

## Stages of achieving total satisfaction

(Special New Year class - Jan 4, 2020)

- Based on Pancadasi Chap 7 – त्रिसिदीपप्रकरणम् Tripti-Deepa-Prakarnam
- Tripti - satisfaction; Deepa - light on; Prakaranam - chapter
- Segment of 15 verses - 33-47 gives 7 steps from normal, dependent satisfaction to totally independent satisfaction

### 7 Steps:

1. अज्ञानं Agyanam - ignorance
2. आवरणं Avaranam - covering (of truth)
3. विक्षेप Vikshepa - consequence of 1. And 2.
4. परोक्ष ज्ञानं Paroksha Gyanam - indirect (mediate) knowledge
5. अपरोक्ष ज्ञानं Aparoksha Gyanam - direct (immediate) knowledge
6. शोक निवृत्तिः Shoka Nivritti - cessation of sorrow
7. तृप्तिः Tripti - unbound satisfaction

### 7 Steps cast in terms of the well-known Vedantic concepts:

- विवेक Viveka - ability to discriminate
- वैराग्य Vairagya - ability to let go (useless pursuits)
- अर्थ Artha - seeking security
- काम Kama - seeking pleasure
- धर्म Dharma - (proactive) ethical behavior
- मोक्ष Moksha - seeking total satisfaction

- श्रवणं Shravanam - by listening to a knowledgeable teacher and studying, gaining a complete understanding of the meaning of Vedic scriptures
- मननं Mananam - removing doubts and, with the help of teaching, reconciling the gap between what is being said and one's personal experience
- निदिध्यासनं Nididhyasanam - striving to gain the results of shravanam and mananam

### Stages of human progress

Stages 1,2,3	The Bondage stages	<ul style="list-style-type: none"> <li>● Bound by worldly laws: Health, emotions, circumstances</li> <li>● Natural pursuit of artha and kama</li> <li>● Possible later of addition of dharma</li> <li>● Lack of viveka</li> <li>● Doership and enjoyership are real</li> <li>● So no question of vairagya</li> <li>● Guided by likes &amp; dislikes</li> </ul>
Stages 4,5	Learning freedom from bondage	<ul style="list-style-type: none"> <li>● Introduction to viveka</li> <li>● The real I is different from 'me'</li> <li>● Intro to moksha: it is I, not me</li> <li>● A sense of fullness is already there..</li> <li>● ... but mired in confusion</li> <li>● Sowing seeds of vairagya</li> <li>● Recognizing the presence of God...</li> <li>● ... first as my creator &amp; helper</li> <li>● ... also as one who runs the show</li> <li>● ... later as <u>essentially</u> I</li> <li>● ...so individuality is just a show</li> <li>● ...reality is the total</li> <li>● ... and that is I alone, none other</li> <li>● Doership and enjoyership belong to: 'Me' not 'I', as in a dream</li> </ul>
Stages 6,7	Becoming free - total satisfaction	<ul style="list-style-type: none"> <li>● All doubts about teaching are gone</li> <li>● Vairagya accelerates</li> <li>● Weakening of old संस्कार samskaras</li> <li>● Reinforcing of new samskaras</li> </ul>

## Summary of human experiences and behaviors

<p><b>Stage 1</b></p>	<ul style="list-style-type: none"> <li>● I, the individual, is real, and so is the world around me</li> <li>● So are good and bad experiences</li> <li>● Sharp highs and lows, based on samskaras</li> <li>● I am constantly juggling and manipulating</li> <li>● I am essentially a 'sophisticated' beggar</li> <li>● I don't see what else I can do</li> </ul>
<p><b>Stage 2</b></p>	<ul style="list-style-type: none"> <li>● Open to other-worldly factors, such as God</li> <li>● Initially as an extension of the world...</li> <li>● ... as a transaction - I do this prayer, I expect that result</li> <li>● Later extending to next life</li> <li>● Non-verifiable belief</li> <li>● Tinged with uncertainty - trying different ways</li> <li>● Blind alleys, led by others who do not know the way out</li> <li>● But, highs and lows are cushioned somewhat</li> </ul>
<p><b>Stage 3</b></p>	<ul style="list-style-type: none"> <li>● Since both the individual and the world are real, so..</li> <li>● ... total preoccupation with the observed world</li> <li>● Sense of doership and enjoyership is left untouched</li> <li>● Busy with enhancing joys</li> <li>● Even temporary happiness only prolongs unhappiness</li> </ul>
<p><b>Stage 4</b></p>	<ul style="list-style-type: none"> <li>● The beginning of the end</li> <li>● Knowing the difference between I and 'me' is a big relief</li> <li>● Pursuit of worldly activities starts to lessen</li> <li>● Likes and dislikes are blunted more and more</li> <li>● Quest to learn more, to remove doubts</li> <li>● Growing conviction that I am on the right path</li> <li>● Beginning of self acceptance</li> </ul>
<p><b>Stage 5</b></p>	<ul style="list-style-type: none"> <li>● Direct experience of fullness, fleeting at first...</li> <li>● ... then more frequent, more easily obtainable</li> <li>● Seeing this is indeed God's fullness, and mine</li> <li>● Seeing the power to deceive (Maya) is not just God's...</li> <li>● ... but mine as well. I take ownership for it</li> <li>● Seeing that I have been the same person all along...</li> <li>● ...despite all the experiences of the past</li> <li>● I, the consciousness, never begins. I am birthless</li> <li>● Seeing that I am the only reality of the entire world</li> </ul>
<p><b>Stage 6</b></p>	<ul style="list-style-type: none"> <li>● Total disinterest in pursuing new desires</li> <li>● Total acceptance of what is required of me</li> <li>● No resistance to change</li> </ul>

	<ul style="list-style-type: none"> <li>● I follow the script of the movie designed by God</li> <li>● I am now busy replacing the old samkaras with new</li> <li>● Replacing the triangular format with the binary format</li> <li>● Constantly aware that 'me' is but a reflection of 'I'</li> </ul>
<p>Stage 7</p>	<ul style="list-style-type: none"> <li>● Sense of satisfaction that is often, and instantly mine</li> <li>● Seeing the absence of satisfaction as a joke, a play</li> <li>● Clearly seeing the problems of body, as ill health and...</li> <li>● ...those of the mind, as emotions, insults etc..</li> <li>● All belong to 'me. Not 'I'</li> <li>● Seeing my sense of satisfaction has no boundaries</li> </ul>