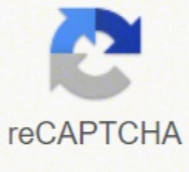




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Seventh Section of Bhrigu Chapter

Never scorn 'anna'—take this vow. Each 'bhogya' anna is worth enjoying, annaad is 'bhoktaa'—who enjoys anna. 'Praan' can be called anna and 'shareera'—body—can be called annaad. 'Bhoktaa' and 'bhogya' stay on mutual support, body stays with support of praan and praan stays with the support of body. However, reflecting with a superior view point 'bhoktaa' is also 'bhogya'—the body enjoys bhog of praan, but the body also enjoys-experiences hence is bhogya (to be enjoyed) as well. Thus one 'anna' is established in the other 'anna'. All objects of the world are bhogya, what seems to be bhoktaa is also bhogya, the real bhoktaa is that 'brahm' alone. In this manner who perceives anna established in anna, he becomes 'anna-vaan', becomes 'annaad', becomes 'bhoktaa',

अन्नं न निन्द्यात् । तद् व्रतम् । प्राणो वा अन्नम् । शरीरमन्नादम् । प्राणे शरीरं प्रतिष्ठितम् । शरीरे प्राणः प्रतिष्ठितः । तदेतदन्नमन्ने प्रतिष्ठितम् । स य एतदन्नमन्ने प्रतिष्ठितं वेद प्रतिष्ठिति । अन्नवानन्नादो भवति । महान् भवति प्रजया पशुभिर्ब्रह्मवर्चसेन । महान् कीर्त्या ।

annam na nindyaat. tad vratam. praano vaa annam. shareeram annadam. praane shareeram pratishthitam. shareere praanah pratishthitah. tad etad annam anne pratishthitam. sa ya etad annam anne pratishthitam veda prati tishthati. anna-vaan annaado bhavati. mahaan bhavati prajayaa pashubhir brahmvarchasena. mahaan keertyaa.

annam—of anna; na—never; nindyaat—scorn; tad—that (this counsel); vratam—conduct is worthy of resolve; praanah vai—praan alone; annam—is anna; shareeram—body, outer form; annadam—consumer (bhoktaa) of anna (praan); praane—in (on) praan; shareeram—body; pratishthitam—is situated; (and) shareere—in (on) the body; praanah—praan; pratishthitah—rests, is situated; tad etad annam—then this anna; anne—in (on) anna alone; pratishthitam—is dependent; sah yah—he who; etad annam—to this anna; anne



shraddhaa—faith in truth, prithvee—earth, ap—water, teja—lustre, vaayu—air, aakaash—space, indriyaan—senses of perception and organs of action, mana—inner self, anna—foodgrain, veerya—vigour, tapa—physical endeavour, mantra—meditation, karma—action, loka—form and naam—name (consciousness). Those sixteen skills which create brahmaand—macrocosm and pind—microcosm.—(4)

(Because these sixteen create ‘brahmaand’ and ‘pind’ hence it is assumed that these sixteen skills are as if the body of that brahm. That brahm with skills does not reside anywhere outside—it rests in this very human body alongwith his sixteen skills. Why, then look for him outside?)

(The above sixteen skills, which exist in the human body pertain to brahm in purusha—form, kalaa means—ansh (part, share). If we imagine brahm in the form of a purusha, then these are his sixteen parts. These have not been described in sequence, the sixteen parts have been merely enumerated. If these exist then the body of assumed brahm is formed in purusha form, if not, then it does not. Brahm is bhoktaa (who experiences), therefore first of all created bhoktri-roop praan; (which experiences) and then created all those which have to be experienced (or used) by praan. All this cannot be created without ‘tapa’ since the meaning of tapa is ‘radical action’. That is why wherever there is a description of the origin of creation, it is also mentioned that he performed ‘tapa’. Nothing happens without tapa. Alongwith tapa there is also ‘shraddhaa’ in creation (universe). The meaning of ‘shraddhaa’ is faith (belief) in truth—‘shrat’ means ‘truth’, ‘dhaa’ means holding (supporting). Each substance of the

shadow) to praan (subtle body); **asrijat**—created, revealed; **praanaat**—from praan; **shraddhaam**—to faith on truth; **kham**—to sky, space; **vaayuh**—air; **jyotih**—lustre, brilliance; **aapah**—water; **prithivee**—earth (these gross elements-helpful in body-formation); **indriyam**—to senses of perception and organs of action; **manah**—to mind (inner-self); **annam**—to



Upanishad	Section	Subject	Page No.
		Udgeetha and pranav are one and the same	
		Udgeetha in Brahmand and Pind while showing the identity of Rik and Saam	
		Discussion on Udgeetha between Shailak, Daalbhya and Pravaahan	
		Ushasti Chaakraayan eating tasted left over pulses of Peelvaan	
		Daalbhya imagination of Udgeetha in the sound of a dog	
2	Second Chapter	Saam-gaan is if happening everywhere in the universe	
		Different Saam-gaans being employed in yajna	
		Analysis of Saam-gaan in pronunciation	
		Explanation of bhooh, bhuvah, swah	
		Object of yajmaan (who pays for services)	
3	Third Chapter	Conjecture of Aaditya regarding Dev-madhu	
		Brahmopanisad (sequence of spiritual progress—vasu, rudra, aaditya, marut, saadhya)	
		Gaayatri-greatness	
		Direct perception of Brahm in the body	
		Shaandilya-knowledge	
		Restraint of praans is Akshaya-kosh	
		Life is a yajna	
		Brahmacharya-asceticism	
		Mahidas, son of Itaraa lived with Brahmacharya for 116 years	
		Krishna, son of Devaki	

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We are very pleased to present some bhajans sung by Mrs. 2.1 MB 5:11 min Tere naam ka Your browser does not support the audio element. 2.8 MB 6:59 min Naam Japan Kyon Chodhi Diya Your browser does not support the audio element. 3.5 MB 3:49 min Srotebheh Your browser does not support the audio element. 5.6 MB 6:10 min Pitu Maat Sahayak Your browser does not support the audio element. 3.2 MB 8:01 min Mujhe Dharm Veda Your browser does not support the audio element. 5 MB 5:30 min Dhanya hai tumko he Rishi Your browser does not support the audio element. 1.5 MB 3:43 min Jagaya, Rishi, Ne Your browser does not support the audio element. You can play Arya Samaj Bhajan songs online for free, and download mp3 songs of Arya Samaj Bhajan on the Wynk Music mobile app. Mrs. 6.2 MB 6:49 min Joomla! web design Birmingham Bhajans by Bhajan Mandali Download Name Play Size Duration Aaj Mil Sab Geet Gawo Your browser does not support the audio element. 4.1 MB 4:26 min Dhanya Your browser does not support the audio element. 2.6 MB 6:30 min Pyaaraa om Your browser does not support the audio element. 6 MB 6:33 min Tora Man Darpan Kahlalaye Your browser does not support the audio element. 2.3 MB 5:47 min Joomla! web design Birmingham Arya Samaj Bhajans Shlokas Mantras is a english language album released in 2016.Arya Samaj Bhajans Shlokas Mantras is a english language album released in 2016.Arya Samaj Bhajans Shlokas Mantras is composed by Vishal Khara.Arya Samaj Bhajans Shlokas Mantras are Hey Prabhu Anand Data Gyan Humko Deejiye, Aaj Mil Sab Geet Gao Us Prabhu Ko Dhanyavadi Arya Samaj Bhajan, Uth Jaag Musafir Bhor Bhayee, Gayatri Mantra, Jai Krishna Hare Jai Ram Hare, Humpe Itni Kripa Kar, Saraswati Shloka Ya Kundendu, Maali Chadar, Hum Balak Naadaan Hume Do Gyan Sharde Maa Saraswati Bhajan, Jai Jai Hey Brahmani Sare Jag Mein Tumsa Na Dooja Saraswati Bhajan, Ik Arz Suno Meri Maa Sharde Saraswati Bhajan, Vishvapati Ke Dhyani Mein, Tvamev Mata Cha Pita Tvamev Mantra and Shanti Paath Universal Peace Prayer:There are a total of 14 songs in Arya Samaj Bhajans Shlokas Mantras.The total playtime duration of Arya Samaj Bhajans Shlokas Mantras is 1:19:08 minutes.All songs from Arya Samaj Bhajans Shlokas Mantras can be downloaded on JioSaavn App.All songs from Arya Samaj Bhajans Shlokas Mantras can be downloaded on JioSaavn App. Sanhita Moulik and dedicated former music teachers of DAV Sunday School. 2.6 MB 6:31 min Jeevan tumne deeya hai Your browser does not support the audio element. 2 MB 4:53 min Dayaa kar Your browser does not support the audio element. 5.3 MB 5:50 min YEH KHAADIYANFiraq Gorakhpuri Your browser does not support the audio element. 5.3 MB 5:46 min Joomla! web design Birmingham Mrs. 2 MB 4:54 min Tere phoolon se bhi pyar Your browser does not support the audio element. 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Arya Samaj Bhajan Mandali has taken over the responsibility of leading the attendees in singing bhajans. Sanhita Moulik Download Name Play Size Duration Ab saup diya Your browser does not support the audio element. 2.5 MB 6:09 min Daya kar daan bhakti ka Your browser does not support the audio element. 2.2 MB 5:26 min Ham Sab Mil Ke Your browser does not support the audio element. 2.4 MB 5:52 min Om om bol meri rasna Your browser does not support the audio element. 5.4 MB 5:57 min Om He Jiwan HamaraTraditional Your browser does not support the audio element. 6.5 MB 7:04 min Akhiyan Prabhu Darshan KITraditional Your browser does not support the audio element. Keep Wynking! Bhajans Bhajans (devotional songs) form an integral part of a havan ceremony. 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