face East Morning, North Evening, or some always East

Rules

Time

- Breakfast 7am – 8am
- Lunch 12pm – 1pm
- Dinner 7pm – 9pm
- Breaks will be given between classes
- Consumption of alcohol etc. prohibited during the entire course duration
- Penalty: Expelled from class for 3 days;
- Repeat Penalty: expelled from course

Other Regulations

- Gentlemen: White or shades of white and Ladies: Mild decent clothes that 'fully cover body' – indecent exposure is measured in Indian standards
- No questions allowed during breaks – finish your notes
- All other standard regulations of schools apply

The Lineage of Vasiṣṭha → Śaktī → Parāśara → Kṛṣṇa Dvaipāyana
 Difference between Sadāśiva, Mr̥tyuñjaya, Sañjivinī and
 Tryambakkaṁ mantra
 Power of Nature ← Natural Remedy Root
 Anuṣṭubh Chandas

BĪJA MANTRA

Pañca Ātmā (Sun)

- Ātmā tattva is taught as pañca ātmā based on pañca tattva that define self
- Sūrya is sarvātmā = soul of all
- Sun akṣara are the vowels = 16 kalā
 = 8 laghu (short - unmanifest) + 8 guru (long - manifest)
 = 12 rāśi + 4 dvāra (door)

| | | | | | |
|---------|------|------|------|---------|----|
| अ | आ | इ | ई | उ | ऊ |
| a | ā | i | ī | u | ū |
| 1 | 2 | 3 | 4 | 5 | 6 |
| ऋ | ॠ | ऌ | ॡ | | |
| ṛ | ṛi | ḷ | ḷi | dvāra | |
| AsL | AkL | UdL | JaL | 4 Lagna | |
| ए | ऐ | ओ | औ | अं | अः |
| e | ai | o | au | aṁ | aḥ |
| 7 | 8 | 9 | 10 | 11 | 12 |
| आं | ईं | ऊं | ऐं | औं | |
| āṁ | īṁ | ūṁ | aiṁ | auṁ | |
| Pr̥thvi | Jala | Agni | Vāyu | Ākāśa | |

Sadāśiva Bīja Mantra

| Manas Akṣara (Moon) | | | |
|---------------------|-------|---------|-------|
| य | र | ल | व |
| ya | ra | la | va |
| Vāyu | Agni | Pr̥thvi | Jala |
| श | ष | स | ह |
| śa | ṣa | sa | ha |
| Icchā | Jñāna | Kriyā | Ākāśa |
| क्ष | ज्ञ | ळ | |
| kṣa | jña | ḷa | |
| Sadāśiva Bīja | | | |
| Moon | Ākāśa | ह | ha |
| Sun | Ākāśa | औं | auṁ |
| Su + Mo = Ju | | हौं | haum̐ |

Sadāśiva Bīja Mantra

- Vāmadeva ṛṣi
- Sadāśiva devatā

ॐ हौं सः

om haum̐ saḥ

- Always meditate with Bīja

Sanjīvinī Bīja

| Venus | | | | |
|-------|------|---------|------|-------|
| च | छ | ज | झ | ञ |
| ca | cha | ja | jha | ña |
| Vāyu | Agni | Pr̥thvi | Jala | Ākāśa |

- मृ (mr̥) = ma (self) + ṛ (asta lagna, setting, finishing) = death, end of life
- Venus rules 2nd & 7th bhāva of natural zodiac
- “Power of Nature” = Root Remedy → reverse मृ (mr̥)
- Jala (Blood) recreates body (pr̥thvi tattva) to sustain = ज (ja) akṣara
- Krūra Agni (suppress evils, force results) = उं (um̐) = 5H Nature = Sun
- Jīva Bīja = ज (ja) + उं (um̐) = जुं (jum̐)
- Called Sanjīvinī Bīja [Heart beat, Damaru]
- Kahola ṛṣi Mṛtyun̄jaya Mantra


ॐ जुं सः | om jum̐ saḥ

Guru Paramparā

1. Guru [Dīkṣa for Veda or Vedāṅga]
2. Parama Guru [Paramparā Head]
3. Parātpara Guru [Vedavyāsa title any Yuga] ← This is working level
4. Parameṣṭhi Guru [Sadāśiva = हौं haum̐]
 - Mṛtyun̐jaya comes through Guru(s)
 - Upside Down Flow i.e. it flows down from Sadāśiva → Parātpara Guru → Parama Guru → Guru → Jīvātmā

Mṛtyun̐jaya Mantra (Paramparā)

- | | |
|--|--|
| <ul style="list-style-type: none"> • Vedavyāsa Aṣṭākṣarī व्यां वेदव्यासाय नमः vyāṁ vedavyāsāya namaḥ • Kahola Mṛtyun̐jaya Bīja mantra ॐ जुं सः om juṁ saḥ • Sampuṭa = Prefix + Suffix AND Suffix is reverse of Prefix | <p>Mṛtyun̐jaya 14 Syllable Caturdasakṣarī</p> <p>ॐ जुं सः व्यां वेदव्यासाय नमः सः जुं ॐ</p> <p>om juṁ saḥ vyāṁ vedavyāsāya namaḥ saḥ juṁ om</p> <ul style="list-style-type: none"> • Vasiṣṭha → Parāśara → Kṛṣṇa Dvaipāyana |
|--|--|



Learning the intricacies of the anuṣṭubh mantra [32 syllables]
33 Devatā of Hindu Dharma

TRYAMBAKKAM

Anuṣṭubh Chandas

- 8 syllable (pāda) X 4 = 32 syllables (chandas)
- Anuṣṭubh is Śloka Metre

| Chandas | Math | Pāda |
|----------|--------------------|--|
| Gāyatrī | $6 \times 4 = 24$ | 8+8+8 |
| Uṣṇih | $7 \times 4 = 28$ | 8+8+12 |
| Anuṣṭubh | $8 \times 4 = 32$ | 8+8+8+8 |
| Br̥hatī | $9 \times 4 = 36$ | 8+8+8+12 or 8+8+12+8 |
| Pañkti | $10 \times 4 = 40$ | 10+10+10+10 (virāj) or 8+8+8+8+8 (pañkti) |
| Triṣṭubh | $11 \times 4 = 44$ | 8+12+12+12 |
| Jagatī | $12 \times 4 = 48$ | 12+12+12+12 |

Tryambakkam M1

Traditional
Version

Vasiṣṭha ṛṣi, R̥k Veda Maṇḍala 1

त्रयंबकं यजामहे सुगन्धिं पुष्टिवर्धनम्।

उर्वारुकमिव बन्धनाम् मृत्योर्मोक्ष्य मामृतात्॥

trayāmbakkam yajāmahe sugandhiṁ puṣṭivardhanam|

urvārukamiva bandhanām mṛtyormokṣya māmṛtāt||

Version -1

त्र-यं-ब-कं य-जा-म-हे। tra-yam-ba-kam ya-jā-ma-he |8

सु-ग-न्धिं पु-ष्टी-व-र्ध-नं। su-ga-ndhiṁ pu-ṣṭi-va-rdha-nam |8

उ-र्वा-रु-क-मि-व ब-न्ध-नाम्। u-rvā-ru-ka-mi-va ba-ndha-nām |9

मृ-त्यो-र्मो-क्ष्य मा-मृ-तात्। mṛ-tyo-rmo-kṣya mā-mṛ-tāt |7

traya - triple , threefold, triple sacred science - reciting hymns, performing sacrifices and chanting
mokṣya - to be liberated , to be saved

Tryambakkam M2

Present
Version of
RV 7.59.12

Vasiṣṭha ṛṣi, R̥k Veda Maṇḍala 1

त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात्॥

tryambakam yajāmahe sugandhiṁ puṣṭivardhanam

urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt ||

Version -2

त्र्यं-ब-कं य-जा-म-हे। tryam-ba-kam ya-jā-ma-he |7

सु-ग-न्धिं पु-ष्टी-व-र्ध-नं। su-ga-ndhiṁ pu-ṣṭi-va-rdha-nam |8

उ-र्वा-रु-क-मि-व ब-न्ध-नाम्। u-rvā-ru-ka-mi-va ba-ndha-nām |9

मृ-त्यो-र्मु-क्षी-य मा-मृ-तात्। mṛ-tyo-rmu-kṣī-ya mā-mṛ-tāt |8

tryambaka - three-eyed, Tri-mātr (ambe-ambike-ambālike) Śiva; knower of 3 Vedas; pervading the 3 worlds
mukṣīya - Perhaps from mukṣijā meaning 'net or snare'

33 Devatā

- Sathapatha Brahmana 14|6|9|3
sa hovāca mahimāna evaiṣāmete trayastrimśattveva
devā iti katame te
trayastrimśadityaṣṭau vasava ekādaśa rudrā
dvādaśādityāsta ekatrimśadindraścaiva prajāpatiśca
trayastrimśāviti
- (We) speak of the thirty three Deva of
which eight Vasu, eleven Rudra and
twelve Āditya add up to thirty one.
- Indra and Prajāpati (OM) included bring
their number to thirty three.

Tryambakkaṃ Mantra

- Each of the 32 syllables of the Anuṣṭubh
represents one of the 32 devatā
 1. 8 Vasu + 12 Āditya + 11 Rudra + 1 Indra
 2. Add Prajāpati (ॐ om) to this to get 33 devatā
- Prajāpati ॐ is the creator and should be
praised first [precursor or mantra]
- 8 Vasu represent the soul (ātmā tattva)
- 12 Āditya sustain and nurture everything
- 1 Indra rules + 11 Rudra protect
- ॐ + 8 + 12 [8+4] + 1 + 11 [4+7]

Identification of Deva

ॐ (om) | Prajāpati Brahma

1. tra-yaṁ-ba-kkaṁ ya-jā-ma-he | 8 Vasu ← Eyes Light
2. su-ga-ndhiṁ pu-ṣṭī-va-rdha-naṁ | 3 + 5 = 8 Āditya ← Good Karma, Providence, Sustain
3. u-rvā-ru-ka- | 4 Āditya [svarga loka]
4. - mi -va ba-ndha-nām | Indra + 4 Rudra
5. mṛ-tyo-rmo-kṣya mā-mṛ-tāt | 7 Rudra

Yajurveda Mṛtyuñjaya [33]

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात्॥

Om tryambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam |
urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt ||

- This mantra worships all the deva, the Vasu, the Āditya and Rudra as well as the King Indra (Ātmakāraka) and also Prajāpati Brahma
- Naturally then it is all complete showing how Lord Śiva contains all the devatā inside of Him
- Removes every fear of death or such suffering, every bondage, every snare or trap by giving amṛta (nectar)
- It is the panacea for all evils

Tryambakam

Tryambakam means

- Trinetra: 3 eyes (Sun, Moon, Agni)

ह्रीं श्रीं क्लीं | hrīm śrīm klīm

- Tri-śaktī (Icchā, Jñāna, Kriyā)

ऐं ह्रीं क्लीं | aīm hrīm klīm

- Tri-loka (vyāhṛti) =

Bhū, Bhuva, Svarga

भूर्भुव स्वः | bhūrbhuva svaḥ

Mantra pada, 4 Akṣara

Mahā Mr̥tyuñjaya Bīja

- Vāmadeva ṛṣi
Sadāśiva Bīja (Mahā) +
Kahola ṛṣi Mr̥tyuñjaya
Bīja

= Mahā Mr̥tyuñjaya

- हौं (haum) + ॐ जुं सः
(om jum saḥ)

ॐ हौं जुं सः

om haum jum saḥ

Mantra pada, 4 Akṣara

2 pada = 1 pāda; 2 x 4 = 8 syllable

Mahā Mr̥tyuñjaya

Mahā Mr̥tyuñjaya ADD

- 1 pāda [8 syllables] comprising Mahā Mr̥tyuñjaya Bīja [4 syllables] + Vyāhṛti [4 syllables]

ॐ हौं जुं सः भूर्भुव स्वः

om haum jum saḥ bhūrbhuva svaḥ

- Samputa = Prefix + Suffix = 8 + 8 syllables
- Suffix (reversed)

हौं जुं सः भूर्भुव स्वः ॐ

haum jum saḥ bhūrbhuva svaḥ om

Mahā Mr̥tyuñjaya

ॐ हौं जुं सः भूर्भुव स्वः
 त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
 उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात्॥
 हौं जुं सः भूर्भुव स्वः ॐ

om haum̐ jum̐ saḥ bhūrbhuva svaḥ
 tryambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam
 urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt ||
 haum̐ jum̐ saḥ bhūrbhuva svaḥ om

Chandas = 8 + 32 + 8 = 48 Syllable
 Like Jagatī Chandas but not so as the Anuṣṭubh (32 syllable)
 mantra is actually enclosed in a 16 syllable 'container'

Loma Viloma Sampuṭa

- The Kahola Mr̥tyuñjaya is suffixed and prefixed with the vyāhṛti and treated independently

ॐ जुं सः ॐ भूर्भुव स्वः
 त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
 उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात्॥
 स्वः भुव भू ॐ सः जुं ॐ

om jum̐ saḥ om bhūrbhuva svaḥ
 tryambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam
 urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt ||
 svaḥ bhuva bhūr om saḥ jum̐ om

48 syllables maintained; Sadāśiva bīja removed; the 8 syllables of suffix are in exact reversal of the 8 syllables of prefix

Upadeśa

1

- To your daily practice of Gaṇarāja Sādhanā, ADD
 1. 21 recitations of Vyāsa Mr̥tyuñjaya Mantra
 2. 11 Recitations of Mahā Mr̥tyuñjaya or Mr̥tyuñjaya (Vedic)
 3. Meditation of Sadāśiva Bīja in Morning
 4. Meditation of Mr̥tyuñjaya Bīja in Evening
 5. Meditation is always done before Japa

Upadeśa

2

Meditation Process: First Recite the dhyāna once. In future try to learn the meaning of every word in this dhyāna

ध्यानम्

चन्द्रार्काग्निलोचनं स्मितमुखं पद्मद्वयान्तस्थितं
मुद्रापाशमृगाक्षसत्रविलसत्पाणिं हिमांशुप्रभम्।
कोटीन्दुप्रगलत्सुधाप्लुततमं हारादिभूषोज्ज्वलं
कान्तं विश्वविमोहनं पशुपतिं मृत्युञ्जयं भावयेत्॥

dhyānam

candrārkāgnivilocanam smitamukham padmadvayāntasthitam
mudrāpāśamṛgākṣasatrilasatpāṇim himāṁśuprabham |
koṭīndupragalatsudhāplutatamam hārādibhūsojjvalam
kāntam viśvavimohanam paśupatiṁ mṛtyuñjayaṁ bhāvayet

Upadeśa

3

- Sit in Sukha Āsana
- Light incense and lamp
- With Thumb and Ring finger close nostrils
- Index and Middle finger fold into palm
- Open right nostril – release thumb and breathe in while mentally saying ॐ (om) 12 times
- Close right nostril with thumb, hold breath while mentally saying हौं (haum) or जुं (jum) 48 times
- Open left nostril releasing Ring finger and mentally repeat सः (sah) 24 times

Upadeśa

4

- Prāṇāyāma Types - Adhama, Madhyama and Uttama (inferior, middle and superior).
- Adhama: 12 Matras Puraka
- Madhyama : 24 Matras Puraka
- Uttama: 32 Matras Puraka.
- Golden ratio: Puraka : Kumbhaka : Rechaka = 1:4:2.
- Puraka is inhalation; Kumbhaka is retention; Rechaka is exhalation.
- First, Adhama Prāṇāyāma – 2 months; then Madhyama for 4 months; then Uttama
- ONLY 10 repetitions allowed
- Prāṇāyāma not to be done in evening