

Transcendentalists

Transcendentalists who are advanced in knowledge compare the body, which is made by the order of the Supreme Personality of Godhead, to a chariot. The senses are like the horses; the mind, the master of the sense, is like the reins; the objects of the senses are the destinations; intelligence is the chariot driver; and consciousness which spreads throughout the body, is the cause of bondage in this material world.

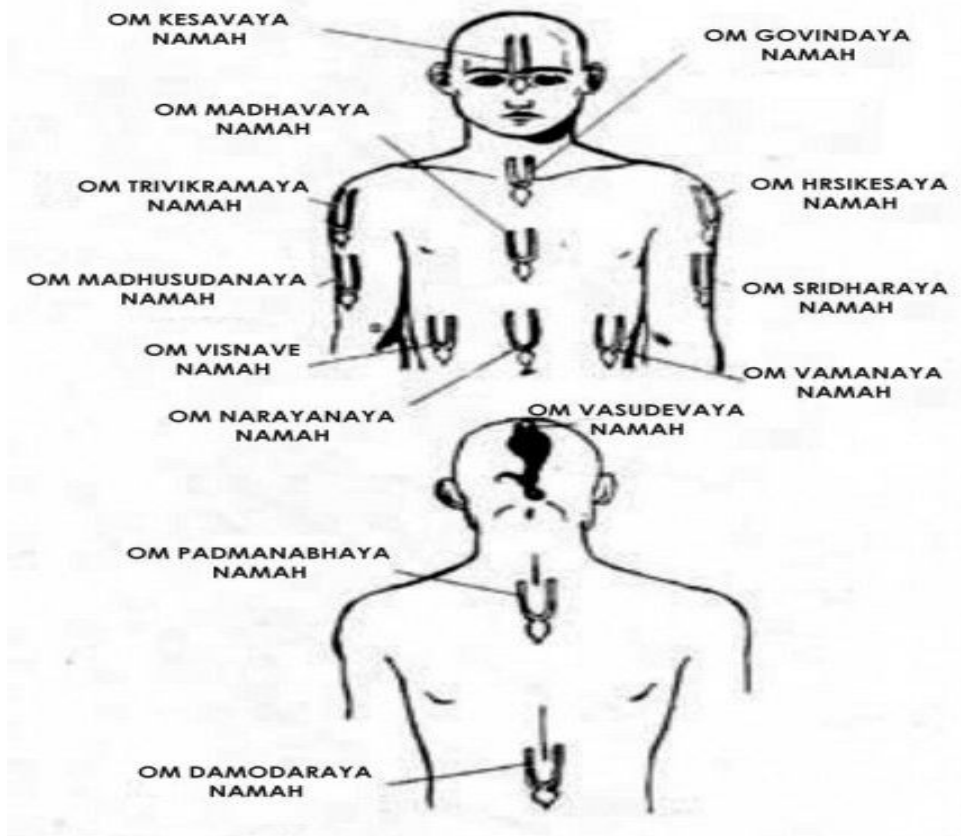
Eight steps of Ashtanga Yoga- Patanjali's Yoga @ Sutras

1. Yama (Practice of Precepts)
 - a. Ahimsa (nonviolence)
 - b. Satya (truthfulness)
 - c. Asteya (non-stealing)
 - d. Brahmacharya (continence)
 - e. Apavigraha (absence of greed)
 2. Niyama (Practice of Virtues)
 - a. Saucha (purity)
 - b. Santosha (peacefulness)
 - c. Tapas (discipline)
 - d. Svadhyaya (study, esp. Sacred Texts)
 - e. Ishvara Pranidhana (surrender unto God)
 3. Asana (Postures)
 4. PranaYama (breath control)
 5. Pratyahara (withdrawal of the senses)
 6. Dharana (concentration)
 7. Dhyana (Meditation)
 8. Samadhi (trance)
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- Remote Preparation
- Direct Preparation
- Advanced Practice: the exercise of extraordinary powers and advanced forms of meditation ([kaivalya](#))

Tilak Mantras

The Names of God are chanted as one applies tilak markings to each applicable part the body:

1. Om Kesavaya Namah
2. Om Narayanaya Namah
3. Om Madhavaya Namah
4. Om Govindaya Namah
5. Om Visnave Namah
6. Om Madhusudanaya Namah
7. Om Trivikramaya Namah
8. Om Vamanaya Namah
9. Om Sridharaya Namah
10. Om Hrsikesaya Namah
11. Om Padmanabhaya Namah
12. Om Damodaraya Namah
13. Om Vasudevaya Namah



A U M

A-First Sanskrit Letter

U-Last Sanskrit Vowel

M-Last Sanskrit Consonant

contains “all truths that words can convey”

A- represents ‘waking consciousness’

U- represents ‘dream consciousness’

M- represents ‘deep sleep’

A- beginningless beginning and Source of all being - Akara (Kṛṣṇa)

U- the Lord’s spiritual pleasure, potency, and embodiment of all divine energies -

Ukara (Radharani)

M- refers to all living entities (Jivas), who are meant to use their energy in the

service of the Lord - Makara

Aum represents the sum and substance of spiritual energy and the totality of existence.

Scriptures@

I. Shruti - Revealed body of Writings of 'that which is heard'

- Vedic Samhitas - Rig, Sama, Yajur, and Atharva
- Brahmanas
- Aranyakas
- Upanishads - 108 separate Books

II. Smriti - Traditional body of Writings of 'that is remembered'

- Itihasas (epics) such as the Ramayana and the Mahabharata (Bhagavad Gita)
- Puranas - 18 prominent Mahapuranas

Sattva (Truth) Puranas:

1. Vishnu Purana
2. Naradiya Purana
3. Bhagavat Purana
4. Garuda Purana
5. Padma Purana
6. Varaha Purana

Rajas (Passion) Puranas:

1. Brahma Purana
2. Brahmanda Purana
3. Brahma-Vaivarta Purana
4. Markandeya Purana
5. Bhavishya Purana
6. Vamana Purana

Tamas (Ignorance) Puranas:

1. Matsya Purana
2. Kurma Purana
3. Linga Purana
4. Shiva Purana
5. Skanda Purana
6. Agni Purana

- 18 Upapuranas and numerous Sthala Puranas (Regional)
- Versified equivalents of the Dharma-Sutras: Manusmriti; Vishnu-Smriti

III. Sutras (aphorisms)

- Shantha Sutras; Griha Sutras; Dharma Sutras; Shulba Sutras; Vedanta Sutras; Yoga Sutras

IV. Vedangas, Upavedas, and the writings and numerous commentaries of the great Acharyas throughout history.