

A Short Manual On Spiritual Values



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SPIRITUAL VALUES

VI Standard

LESSON - 1. ANAPANASATI

Anapanasati is the name of Breath Meditation.

The word 'Anapanasati' comes from the Pali language.

'Anapanasati' means:

Ana = breathing in

Apana = breathing out

Sati = to be with

Anapanasati Meditation is simply observing one's own breathing in and breathing out. When we observe our breathing, our mind automatically becomes calm and quiet. We are said to be in meditation when we are very calm and quiet in our minds. When we are calm and quiet, we receive cosmic energy through our head region and when this energy is abundant, it enhances our capacities both physically and mentally among many other benefits.

LESSON - 2. PROCEDURE OF MEDITATION

Note: Teachers are advised to introduce the procedure of Anapanasati Meditation physically.

Anapanasati Meditation

Procedure

Step - 1

Sit comfortably

We can sit on the floor, on a chair, on a bed, on a sofa, etc.

Step - 2

Cross the legs if a chair/sofa etc. is used

Step - 3

Join both hands. all fingers into fingers [Dhyana mudra] and keep them on the lap

Step - 4

Relax the body totally

Step - 5

Silence in the mouth, no mantras/chanting whatsoever

Step - 6

Close the eyes

Step - 7

Keep witnessing your normal, natural breathing

Don't change the breathing pattern...must keep witnessing the breath

Duration of Practice of Anapanasati Meditation

We must be in meditation for any length of time, but at a minimum, it should be as per our age. If our age is 10 years, we must be in meditation for 10 minutes at one go. We can do meditation anywhere, anytime! But it should be done at least once in a given day.

Lesson - 3. BENEFITS OF MEDITATION

1. Memory power improves

When we are in meditation, our mind will be calm and receives energy. Energy gained in meditation helps the brain to work more efficiently and to its fullest capacity. Meditation enhances memory power tremendously. Therefore, meditation is absolutely necessary for students at all levels.

2. Diseases are healed

All physical afflictions are because of mental worries. All mental worries are because of intellectual immaturity. Through meditation, we get spiritual energy which enhances intellectual power. Consequently, all physical pains vanish and mental worries disappear.

3. Wasteful habits die naturally

There are several wasteful habits like over-eating, oversleeping, over-talking, over-thinking, over-drinking, etc., etc. With the abundant *spiritual wisdom* and *spiritual energy* obtained from meditation, all the wasteful habits die naturally.

4. More qualitative relationships

Lack of spiritual wisdom is the only reason why interpersonal relationships are so very un-qualitative and unfulfilling. In the presence of spiritual wisdom, all interpersonal relationships become highly qualitative and totally fulfilling.

5. Knowledge of right and wrong

“What to do?”, “What not to do”. We are always in a dilemma. For a spiritually mature person, there are no dilemmas. When our mind is calm while in meditation, we get clarity/wisdom. Everything is readily understood and readily acted upon.

LESSON - 4. SILENCE

Silence means the absence of sound. It is a state of being. We call it silence when no one is speaking. Silence is called “Mauna” in the Sanskrit language. “Mauna” means being verbally silent. A “Muni” is a sage and is more silent and less speaking. He speaks only when something absolutely necessary to be spoken. We also should be silent for more time and speak much less. We should speak only when is absolutely necessary. We should not speak about what is not essential. Unnecessary talk is called “wasteful talk”. We should never speak even one word wastefully.

LESSON - 5. SPEAKING

We speak with our tongue. The tongue is essential for speaking. However, our lips/mouth help the tongue to speak. We should

not use whole mouths to speak. If we use the whole mouth, our speaking becomes “shouting”. Animals who cannot speak may use their mouths and shout. We only have to speak when we want to express ourselves or communicate with others. We must speak only with a right i.e., an appropriate person, at an appropriate time, and at an appropriate place. We must speak with clarity. We should speak neither more nor less. We should speak rightly meaningfully and with no wasteful words.

LESSON - 6. THINKING

Think big. As you think, so you become. Think positive. Negative thinking leads to negative results. Positive thoughts result in a positive outcome. Miraculous thinking brings in miraculous results. Thinking cannot be casual. It should be sparingly. It should be neither less nor excess. When necessary, we need to think, never unnecessarily. Thinking about one’s performance is preferable to thinking about that individual properly. Avoid thinking ill of others.

LESSON - 7. DOING

Doing what you speak is noble. And speaking what you think is also a noble virtue. Thinking, speaking, and doing must be the same. This is uprightness. Doing perfect is divine. Doing should not be postponed unless warranted. Doing is a must, though with errors, since work remains while errors disappear when they are rectified.

VII STANDARD

LESSON - 1. HOLISTIC HEALTH

“Holistic Health” means “Wholesome Health” or “Complete Health”

Holistic Health consists of five concepts:

01. Physical Health

There should be no physical illness and there should no physical disease. The physical body should be ever active. That is physical health.

02. Mental/Emotional Health

There should be no disturbance in the mind at any time... in defeat or failure. Even if we are insulted, we should never lose our cool. There should be no inferiority complex. We should never be lacking in self-respect. Our mental status should be steady. That is mental health.

03. Intellectual Health

This is of two kinds. One is the physical intellect which is based on materialistic information and physical experiences. The other is the spiritual intellect which is based on Self Knowledge or spiritual wisdom. Every person, every human being is a product of his/her own intellect. Intellect is as per previous karmic wisdom coming from past lives and past experiences. However, everybody's karmic experience data bank is different and

therefore the intellects differ from person to person. To understand all this is to possess intellectual health.

04. Spiritual Health

“Spiritual Health” means that we must know what we are basically. We should understand that we are pure consciousness. We are an ' Atman ' or “Self “. We are not mere bodies. This is called spiritual health.

We are responsible for all our fellow beings in society. If we do not work for the betterment of the fellow being in our society, we do not have social health. At the physical level, physical service and physical cooperation are important. All these five kinds of health together are called “Holistic Health”!

LESSON - 2. SCIENCE OF MEDITATION

“Meditation” is making the mind empty of thoughts so that the mind becomes calm and quiet. This is in a way silencing the mind. Through this, we get holistic health.

Meditation has basically three happenings.

1. First Happening

“When we are with our breath, our mind will become empty”

Breath is not part of our body. Yet it will be in our body. It is effortless and continuous.

We can feel our breath. When we observe our breath, it prevails over the mind and makes it empty.

2. Second Happening

“When our mind becomes empty, ‘Cosmic energy’ enters into our physical body”

When our mind is full of thoughts, it will not allow cosmic energy to flow in. When the mind is empty of thoughts, cosmic energy flows into our physical bodies.

3. Third Happening

“When cosmic energy accumulates in the physical body, the ‘Third Eye’ of spiritual wisdom gets activated.” When cosmic energy is more, then it activates the “Soul Energy”. Soul is the source of spiritual wisdom. Spiritual wisdom is infinite knowledge of everything. Man becomes resourceful and blissful.

What is Cosmic Energy?

It is that energy that makes all the creatures move, plants grow, animals act, rivers flow, birds fly, etc. It is life-giving power that is called in many ways, like consciousness, energy, soul, atman, Jivatma, Paramatma, etc., etc. In other words, it is the movement or vibration [shaking] of all particles which form the universe.

What is the third eye?

It is the knowledge eye. This reveals the inner self and leads to the understanding that we are pure consciousness or spirit and not the body. This is the truth! We thus get spiritual wisdom.]

LESSON - 3. GROUP MEDITATION

When people sit in a group for meditation, we call it Group Meditation. Group meditation forms a united channel for receiving light [wisdom], love [Energy], and power [Consciousness] and spreading it to all levels of members of the group. “Group meditation” increases our individual light [wisdom] and our willpower!

LESSON - 4. MUSIC MEDITATION

When we do meditation by listening to music, we call it Music Meditation. When you listen in a state of meditation you will experience a state where meditation and music cannot be separated. Meditation with the right music becomes totally effortless! On a mental level, daily meditation music sessions can help you in developing clarity and inner peace. Self-acceptance and self-confidence will follow. Meditation makes us more creative, more responsible, and more understanding.

Lesson - 5. SPIRITUAL CO-EXISTENCE

Spiritual Coexistence is in fact co-existence founded on the basis of Spiritual Science. Coexistence is a community living with a wide understanding of each other despite different belief systems in their respective communities. All ideologies are based on religion. All religions are based on “Spirituality”. Spirituality is about the spirit. Spirit is “Soul” or “Lifeforce”. To understand spirit is “Spirituality”.

We are all spiritual beings. We are all same. We are therefore equal. External behavior may differ due to respective karmic debts. but the inner force is the same. Hence no disparity or discrimination stands justifiable merely on external features. No one has authority over others. There is only Cooperation as all are equals. This cooperation ensures un-parallel co-existence. Understanding our nature of existence is a prerequisite to co-existence.

VIII STANDARD

LESSON – 1. SOUL SCIENCE

Through breath, we go into meditation, and through meditation, we get to know Soul Science, which is Atman Shastra. When we understand Soul Science, we begin to understand how to speak, how much to speak and how well to speak, what to eat, what to do and what not to do, etc. Finally, we realize that we are not this body but we are the soul entity and this subject is called Soul Science.

LESSON - 2. FULL MOON MEDITATION

Full Moon Meditation is Meditation done during a full moon day. During full moon meditation, we receive divine energies in full from all divine sources. Higher energies flow abundantly into the atmosphere around us during the full moon days. With the incoming higher energies, a deeper human understanding of everything around us is energized.

LESSON - 3. NATURE MEDITATION

When we meditate outside in natural surroundings, we call it Nature Meditation, just sitting on a rock or on the ground yet comfortably by the side of a flowing stream in the countryside. Cross the legs. Clasp the hands. Begin with a natural breathing process closing your eyes to help you relax. Simple repetition of water waves' song around will influence your mind to be

tension-free. Fresh air vibrates and makes your mind clear. Flowers around console you with their fragrance. Relaxation, stress reduction, mental restoration, social support, intimacy, and group bonding are some of the benefits of Nature Meditation.

LESSON - 4. SPIRITUAL REALITIES

Meditation creates normalcy in one's personal life. It wipes out abnormalities which include hating, scolding, abusing, hurting, violence, etc., and anything short of normalcy in the mind. Some of the realities are given below:

1. We are all souls: We have divine energy in all of us. We are the same. We all are one. We need to treat everyone equally.
2. Consider all species equal: We need to treat all creatures on the earth including human beings, animal beings, birds, etc. as equal.
3. Do not dominate: We need to understand that we are our own masters and not masters of others around us. We need to co-operate. We can advise but not dominate.
4. Complaints never help: Complaining against others for any reason is not healthy. Shortcomings etc. need to be addressed in such a way that we do not hurt anyone. We need to be advisory. We need to comment on the work and not on the people.
5. Respond rather than react: Responding is superior to reacting. When we respond, we tend to be positive. If we

react, we may be negative. Responding is always with awareness and reaction often is without awareness.

Lesson - 5. MIND MIRACULOUS

Mind is the seed; life is the tree. The human mind is of four types:

- [1] Disastrous mind: A person with a disastrous mind is never confident of his own work. In addition, he will be very weak-minded expecting only the worst. He meets always with failures in all his efforts.
- [2] Negative mind: A person with a negative mind will always be pessimistic and doubtful with negative thoughts about his own work. These people are problematic.
- [3] Positive mind: When the mind is free from thoughts, we can be always positive. Energy flow will be abundant. We will be successful in all endeavors.
- [4] Miraculous mind: Miraculous-minded person is always successful in any eventuality. Even in the worst situations, he comes out with success. He will be more intuitional and creative.

If we possess a disastrous mind, our life will be disastrous. If we have a negative mind, a negative life will follow. If we have a positive mind, a positive life will follow. If we have a miraculous mind, we find miraculous life. As is the mind so being that person. We need to do intense meditation to possess a miraculous mind.

IX STANDARD

LESSON - 1. THE SECRET OF BREATH

The whole physical body stops when the breath stops. In the absence of breath, the body is dead. The important part of being is breathing. Breath reaches the innermost part of life and also reaches outwards to the surface, the physical plane.

Breathing which the nostrils can feel as air inhaled and air exhaled is only an effect of breathing. It is not breath. Because the breath is that current that makes the air go out and come in.

The direction of breath is in a dimension that the science of today does not recognize. It is in a dimension which is the dimension within. Breath is responsible for the harmony of our body with the mind, the harmony of mind and body with the Soul. That is breath.

LESSON – 2. SPIRITUAL WISDOM

Spiritual Wisdom is the outcome of intense meditation. A spiritually enlightened master wins over the materialistic world and spiritual world.

Physical Sciences deal with the objects that are visible. It comprises the elements of nature. Minerals are studied in Geology, plants are studied in Biology, animals are studied in Zoology, and humans are studied in Anthropology, etc. All of

these are logical that is comprehensible by the mind. Spiritual Sciences on the other hand deal with invisible aspects of subtle subjects, such as consciousness i.e. spirit, energy, wisdom, happiness, innovation, intuition, creation, understanding, etc. It gives great insights into moral, ethical, spiritual, and social human values and makes one's life easy. We need thus both physical sciences for physical aspects and spiritual sciences for our inner happiness etc., of spiritual aspects of our life.

LESSON - 3. GLOBAL ETHICAL VALUES

Community living means living together in a friendly way even though ideologies, personal beliefs, etc., differ from each other.

An international body, the Parliament of World Religions drafted a document for ensuring global ethical values among the occupants of the earth. Some of them are as follows:

The Declaration

1. We are interdependent.
2. We should take responsibility for what we do.
3. We wish to treat others as we wish others to treat us.
4. We need to learn to accept any events we are facing.
5. We must consider all mankind as our family.
6. We must commit ourselves to non-violence
7. We must strive for a just social and economic order
8. We must keep behind all forms of domination or abuse

9. We must act truthfully with compassion and avoid prejudice and hatred.
10. We must not be greedy for power, prestige, money, and consumption to make a peaceful world.

Earth cannot be changed for the better unless we increase our awareness by disciplining our minds through meditation, prayer, or by positive thinking. Therefore, we commit ourselves to this global ethic, to understanding one another, and to socially beneficial, peaceful, and nature-friendly ways of life.

Lesson - 4. BE A WITNESS

Wakefulness is the way to live, says Buddha.
Awareness is the difference between death and life.

We are not alive just because we are breathing or because our heart is beating. Many people in advanced countries can be kept alive by means of high advancements in medicine., But is this life? Postponing death is not living.

Buddhas have defined life as awareness. We need to be aware of what we are doing. This is watchfulness. So, if we can remain watchful even for a few moments, we must feel thankful. When we watch, clarity arises because the more watchful we become, the more all our hastiness slows down. We become more graceful. As we watch, our wandering mind becomes calm.

Confusion is the cause of misery. It is the clarity that is the foundation of blissfulness. When one has no confusion, he is clear.

LESSON - 5. DIRECT EXPERIENCE

Spiritual Science is the direct seeing, direct experience and direct knowledge.

The great spiritual scientist, Swami Rama explains that all the knowledge secured by reading scriptures cannot be real learning. Anything read or listened to either from books or other masters reflects the knowledge of others. In society, most of us take ourselves as learned people merely by possessing the bookish language or listening to lectures from others. This cannot be our knowledge. His master has revealed to Swami Rama that one can claim that knowledge as his own when he experiences that by himself in practice. Once you experience it, you do not need any confirmation from others. As long as you have any doubt, you need to learn by experience and you need confirmation from others.

LESSON - 6. LAW OF CAUSE & EFFECT

The most fundamental law which regulates human aspects and activities is called the “Law of Cause and Effect” or “Law of Karma”. Karma is a Sanskrit word that means any action. This Law of Karma is the most important law which a beginner in

Spiritual Science should understand. Without this knowledge, we can never do the right and proper Karma.

Every thought we have, every word we speak, and every action we perform to become a cause and create appropriate effects. If we change our thoughts, our words, and our deeds, we will get different effects. Let us sow the right deeds in our lives. Let us receive the right happy and healthy consequences.

The Law of Karma gives a basic understanding that we create our own realities and our own destinies. It reveals “As we think, so do we become”. It also underlines “As is the mind, so is the life”. The more we make our minds empty, calm, and happy, the more our words, thoughts, and deeds will be sweet and in order. To make our minds clean, to make our thoughts clean, and to make our deeds clean, meditation is the only way to learn and practice. “As you sow, so you reap”! This need to be understood right from our childhood. The Law of Karma is the singular Law that rules the lives of all people.

X STANDARD

LESSON – 1. MEDITATION – LIFE ZEST

As we increase our practice of spiritual science and meditation, we become more and more experts in our god-like behavior. As we become experts in our god-like behavior, our life-zest [happiness] increases.

The end result of meditation is life-zest. One can then enjoy and relish every moment and every situation in life. Every action becomes a piece of art and grace. Life becomes absolutely dynamic and a continuous celebration

Life zest has two essential aspects. They are [a] giving and [b] receiving. More life-zest means more compassion, meaning more and more giving. Continuous giving becomes a natural habit. More life-zest means are more and more accepting of everything that happens to us. Continuous acceptance becomes a natural habit. There is a graceful giving and graceful acceptance all the time and in all situations. A dynamic and vibrant life is one wherein giving and taking are very high. Thus, we see that to live a complete and zestful life one must live life to the full, giving and sharing as well as receiving rather than lamenting and regretting and we can easily achieve this with regular meditation.

LESSON - 2. MEDITATION – INTUITION

Intuition means guidance from within. It is spiritual communication or spiritual insight. It is intuition from inside of us. It flows from the spirit or soul of an individual. The soul is the source of wisdom. Spiritual awareness or wisdom is responsible for subtle knowledge, alert knowledge, sharp knowledge, discriminatory knowledge, steady knowledge, mature knowledge, soft knowledge, positive knowledge, and vast knowledge in us. Hence intuition has the quality of right and perfect guidance for any situation or event happening to us. We need to follow intuition in order to overcome the tasks we are facing day in and day out. Life becomes easy and lovely. This intuition or wisdom is easily achievable through intense meditation. While in meditation, the mind slowly becomes free from thoughts and then calm, it will allow the spiritual intellect to set in taking over the mind. Now, the mind is full of spiritual intellect to give wise guidance for any given event we are facing. It is spiritual communication or intuition.

LESSON - 3. MEDITATION – ENLIGHTENMENT

Meditation means getting control of the mind and becoming the master of the mind. As we practice meditation, we enter into the state of vipassana and begin to understand that we are basically a Soul. We become the masters of our minds. We acquire the right intellect from Spiritual insights. We become free from

dilemmas and confusion. We acquire clarity on the dualities, right and wrong. We understand that we are not here for lamenting anything, but for rejoicing in any given situation. We can see success even in failure. Every moment becomes productive and creative. This is called enlightenment.

Only enlightened people are perfectly aware. Awareness is to come back to the “here” and “now” from the “there” and “then”. Awareness means dedicating oneself totally to the work on hand at a given moment, flowing happily with natural emotions, and living in the concept of eternity. Life-zest is the end result of enlightenment.

LESSON - 4. ANALYSIS OF HAPPINESS

Every one of us desires to be happy. Everyone’s goal in life is to be happy. But no one seems to be happy. Sometimes we are happy and more times we are unhappy. Why is so? Let us analyze what is happiness!

Happiness is of two kinds. One is from senses and objects while the other is without senses and objects.

We are all seeking happiness from the first one, i.e., from objects and senses. For example, we eat some sweets or ice cream. We are happy. When the object i.e., the sweet or ice cream is over, our happiness is over. This means that our happiness is dependent on temporary things and it also then becomes temporary. Nothing in this universe is permanent and therefore

we can never have permanent happiness. When we analyze the cause of this kind of temporary happiness, we will understand that we feel happy, because when we are tasting ice cream, we forget our thoughts in our mind because of ice cream, and thereby we feel happy. Hence, when we are having our minds free of thoughts, we feel happy. We can keep our minds free from thoughts in meditation. Hence, we can remain happy when we are in meditation. More and More meditation establishes eternal happiness.

LESSON - 5. NON-VIOLENCE

Non-violence means no violence. We need to know how to keep ourselves non-violent. One is non-violent if he incurs no violence on himself or any others. Hurting others is violence. We should desist from hurting anyone. We should not hurt anyone mentally, verbally, or physically.

- [1] Mental Violence: Thinking ill of others triggers violence. This ill will takes shape of verbal and physical violence later. We should not think ill of anyone.
- [2] Verbal Violence: Abusing, scolding, shouting, etc. come under verbal violence. This disturbs the mental state of people. It causes a lot of damage to the person abused and as well as the person abusing, gradually affects health by the way of contracting diseases.

[3] Physical Violence: Hitting or inflicting injuries physically is called physical violence. This is very wrong and not justifiable on any count other than self-defense.

LESSON - 6. DHARMA [RIGHTEOUSNESS]

What is Dharma? Dharma is a Sanskrit word and it means any action that leads to the progress of everyone. Such kind of action is always based on non-violence. Hence, it is said “Ahimsa Paramo Dharma” by many spiritual leaders. Hence whatever we do, it should be non-violent. Violence is prohibited mentally, morally, and physically. It is righteousness.

We can call a person good if he is in Dharma. We need to remember that we are supposed to be non-violent and we can then only be called “good”. In Other Words, if our action causes any hurt or inconvenience to others, that action is not good. So, all of our actions are subject to non-violence. This is Dharma.

END

