

# Advaita ( Non Duality) for Everyone

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Nandakishore Divakarla

# **Advaita**

(Non Duality) for Everyone

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(Non Duality) for Everyone

By

**Nandakishore Divakarla**



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# Note to Inquirers

Jaya Jaya Sankara Hara Hara Sankara

What is the purpose of life?

What happens after death?

Is there rebirth?

Will our sins haunt us?

Who am I really?

Many of us in our modern, materialistic, fast changing lives wonder about life's many questions that leave us stranded and lost. While every religion/philosophy tries to answer some of life's questions, I have found Advaita philosophy articulated by Jagadguru (Teacher to the Universe) Adi Shankara to be the most effective and comprehensive in covering all of the life's questions/ concerns/ anxieties. It stands to debate/ logic/ reasoning and is yet not complex.

However, this philosophy is not widely known, not propagated, frequently misunderstood/ ill understood. One would also be surprised to note that this philosophy is present in many religions e. g. Hindu, Christianity, Islam etc. There are immediate, practical benefits of

Advaita to every life (listed below) and also the true benefits of discovering life's purpose.

Worldly benefits of Advaita for common man/woman

1. One develops a habit of "Let-go".
2. More Control over emotions and mind.
3. Stays Calm under testing times.
4. Stays neutral and unbiased.
5. Accepting each and everybody "as they are" with positive and negative qualities.
6. Tolerance
7. Decreases expectations from others.
8. Uninterrupted divine feeling of Peace and Bliss.
9. Removes orthodoxy and superstition.
10. Makes one broad minded.

Extracting and organising key elements from the enunciations of Adishankara, Ramana Maharshi, Sri Karapatra Swami, this compendium aims to help explain the basic concepts, understanding them and next steps in the journey of the inquirer for self discovery.

The initial sections are from the immortal works of Jagadguru Adishankara followed by sections from Advaita Bodha Deepika

of Sri Karapatra Swamy (considered a reference by Ramana Maharshi ), Gurupadesa Ratna Mala and 'Key Questions and Answers' by Ramana Maharshi . The English version will hopefully be useful to larger groups across the globe.

May these help you in your journey of self discovery and answers to life's open questions!!!

My sincere apologies for any inadvertent errors in this book.

Tat Twam Asi (Thou Are That)

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# Advaitam in 2 Minutes

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Seer (atman) and seen (world) are two kinds of items. Only Atman is true. World is made of illusion and hence is false. Brahman covered by Illusion is Eswara. Brahman covered by ignorance is Jeeva (living being). Life/death are only for body, not to Atman. Deeds bring purity to the mind. Only divine knowledge will get salvation. Great sentences like Tatvamasi are teaching the non duality of jeeva and Atman.

- Illusion + Atman = Eswara (God)
- Ignorance + Atman = Jeeva (living being)

With divine knowledge, ignorance is gone. Once ignorance is gone, illusion is destroyed and Atman is known. Knowing Atman is Salvation.

Veda	Upanishad	Great sentence
Rigveda	Aitareya	Prajnanam Brahma (Divine knowledge is Brahman)

Yajurveda	Bruhadaranya	Aham Brahmasmi(I am Brahman)
Sama veda	Chandogya	Tat Twam Asi (you are brahman)
Adharva Veda	Mandukya	Ayamatma Brahma (Atma is Brahman)

### **Three steps of divine knowledge:**

- 1. Holy scripts:** "Jaggery is sweet' knowing this through books.
- 2. Teacher:** Showing jaggery from far and explaining its sweetness.
- 3. Self experience:** Eating jaggery and realising the same through self experience.

### **Sorrows**

**Avidya:** Liking the temporary; Feeling that body is permanent; Desire towards women etc; Feeling one with the body

**Asmita:** Feeling one with various material items

**Raga:** Desire on pleasure delivering items

Dwesa: Hatred towards those that give sorrow

**Abhinivesam:** Fear of death

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