

## PUJYA GURUDEV SRI PREM SIDDHARTH JI'S DISCOURSE AT TANA

Acharya Pujya Sri Prem Siddharth ji delivered a talk on the 4<sup>th</sup> of July at the 17<sup>th</sup> TANA Conference that was held in Rosemont Convention centre, Chicago on the topic of “*Benefits of Meditation*”. Pujya Gurudev graced the occasion as a part of his 3 month long USA&Jamaica tour to participate in various Vedanta forums, deliver talks on vedantic teachings and conduct retreats and camps for self-development.



Inaugurating his talk with a sloka by Bhartruhari, Pujya Gurudev explained the need for taking time out of our busy lives to be a part of such spiritual gatherings that help us contemplate on the teachings of vedanta. He elaborated on the meaning of the sloka:

*“With every movement of the sun, life is becoming shorter, but the world has become a lunatic asylum with minds deluded and inebriated by the intoxication of sloth and slumber and does not realize this”.*

In his talk Pujya Sri Prem Sidhharth ji has cleared many improper notions about the meditation, its role and practice by explaining the real aspects of meditation based on the teachings of the Upanishads, Bhagavad Gita and Sri Adi Sankaracharya’s commentary. He identified the 4 misgivings of the human mind and human intellect as **Ashanti** (lack of peace), **Vikshiptata** (wavering mind due to Rajoguna), **Sankuchitatvam**(extreme narrow-minded nature) and **Praakrutatvam** (uncultured or not completely cultured nature). The mind plays a crucial part in the assimilation of the teachings from a Guru since his thoughts conveyed through words are consumed by the mind as thoughts again.

Therefore it is important to relieve the mind of its misgivings by introducing 4 complimentary solutions **Chitta Prasadam** (Relaxation), **Chitta Ekagratha** (Focus or unwavering attention), **Chitta Vaisalyam** (Broad-mindedness) and **Chitta Samskaram** (Refinement or cultured state). Meditation aids in this preparation and thus helps the spiritual aspirants for Vedanta Shhravanam and Mananam and also to prepare our minds for assimilating the teachings of Vedanta.

Further, Pujya Swamiji also introduced the audience to the 4 fold means to achieve the desired mental state by removing the misgivings. For Chitta Prasadam, one should become indifferent to the thoughts of the mind and not claim or acknowledge them while for increasing Chitta Ekagratha-Manasa puja, Manasa Parayanam or Manasa japam should be followed. The Chitta Vaisalyam can be achieved by Viswaroopa Upasanam to understand and worship God as all pervasive, omniscient and omnipotent. Lastly, for Chitta Samskaram, one needs to instruct to the mind, the importance of Daivee Sampada as expounded in Gita by Bhagawan Sri Krishna. This practice of replacing Kama(desire) with Santhosha (happiness), Krodha(anger) with Kshama(forgiveness), Lobha(greed) with Danam(philanthropy), Moham(delusion) with Vivekam(knowledge), Madam(Ego) with Vinayam(humility) and Matsaram(jalousy) with Prasamsa(Praise) will encourage the mind to have good cultured thoughts.



The talk was well attended and appreciated for enlightening the audience on the value of meditation and the need for its regular practice. A befitting end to the spiritual extravaganza was given by Yelamanchi Prasad, spiritual committee president who presented Swamiji with a memento and thanked him for blessing the audience with an enriching experience.

