

SUGGESTED COURSE OF STUDY BY Swamiji H.H. Paramarthananda Saraswati

Suggested Course Of Study - LEVEL 1		
S. No	TITLE	No. of TALKS
1	INTRODUCTION TO VEDĀNTA	16
2	TATTVABODHA	22
3	BHAGAVAD-GĪTĀ SUMMARY	22
4	BHAJAGOVINDAM	12
5	BHAGAVAD-GĪTĀ (CHAPTERS 1 TO 6)	99
6	SĀDHANA-PAÑCAKAM AND VALUES	13
7	BHAGAVAD-GĪTĀ (CHAPTERS 7 TO 12)	65
8	JĪVAYĀTRĀ AND MANIṢĀ-PAÑCAKAM	20
9	BHAGAVAD-GĪTĀ (CHAPTERS 13 TO 18)	79
	Total	348
Suggested Course Of Study - LEVEL 2		
S. No	TITLE	No. of TALKS
1	THE ESSENCE OF UPANIṢADS	30
2	UPADEŚASĀRA	11
3	MUṆḌAKA-UPANIṢAD	38
4	SARVA-VEDĀNTA-SIDDHĀNTA-SĀRASANĠRHA (PORTIONS)	29
5	KENA-UPANIṢAD	12
6	ĀTMABODHA	30
7	KAṬHA-UPANIṢAD	45
8	APAROKṢĀNUBHŪTI	42
9	KAIVALYA-UPANIṢAD	13
10	VĀKYAVRṬTI	19
11	TAITTIRĪYA-UPANIṢAD	51
12	DRĠG-DRĠYA-VIVEKA	21
13	MĀṆḌŪKYA-UPANIṢAD AND KĀRIKĀ	81
	Total	422
Suggested Course Of Study - LEVEL 3		
S. No	TITLE	No. of TALKS
1	SAD-DARŚANAM	24
2	DAKṢIṆĀMŪRTI-STOTRAM AND PORTIONS OF ŚIVĀNANDALAHARĪ	21
3	ADVAITA-MAKARANDA	14
4	BRAHMASŪTRAS (1 TO 4)	35
5	AṢṬĀVAKRA-GĪTĀ	74
	TOTAL	168
ALL OTHER TALKS ARE OPTIONAL AND THEY CAN BE STUDIED IN ANY ORDER		
Above suggested courses can be purchased through Sastraprakasika App		

APP CATALOGUE

I.VEDĀNTA CLASSES: The Vedas are the primary scriptures of Hinduism. The first part of the Vedas is called Vedapūrva. This introduces a life style which helps a person live a life in harmony with the universe and gradually discover the spiritual quest hidden in him.

The final part of the Vedas is called Vedānta. This has a well-developed body of teaching which helps one discover the essential oneness behind the apparent diversity. The Vedānta classes presented here are based on these spiritual teachings.

I.VEDĀNTA CLASSES		
<p>a) GĪTĀ: The Vedas are the primary scriptures of Hinduism. The first part of the Vedas is called Vedapūrva. This introduces a life style which helps a person live a life in harmony with the universe and gradually discover the spiritual quest hidden in him. The final part of the Vedas is called Vedānta. This has a well-developed body of teaching which helps one discover the essential oneness behind the apparent diversity. The Vedānta classes presented here are based on these spiritual teachings.</p>		
Topics	Classes	Volume
1. AṢṬĀVAKRA-GĪTĀ	74	7
2. BHAGAVAD-GĪTĀ	243	24
3. BHAGAVAD-GĪTĀ SUMMARY (Chapterwise)	22	3
4. GĪTĀ-DHYĀNAŚLOKAS AND TALKS ON GĪTĀ	8	1
5. JĀYANTEYA-GĪTĀ / NAVAYOGISAMVĀDA	53	5
6. RĀMAGĪTĀ	30	3
7. UDDHAVAGĪTĀ	282	28
<p>b) UPANIṢAD: The spiritual teachings of Hinduism are found in the final part of the Vedas, known as 'Vedānta'. These teachings are presented generally in the form of dialogues between a teacher and his disciple. One or more such dialogues are treated as one Upaniṣad. Many such Upaniṣads are found in all the four Vedas. One of the meanings of the word Upaniṣad is 'The liberating wisdom'. The main Upaniṣads have been covered in the classes presented here.</p>		
Topics	Classes	Volume
1. AITAREYA-UPANIṢAD	14	1
2. BRHADĀRANYAKA-UPANIṢAD	160	16
3. CHĀNDOGYA-UPANIṢAD	80	8
4. ĪŚĀVĀSYA-UPANIṢAD	10	1
5. KAIVALYA-UPANIṢAD	13	1
6. KAṬHA-UPANIṢAD	45	4
7. KENA-UPANIṢAD	12	1
8. MĀṆḌŪKYA-UPANIṢAD AND KĀRIKĀ	81	8
9. MUṆḌAKA-UPANIṢAD	40	4
10. PRAŚNA-UPANIṢAD	22	2
11. ŚVETĀŚVATARA-UPANIṢAD	40	4
12. TAITTIRĪYA-UPANIṢAD	51	5
13. THE ESSENCE OF UPANIṢADS	30	3

- c) **BRAHMASŪTRAS:** In the Indian tradition, any philosophical system (darśanam) should discuss six main topics. They are (1) man (2) world (3) God (4) bondage (5) liberation and (6) means of liberation. Among many darśanams, the Vedāntadarśanam occupies the most important place. Brahmasūtras, a work authored by Vyāsācārya, is the source book of Vedāntadarśanam. Extracted from the Vedas in general, and the Vedānta (the end portion of the Vedas known as the Upaniṣads) in particular, this darśanam is still alive and forms the backbone of the Indian culture. The text consists of 555 sūtras (short pithy statement called aphorism). Every sūtra has been analysed in these classes, following the commentary of Śrī Ādi Śaṅkarācārya. Brahmasūtras have to be studied after an exposure to the ten principal Upaniṣads. The first four sūtras are the cardinal ones which give the essence of the whole teaching.

Topic	Classes	Volume
BRAHMASŪTRAS	389	39

- d) **ŚAṅKARA-BHĀṢYAM:** Ādi Śaṅkarācārya was one of the greatest spiritual teachers of Hinduism. He lived during the 8th century A.D. His contributions to Hinduism in general and the spiritual teachings in particular are invaluable. The spiritual teachings of Hinduism are found in three basic source books: the Bhagavadgītā, the Upaniṣads and the Brahmasūtras. They are called Prasthānatrayam, the three courses of study. Through his sanskrit commentaries (Bhāṣyams) on Prasthānatrayam, Śaṅkarācārya has brought out a cogent, rational and comprehensive teaching called Advaita-darśanam. Classes on some of these Bhāṣyams are presented here.

Topics	Classes	Volume
1. BRHADĀRANYAKA-BHĀṢYAM (1-4-10)	26	2
2. GĪTĀ-BHĀṢYAM (IN PROGRESS)	600	60
3. ĪŚĀVĀSYA-BHĀṢYAM	20	2
4. KĀṬHA-BHĀṢYAM	110	11
5. KENA-PADA-BHĀṢYAM	60	6
6. KENA-VĀKYA-BHĀṢYAM	50	5
7. MĀNDŪKYA-BHĀṢYAM (IN PROGRESS)	170	17
8. MUṆḌAKA-BHĀṢYAM	100	10
9. TAITTIRĪYA-BHĀṢYAM	141	14

- e) **OTHER TEXTS:** The Vedantic tradition of spiritual teachings has been kept alive by a lineage of great teachers. This tradition, in its pure form, has been handed down to succeeding generations in oral and written forms. While some written works are in the form of commentaries, there are many independent works also. Some of them present a bird's eye view of the whole teaching. Some of them analyse selected topics very deeply. These independent works are called 'Prakaraṇas'. Classes on some of these Prakaraṇas are presented here.

Topics	Classes	Volume
1. ADVAITA-MAKARANDA	14	1
2. ANUBHŪTIPRAKĀŚĀ - VI (MUṆḌAKA)	20	2
3. ANUBHŪTIPRAKĀŚĀ - XIX (KENA)	20	2
4. ANUBHŪTIPRAKĀŚĀ - XI (KĀṬHA)	32	3
5. ANUBHŪTIPRAKĀŚĀ - II (TAITTIRĪYA)	36	3
6. ANUBHŪTIPRAKĀŚĀ - VII (PRAŚNA)	20	2
7. ANUBHŪTIPRAKĀŚĀ - I (AITAREYA)	30	3
8. ANUBHŪTIPRAKĀŚĀ - III (CHĀNDOGYA VI)	34	3
9. ANUBHŪTIPRAKĀŚĀ - IV (CHĀNDOGYA VII)	22	2

10. ANUBHŪTIPRAKĀŚĀ - V (CHĀNDOGYA VIII)	24	2
11. ANUBHŪTIPRAKĀŚĀ - XIII (BRHADĀRANYAKA : 1-4)	62	6
12. ANUBHŪTIPRAKĀŚĀ - XIV (BRHADĀRANYAKA : II-1 TO 3)	22	2
13. ANUBHŪTIPRAKĀŚĀ - XV (BRHADĀRANYAKA : II-4)	26	2
14. ANUBHŪTIPRAKĀŚĀ - XVI (BRHADĀRANYAKA : II-5)	10	1
15. ANUBHŪTIPRAKĀŚĀ - XVII (BRHADĀRANYAKA : III)	75	7
16. ANUBHŪTIPRAKĀŚĀ - XVIII (BRHADĀRANYAKA : IV)	91	9
17. APAROKṢĀNUBHŪTI	42	4
18. ĀTMABODHA	30	3
19. BHAJAGOVINDAM	12	1
20. DAKṢIṆĀMŪRTI-STOTRAM AND PORTIONS OF ŚIVĀNANDALAHARĪ	21	2
21. DHANYASHTAKAM	10	1
22. DR̥G-DR̥ŚYĀ-VIVEKA	21	2
23. GUIDED MEDIATION - III	158	4
24. GUIDED MEDITATION - I AND II	38	1
25. INTRODUCTION TO VEDĀNTA	20	2
26. JĪVAYĀTRĀ AND MANIṢĀ-PAÑCAKAM	20	2
27. MEDITATION	12	1
28. NAIṢKARMYASIDDHI	251	25
29. NĀRADABHAKTISŪTRAS	30	3
30. NĪTĪŚĀTAKAM (PORTIONS)	24	2
31. PAÑCADAŚĪ	300	30
32. PAÑCADAŚĪ (CHAPTERWISE - SUMMARY)	11	1
33. PRĀTAḤSMARAṆAM AND KAMALAJA-DAYITĀṢṬAKAM	10	1
34. QUESTIONS AND ANSWERS	30	3
35. SAD-DARŚANAM	24	2
36. SĀDHANA-PAÑCAKAM AND VALUES	13	1
37. SAṂSKĀRAS	9	1
38. SANDHYĀVANDANAM (YAJURVEDA)	10	1
39. SARVA-VEDĀNTA-SIDDHĀNTA-SĀRASANĠRAHA (PORTIONS)	30	3
40. ŚRUTISĀRA-SAMUDDHARAṆAM	70	7
41. STOTRAS – 1:	7	1
GANĒŚĀPAÑCARATNAM		
DAKṢIṆĀMŪRTISTOTRAM		
GURUPĀDUKĀSTOTRAM		
TOṬĀKĀṢṬAKAM		
GURVAṢṬAKAM		
TAPOVANAṢṬĀKAM		
42. STOTRAS – 2:	13	1
GURUSTOTRAM		
ŚIVAMĀNASAPŪJĀ		
ŚIVĀPARĀDHAKṢAMĀPAṆA-STOTRAM		
ŚĀRADĀSTOTRAM AND RĀMASTOTRAM		
HASTĀMALAKĪYAM		
43. SUMMARIES OF VEDĀNTIC TEXTS – 1	10	1
TATTVABODHA		
ĀTMABODHA		
UPADEŚASĀRAM		

APAROKṢĀNUBHŪTI		
VIVEKACŪDĀMAṆI		
VEDĀNTASĀRA		
ŚRUTISĀRA-SAMUDDHARAṆAM		
SAD-DARŚANAM		
NAVAYOGISAMVĀDA		
NĀRADA-BHAKTI-SŪTRAS		
44. SUMMARIES OF VEDĀNTIC TEXTS – 2	10	1
RĀMAGĪTĀ		
VĀKYAVṚTTI		
DRIG-DRISYA-VIVEKA		
SARVA-VEDĀNTA-SIDDHĀNTA-SĀRA-SANGRAHA		
ŚVETĀŚVATARA-UPANIṢAD		
NAIṢKARMYASIDDHI, CHAPTER-1		
NAIṢKARMYASIDDHI, CHAPTER-2		
NAIṢKARMYASIDDHI, CHAPTER-3		
NAIṢKARMYASIDDHI, CHAPTER-4		
BRAHMASŪTRAS	389	39
45. SVARŪPĀNUSANDHĀNAM AND TATTVABODHA-SĀRA	11	1
46. TARKASANGRAHA	12	1
47. TATTAVABODHA	22	2
48. UPADEŚASĀHASRĪ	232	23
49. UPADEŚASĀRA	11	1
50. VAIRĀGYAŚATAKAM (PORTIONS)	13	1
51. VĀKYAVṚTTI	20	2
52. VEDĀNTAḌIṆḌIMA	22	2
53. VEDĀNTASĀRA	51	5
54. VICĀRASĀGARA (IN PROGRESS)	350	35
55. VICĀRASĀGARA (IN SANSKRIT MEDIUM)	307	30
56. VIVEKACŪDĀMAṆI	170	17

II. GENERAL TALKS: General Talks are the lectures given on special occasions like New Year, Śivarātri, Gurupūrṇimā etc. In these talks, various topics are covered. Most of them are intended to elucidate the ideas discussed in the scriptures.

II. GENERAL TALKS	
VOLUME 1 (10 Classes)	
1. SCIENCE AND VEDĀNTA	
2. SELF-MASTERY	
3. SATSANGA	
4. DISCOVERING DIVINITY THROUGH YOGA	
5. SELF-IMPROVEMENT (DOṢA-PARIHĀRĀṢṬAKAM)	
6. GĀYATRĪ-MANTRA (SANDHYĀVANDANAM)	
7. WHAT IS ŚARAṆĀGATI?	
8. THE ROLE OF A GURU	
9. HOW TO HANDLE HUMAN RELATIONSHIPS	
10. THE ESSENCE OF VEDĀNTA	

VOLUME 2 (10 Classes)
11. SELF-MANAGEMENT
12. LIVING IN THE PRESENT
13. KNOWLEDGE AND BEHAVIOR
14. SECRET OF SUCCESS
15. HOW TO PRAY?
16. THREE DISCIPLINES FOR A PURPOSEFUL LIFE
17. WHAT GIVES HAPPINESS?
18. TEN COMMANDMENTS OF HINDUISM
19. STOP YOUR WORRY
20. HOW TO HANDLE SORROW?
VOLUME 3 (11 Classes)
21. GIST OF RUDRAM
22. WORSHIP OF GOD
23. HINDU GODS
24. DHYĀNAŚLOKĀS OF RUDRAM
25. DEPENDENCE TO INDEPENDENCE
26. PAÑCĀKṢARĪ AND MRTYUÑJAYA-MANTRA
27. SEEK THE ETERNAL
28. GLORY OF LORD ŚIVA
29. CAN PRAYER CHANGE FATE?
30. RELIGIOUS LIFE
31. ARE THE SCRIPTURES SCIENTIFIC?
VOLUME 4 (11 Classes)
32. HOW TO ACCEPT CHOICELESSNESS?
33. FOUR TYPES OF SANNYĀSA
34. SIGNIFICANCE OF GURUPŪRṆIMĀ
35. DIFFERENT ROLES OF A JÑĀNI
36. GURUŚIṢYA RELATIONSHIP
37. GLORY OF SANNYĀSA
38. IS SELF-KNOWLEDGE INTELLECTUAL?
39. KNOWLEDGE AND EXPERIENCE
40. IS GURU REQUIRED FOR SELF-KNOWLEDGE?
41. SELF-KNOWLEDGE AND EMOTIONAL PROBLEMS
42. ADVAITA AND MYSTICISM
VOLUME 5 (10 Classes)
43. HOW TO EXCEL IN EVERY FIELD?
44. DOES GOD EXCIST?
45. TRANSCENDING GENDER IDENTITY (BRAHMACARYAM) (UG - 98)
46. CAN BHAKTI GIVE LIBERATION? (UG - 67)
47. ARE THE VEDĀS OPEN TO ALL? (BS - 120)
48. WHAT IS ŚRADDHĀ?
49. ADVAITA, DVAITA AND VIŚIṢṬĀDVAITA
50. RELATIONSHIP BETWEEN JĪVA AND ĪŚVARA-1 (BS -220)
51. RELATIONSHIP BETWEEN JĪVA AND ĪŚVARA - 2 (BS - 263)
52. 52. SELF-REORIENTATION(DURVĀSANĀ - PRATĪKĀRA --DAŚAKAM)

VOLUME 6 (10 Classes)
53. LEADING A MEANINGFUL LIFE
54. WHY DO WE NEED SELF-KNOWLEDGE?
55. THE VISION OF GOD
56. SIGNIFICANCE OF VIŚVARŪPA-DARŚANAM
57. VALIDITY OF THE VEDĀS
58. SELF-ANALYSIS
59. HOLISTIC HEALTH
60. CAN I BE SPIRITUAL WITHOUT BEING RELIGIOUS?
61. HOW DOES PRAYER WORK?
62. IS DESIRE AN EVIL?
VOLUME 7 (10 Classes)
63. THE PURPOSE OF RELIGIOUS LIFE
64. SIGNIFICANCE OF DAILY PŪJĀ (UG -249)
65. UNDERSTANDING GOD
66. MESSAGE OF THE VEDĀS
67. WHAT IS SANNYĀSA?
68. THE SPIRITUAL JOURNEY
69. MOKṢA IS UNCONDITIONAL (NS-96)
70. SAT-CIT-ĀNANDA
71. UNDERSTANDING ANGER
72. HOW TO HANDLE FEAR?
VOLUME 8 (10 Classes)
73. THE VALUE OF ACCEPTANCE
74. THE VALUE OF SILENCE
75. THE VALUE OF SPEECH
76. SEVEN HEALTHY HABITS
77. THE ROLE OF FAITH IN HINDUISM
78. GURU, A BEGININGLESS TRADITION
79. THE UNIQUENESS OF NIDIDHYĀSANAM
80. TWO TYPES OF MOKṢA
81. THE ESSENCE OF RĀMAGĪTĀ
82. SATYAM JÑĀNAM ANANTAM BRAHMA
VOLUME 9 (10 Classes)
83. GĪTĀ-MĀHĀTMYAM
84. NATURE OF SAṂSĀRA
85. CAN KNOWLEDGE ARISE IN SAMĀDHI?
86. THE NATURE OF HAPPINESS
87. WHAT IS ENLIGHTENMENT?
88. BHAKTI AND SUCCESS
89. VEDIC WAY TO VICTORY
90. WHAT IS YOGA?
91. UPĀSANAYOGA
92. DHARMA AND MOKṢA
VOLUME 10 (10 Classes)
93. THREE STAGES OF SPIRITUALITY
94. OVERVIEW OF THE BHAGAVAD GĪTĀ
95. AṢṬĀṄGAYOGA

96. IS MOKṢA-PURSUIT SELFISH?
97. WHAT IS GOD'S GRACE?
98. SIGNIFICANCE OF PURITY
99. DOES A JÑĀNĪ HAVE PRĀRABDHA?
100. NĀMASAÑKĪRTANAM AND MOKṢA
101. DRṢṬI-SRṢṬI-VĀDA-1
102. DRṢṬI-SRṢṬI-VĀDA-2
VOLUME 11 (10 Classes)
103. MAHĀVĀKYA VICĀRA
104. SUMMARY OF KṢETRAJÑA BHĀṢYAM
105. GOD IN HINDUISM
106. SĀDHANA-CATUṢṬAYAM
107. SIX PRINCIPLES OF TOLERANCE
108. FIVE FEATURES OF BHAKTI
109. SAMBANDHA- BHĀṢYAM
110. THE ONLY MEANS OF SPIRITUAL KNOWLEDGE
111. HOMAGE TO DAYANANDA SWAMIJI
112. SRI-DAYANANDA-PANCAKAM
VOLUME 12 (10 Classes)
113. CAN WE EXPERIENCE BRAHMĀNANDA?
114. THE POWER OF PRAYER
115. THE VEDIC VIEW OF GOD
116. THE RELEVANCE OF GOD
117. THE GLORY OF ĀDI ŚAÑKARĀCĀRYA
118. THE GLORY OF SANĀTANA-DHARMA
119. TWO TYPES OF BHAKTI
120. A JÑĀNĪ'S RELATIONSHIP WITH GOD
121. THE VEDIC APPROACH TO HAPPINESS
122. THE PURPOSE OF MEDITATION

III.TAMIL TALKS		
S No	TITLE	NO OF TALKS
	VOLUME 1	
1	முகவுரை /INTRODUCTION	2
2	முண்டக-உபநிஷத்/MUNḌAKA-UPANIṢAD	3
3	கேன- உபநிஷத்/KENA-UPANIṢAD	1
4	கட- உபநிஷத் /KATHA-UPANIṢAD	2
5	விதியும் மதியும்/FATE AND FREE WILL	1
6	இறைவன் அருள்/ROLE OF GRACE	1
	VOLUME 2	
7	தைத்திரீய- உபநிஷத் TAITTIRĪYA-UPANIṢAD	3
8	கைவல்ய- உபநிஷத் KAIVALYA-UPANIṢAD	3
9	வேதநெறி /VEDAS	4

	VOLUME 3	
10	கீதாஸாரம் ESSENCE OF BHAGAVAD-GĪTĀ	10
	VOLUME 4	
11	கீதாஸாரம் ESSENCE OF BHAGAVAD-GĪTĀ (CONTD)	8
12	உபாஸனமும் ஞானமும் UPĀSANA AND JĪNĀ	1
13	மோக்ஷம்/MOKṢA	1
	VOLUME 5	
14	ஸாதன-பஞ்சகம்/SĀDHANA-PAÑCAKAM	4
15	ப்ராதஸ்மரணம்/PRĀTAḤSMARAṆAM	3
16	கமலஜ-தயிதாஷ்டகம் KAMALAJA-DAYITĀṢṬAKAM	3
	VOLUME 6	
17	நீதிசதகம்/NĪTĪSATAKAM	5
18	க்ருஹஸ்தனும் மோக்ஷமும் HOUSEHOLDER AND LIBERATION	3
19	வேதமும் மனிதனும் THE ROLE OF VEDAS IN HUMAN LIFE	1
20	ஒழுக்கம் /DISCIPLINE	1
	VOLUME 7	
21	ஹஸ்தாமலகீயம்/HASTĀMALAKĪYAM	3
22	அத்வைதபஞ்சரத்னம் ADVAITAPAÑCARATNAM	3
23	த்யானம்/DHYĀNAM	1
24	த்யானப்பயிர்ச்சி PRACTICE OF MEDITATION	3
	VOLUME 8	
25	மனீஷாபஞ்சகம் /MANĪṢĀPAÑCAKAM	3
26	ஜீவயாத்ரா /JĪVAYĀTRĀ	3
27	தன்யாஷ்டகம் /DHANYĀṢṬAKAM	3
28	விதியும் மதியும்/FATE AND FREE WILL	1
	VOLUME 9	
29	ஸர்வ-வேதாந்த-ஸித்தாந்த-ஸார-ஸங்க்ரஹம் SARVA-VEDĀNTA-SIDDHĀNTA-SĀRASANĠRAHA	11
	VOLUME 10	
30	ஸர்வ-வேதாந்த-ஸித்தாந்த-ஸார-ஸங்க்ரஹம் SARVA-VEDĀNTA-SIDDHĀNTA-SĀRASANĠRAHA (CONTD)	12