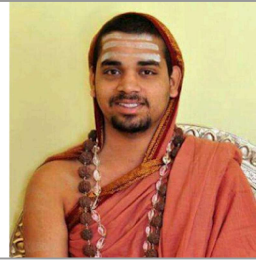


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## Chaturmasya Vrata - Special Edition.



Jagadguru Shankaracharya Sri Sri Bharati Tirtha Mahasannidhanam along with His Uttaradhikari Shishya Jagadguru Shankaracharya Sri Sri Vidhushekhara Bharati Sannidhanam will observe this year's Chaturmasya Vrata at Narasimha Vanam in Sringeri from July 13th to 11th September. Commencing from the 'Ashadha Purnima' which is widely known as Guru-Purnima or Vyasa-Purnima with the Vyasa-Puja the Jagadguru will stay at Narasimhavanam at Sringeri for two months and conduct all special pujas like Sharavana Somavara, Krishna Janmashtami etc. at Guru Nivas. The Completion will be marked by the Uma Maheshwara Vratam on September 11th 2022.



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## ABOUT VYASA-PURNIMA

In the course of this Puja, worship is offered to three groups of Acharyas, each group consisting of five Acharyas. These three groups are mentioned below separately. The “Yati Dharma Sangraha” of Visweshwara Saraswati, otherwise known as “Visweshwara Samhita” gives in detail the procedure to be adopted for the Puja.

व्यूहः पुनस्तय एव कृष्णव्यासभाष्यकाराणामेव समाचरेत् ।

व्यूहत्वं च तत्परिवारयोगात् ।

परिवारश्च पुराणादिषु दृष्टः ।

तत्र कृष्णस्य सनत्कुमारसनकसनन्दनसनत्सुजाताः ।

व्यासस्य सुमन्तुजैमिनिवैशंपायनपैलाः ।

भाष्यकारस्य पद्मपादविश्वरूपतोटकहस्तामलकाचार्याः ।

तत्र मध्ये कृष्णपञ्चकम् ।

तस्य दक्षिणतो व्यासपञ्चकम् ।

वामतं आचार्यपञ्चकमिति ।

न्यायादाचाराच्च गुरुपरमगुरुपरमेष्ठिगुरुपरात्परगुरवोऽन्ये च ब्रह्मविदाचार्या यथासंनिवेशं भगवतः पुरतः पूज्याः ।

vyūhaḥ punastraya ēva kṛṣṇavyāsabhāṣyakārāṇāmēva samācarēt |

vyūhatvaṃ ca tatparivārayōgāt |

parivāraśca purāṇādiṣu dr̥ṣṭaḥ |

tatra kṛṣṇasya sanatkumārasanakasanandanasanatsujātāḥ |

vyāsasya sumantujaiminivaiśampāyanapailāḥ |

bhāṣyakārasya padmapādaviśvarūpatōṭakahastāmalakācāryāḥ |

tatra madhyē kṛṣṇapañcakam |

tasya dakṣiṇatō vyāsapañcakam |

vāmataṃ ācāryapañcakamiti |

n'yāyādācārācca guruparamaguruparamēṣṭhiguruparātparaguravōṅ'yē ca brahmavidācāryā yathāsannivēśaṃ bhagavataḥ purataḥ pūjyāḥ |

## KRISHNA PANCHAKAM

Sri Krishna and four others, namely Sanatkumara, Sanaka, Sanandana and Sanatsujata consist of Krishna Panchakam. Sri Krishna is placed in the centre and others to the east, south, west and north of Lord Sri Krishna. The Lord is worshipped with Sri Krishna Asthottara Satanama Archana. For each Panchaka, after the Puja, Arati is waved after Special Naivedya.

## VYASA PANCHAKAM

Veda Vyasa Bhagavan is placed in the centre. His four disciples namely Sumanthu, Jaimin, Vaisampayana and Paila are placed in the four quarters to the east, south, west and north of Vyasa respectively.



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## SHANKARACHARYA PANCHAKAM

Sri Shankara Bhagavatpada is placed in the middle and His four shishyas, namely, Padmapadacharya, Sureswaracharya, Totakacharya and Hastamalakacharya are placed in the four directions.

Separate Pujas and Arati are offered by His Holiness to the three sets of Panchakams mentioned above. After the Pujas, the Sringeri Jagadguru Parampara Stotra is recited and worship is offered to Sadasiva, Shankaracharya and to the illustrious Acharyas who gracefully adorned the Sringeri Sri Sharada Peetham up to Jagadguru Sri Sri Abhinava Vidya Tirtha Mahaswamiji.

The Chaturmasya Sankalpa is then performed by the Acharya of the Peetham, Jagadguru Sri Sri Bharati Tirtha Mahaswamiji.

प्रायेण प्रावृषि प्राणिसङ्कुलं वर्त्म दृश्यते  
अतस्तेषामहिंसार्थं पक्षा वै श्रुतिचोदनात् ।  
स्थास्यामश्चतुरो मासानत्रैवासति बाधके ॥

**prāyēṇa prāvṛṣi prāṇisaṅkulaṃ vartma dṛśyatē**

**atastēṣāmahinsārthaṃ pakṣā vai śruticōdanāt |**

**sthāsyāmaścaturō māsānatraivāsati bādhakē ||**

Stating that according to the Vedic dictum “पक्षा वै मासाः” “pakṣā vai māsāḥ” the Vrata is observed for two months according to tradition (three months in case of Adhika maasa), staying at one place to avoid injury to moving insects during rainy season. To this, the disciples pray in chorus —

निवसन्तु सुखेनात्र गमिष्यामः कृतार्थताम् ।  
यथाविहितशुश्रूषां करिष्यामो वयं मुदा ॥

**nivasantu sukhēnātra gamiṣyāmaḥ kṛtārthatām |**

**yathāvihitaśuśrūṣāṃ kariṣyāmō vayaṃ mudā ||**

— promising the Guru, that to the best of their ability, they will serve the Guru and requesting Him to stay comfortably at the location of Chaturmasya. On their part, the disciples rest contented having accomplished the object, namely, the Jagadguru's Gracious Blessings.

## ABOUT CHATURMASYA VRATA

ॐ नमो ब्रह्मादिभ्यो ब्रह्मविद्यासम्प्रदायकर्तृभ्यो नमो गुरुभ्यः ।

**'om namō brahmādibhyō brahmavidyāsampradāyakartṛbhyō namō gurubhyaḥ |**

The Poornima (full moon day) in the month of Ashadha is called 'Guru Poornima'. On this sacred day, worship is offered to Brahma Vidyacharyas – the great luminaries of hoary antiquity, who through their Supreme grace, have handed over the knowledge of Brahman – Brahma Vidya – through a long, continuous and uninterrupted line of Acharyas, to the world of seekers of Self. Special pujas are performed to the hierarchy of Gurus, Parama Gurus, Parameshti Gurus, Parapara Gurus and all Brahma Vidya Acharyas, seeking their inestimable blessings to realise the Supreme Truth. This is also



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called 'Vyasa Puja', for, Sri Vedavyasa stands foremost in the line of these preceptors. It was Vyasa who codified the Vedas into four divisions and integrated the messages of the Upanishads relating to Brahman, Jiva and the Universe in his great book, the Brahmasutras. He is rightly addressed as one of 'vast intellect' (विशालबुद्धे) (viśālabud'dhē) 'the ancient sage' (पुराणमुनिः) (purāṇamuniḥ) by whom was lit the lamp of knowledge, feeding it with the oil of Mahabharata.

येन त्वया भारततैलपूर्णः

प्रज्वालितो ज्ञानमयः प्रदीपः

**yēna tvayā bhāratatailapūrṇaḥ**

**prajvālītō jñānamayaḥ pradīpaḥ**

Suka, Gaudapada and Govindabhagavatpada kept this light burning; then came the Great Master Sri Sankaracharya, who carried it far and wide throughout Bharata Varsha.

A popular verse compendiously expresses the many dimensioned greatness of Veda Vyasa and Sri Sankaracharya and offers obeisance to them:

शङ्करं शङ्कराचार्यं केशवं बादरायणम् ।

सूत्रभाष्यकृतौ वन्दे भगवन्तौ पुनः पुनः ॥

**śaṅkaraṃ śaṅkarācāryaṃ kēśavaṃ bādarāyaṇam |**

**sūtrabhāṣyakṛtau vandē bhagavantau punaḥ punaḥ ||**

The term Chaturmasya means four months. The term Chaturmasya Vrata is a Vrata to be observed for a period of four months. But according to the Vedic dictum पक्षा वै मासाः one 'paksha' or a fortnight is taken as one month, and traditionally the Vrata is observed only for two months. During the rainy season, Sannyasins observe Chaturmasya and stay at one place to meditate on the Absolute Reality and instruct their disciples in the spiritual lore.

समागतैभ्योऽन्तेवसद्भ्यः औपनिषदं साङ्ख्यं प्रतिपादयन्तो वर्तमहे ॥

**samāgatēbhyō'ntēvasadbhyaḥ aupaniṣadam saṅkhyam pratipādayantō vartāmahē |**

so expresses the Srimukha issued by the Acharyas of Sringeri Math.

Before observing the Chaturmasya Sankalpa, they perform Vyasa Puja and pay homage to Dakshinamurti, Sadasiva and to the Acharyas who came after him, to the framers of the canons of Brahma Vidya – the knowledge of Brahman – to the great seers of the parampara and to the preceptors. The Narada Parivrajakopanishad which codifies the conduct of the Sannyasins in detail, lays down that Sannyasins must be moving from place to place, to avoid getting entangled with the dealings and habits of the people of the village or town. But during the rainy season, they must halt at one place for a period of four months and observe the Chaturmasya Vrata.

एकरात्रं वसेद् ग्रामे नगरे पञ्चरात्रकम् ।

वर्षाभ्योऽन्यत्र वर्षासु मासांश्च चतुरो वसेत् ॥



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द्विरात्रं न वसेद् ग्रामे भिक्षुर्यदि वसेत्तदा ।  
 रागादयः प्रसज्येरँस्तेनासौ नारकी भवेत् ॥ (४-१४, १५)  
 ग्रामान्ते निर्जने देशे नियतात्माऽनिकेतनः ।  
 पर्यटित् कीटवद् भूमौ वर्षास्वेकत्र संवसेत् ॥  
 ēkarātraṃ vasēd grāmē nagarē pañcarātrakam |  
 varṣābhyōn'yatra varṣāsu māsānśca caturō vasēt ||  
 dvirātraṃ na vasēd grāmē bhikṣuryadi vasēttadā |  
 rāgādayaḥ prasajyēraṃstēnāsau nārakī bhavēt || (4-14, 15)  
 grāmāntē nirjanē dēśē niyatātmānikētanaḥ |  
 paryatēt kīṭavad bhūmau varṣāsvēkatra sanvasēt ||

The mendicant monk, except in the rainy season, may stay one night in a village and five nights in a city; during the rains, he may stay four months in a village or town. He shall not stay for two nights in a village; if he stays, affection, lust, etc., may find scope to deflect him and thereby he may go to hell. In the outskirts of a village, in a secluded spot, he may pitch his camp and go about for alms like a worm on the ground; during the rains, he shall stay at one place.

If, during the rainy season, the Sannyasins move from one place to another, they may cause injury to many insects and worms that breed and move about on the ground during the season. But as the Sannyasins have taken the vow of non-injury to all creatures (Ahimsa and Abhaya), they should refrain from causing harm to any living being. Moreover, constant travel will also come in the way of Sannyasins having any time for 'Brahma-vichara' or for continued profound meditation; (निदिध्यासन) (nididhyāsana). So, they halt at one place once in a year for four months and engage themselves in the meditation of the Supreme Brahman, in the company of their Gurus and other Sannyasins, clearing their doubts on complex metaphysical problems.

During the Chaturmasya Vrata, His Holiness observes various Vratas as listed below.

Shravana Somavara Vrata

Vara Mahalakshmi Vrata

Gokulashtami Vrata

Vamana Jayanti

Ananta Padmanabha Vrata and lastly

Uma Maheshwara Vrata, marking the conclusion of Chaturmasya Vrata.

## GURU PURNIMA PARAYANA

With the blessings and guidance of Jagadguru Shankaracharya Sri Sri Bharati Tirtha Mahasannidhanam and Jagadguru Shankaracharya Sri Sri Vidhushekhara Bharati Sannidhanam, a programme has been conceived to conduct Parayana on the occasion of this very auspicious Guru Purnima to obtain the compassionate grace of the Acharyas.

This small compendium published by the Peetham, contains shlokas for Parayana, and the Ashtottara Shatanamavalis. It is titled Guru-Saparyaa, meaning worship of the Guru.

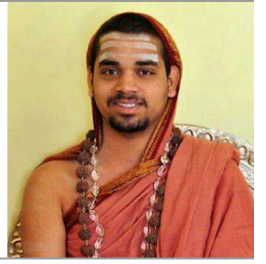


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Every follower of Sanatana Dharma may wholeheartedly perform this Parayana on the sacred period of Chaturmasya and obtain the blessings of the Guru.

To enable the devotees from different states and region to involve themselves and chant this Parayanam the Stotras and Ashtottara Shata Namavalis are given in Kannada, Tamil, Telugu and Devanagari scripts. This is available in Mobile, Tablet and Computer Viewable versions and Printable version in 1/8 demmy size.

[Link for Tamil version](#)

[Link for Telugu version.](#)

[Link for Devanagari version](#)

[Link for Kannada version](#)

(Courtesy :[www.sringeri.net](http://www.sringeri.net))





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सदाशिवसमारम्भां शङ्कराचार्यमध्यमाम् ।  
अस्मदाचार्य पर्यन्तां वन्दे गुरुपरम्पराम् ॥

sadāśivasamārambhāṃ śaṅkarācāryamadhyamām |  
asmadācārya paryantāṃ vandē guruparamparām ||

Obeisance unto the hoary Guru Parampara, beginning from Lord Sri Sadashiva upto the present Acharya with Sri Shankaracharya in the middle.

In our Indian tradition, a very high position has been accorded to the Guru. Without the grace of the Guru, no one can attain fulfilment of the purpose of life. We all desire Moksha, and the sole means to its attainment is Jnana (knowledge). The Veda says: "It is only by knowing the Supreme Brahman that one attains immortality. There is no other path".

How can that knowledge be obtained by us? Can it be got by perusal of texts? No, this knowledge can be procured only from a Guru. In the Upanishads, we hear of holy ones going to Gurus who are well versed in the scriptures and established in the Supreme and making a request of the form, "O Guru! Please impart knowledge to me". Even though the Rishis seeking knowledge may have been scholarly, it is certain that their acquisition of knowledge was solely dependent on their seeking it from a Guru. Only that knowledge which is obtained from the lotus mouth of the Guru is potent. Sans a Guru, no matter how many texts we may delve into, we cannot attain that knowledge. There is a hoary tradition everywhere which can be learnt only from the Guru.

(Given above the Excerpts from the English translation of Jagadguru Sri Sri Bharati Tirtha Mahaswamiji Anugraha Bhashanam )

**The Hoary Guru-Shishya Parampara, avichchinna (unbroken) Guruparampara of Dakshinamnaya Sringeri Sharada Peetham is given below.**

## Lineage of Gurus

### Divine Group

Lord Sadashiva
Lord Narayana
Lord Brahma

### Semi-Divine Group

Vasishta Maharishi
Shakti Maharishi
Parashara Maharishi
Veda Vyasa

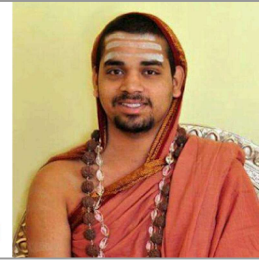


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Sri Shuka Acharya
Sri Gaudapada Acharya
Sri Govinda Bhagavatpada
Sri Shankara Bhagavatpada

## Jagadgurus of the Sringeri Sharada Peetham

## Period of Reign (CE)

1.	Sri Shankara Bhagavatpada	820 (videha-mukti)
2.	Sri Sureshwaracharya	820 – 834
3.	Sri Nityabodaghana	834-848
4.	Sri Jnanaghana	848 – 910
5.	Sri Jnanottama	910 – 954
6.	Sri Jnanagiri	954 – 1038
7.	Sri Simhagiri	1038 – 1098
8.	Sri Ishwara Tirtha	1098 – 1146
9.	Sri Nrisimha Tirtha	1146 – 1229
10.	Sri Vidya Tirtha	1229 – 1333
11.	Sri Bharati Tirtha	1333 – 1380
12.	Sri Vidyaranya	1380 – 1386
13.	Sri Chandrasekhara Bharati I	1386 – 1389
14.	Sri Nrisimha Bharati I	1389 – 1408
15.	Sri Puroshottama Bharati I	1408 – 1448
16.	Sri Shankara Bharati	1448 – 1455
17.	Sri Chandrasekhara Bharati II	1455 – 1464
18.	Sri Nrisimha Bharati II	1464 – 1479
19.	Sri Puroshottama Bharati II	1479 – 1517



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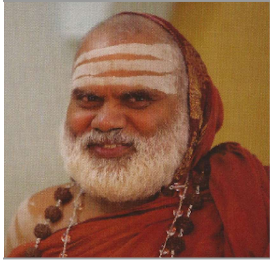


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20.	Sri Ramachandra Bharati	1517 – 1560
21.	Sri Nrisimha Bharati III	1560 – 1573
22.	Sri Nrisimha Bharati IV	1573 – 1576
23.	Sri Nrisimha Bharati V	1576 – 1600
24.	Sri Abhinava Nrisimha Bharati	1600 – 1623
25.	Sri Sacchidananda Bharati I	1623 – 1663
26.	Sri Nrisimha Bharati VI	1663 – 1706
27.	Sri Sacchidananda Bharati II	1706 – 1741
28.	Sri Abhinava Sacchidananda Bharati I	1741 – 1767
29.	Sri Nrisimha Bharati VII	1767 – 1770
30.	Sri Sacchidananda Bharati III	1770 – 1814
31.	Sri Abhinava Sacchidananda Bharati II	1814 – 1817
32.	Sri Nrisimha Bharati VIII	1817 – 1879
33.	Sri Sacchidananda Shivabhinava Nrisimha Bharati	1879 – 1912
34.	Sri Chandrasekhara Bharati III	1912 – 1954
35.	Sri Abhinava Vidyatirtha	1954 – 1989
<b>36.</b>	<b>Sri Bharati Tirtha</b>	<b>1989 – Present</b>
37.	Sri Vidhushekhara Bharati	Successor-Designate



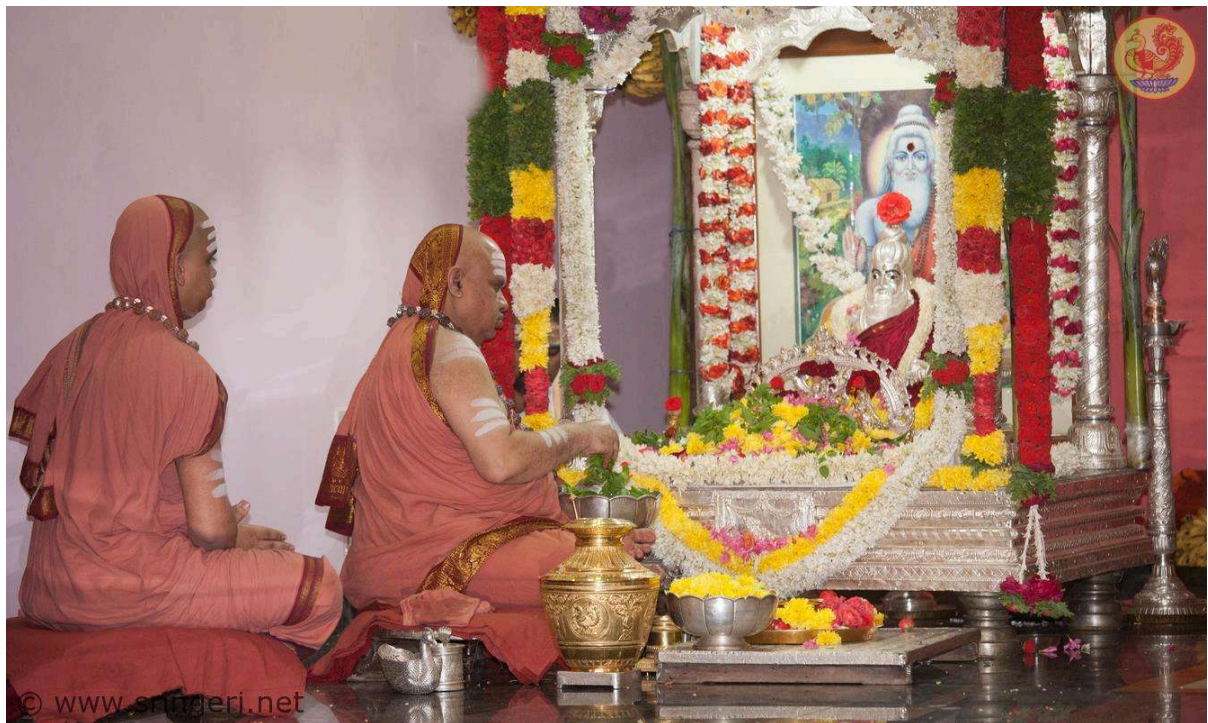
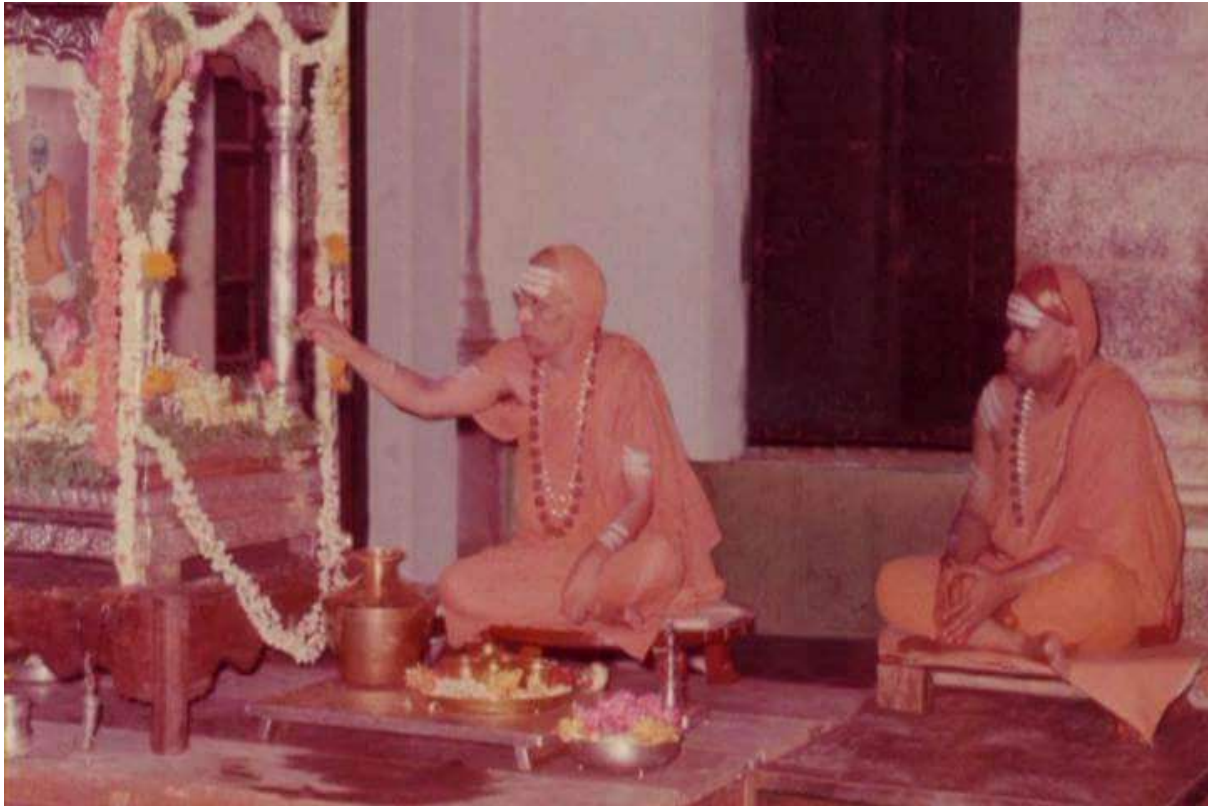


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## ANUGRAHA BHASHANAM

### AVOID INSULTING OTHERS

Man must always lead a happy life and be kind to all. Giving room to desire and hatred leads to all sorts of issues. We can understand this from the Itihasas and Puranas and also from day-to-day life. However, some people have a strange trait; that is the inclination to insult others. A person having such a trait only brings about his own suffering.

Nobody should disgrace others. One must realise that everybody has self-respect, and act accordingly. If a person treated with disrespect is strong enough, he will retaliate. There is no end to this. The cycle of insult and retaliation will continue forever.

However, if the insulted person is judicious, he will ignore it. He will be silent and well-collected within himself. He will not undergo agony as he has control over his mind. His day-to-day life will also be smooth, with no anxiety.



Jagadguru Shankaracharya Sri Sri Sri Bharati Tirtha Mahasannidhanam of Dakshinamnaya Sri Sharada Peetham performed Vyasapuja and undertook Chaturmasya Sankalpa on July 13, 2022 along with His successor-designate, Jagadguru Sri Sri Sri Vidhushekhara Bharati Sannidhanam, at Guru Nivas, Narasimha Vanam in Sringeri.

The person who frequently indulges in the act of insulting others will not be spared. He eventually will

have to bear the consequences.

That is why our ancestors have advised us to realise what is good in practical life and lead our lives accordingly. Let us all understand this well, avoid insult to others, develop forbearance and lead a pious life.

सुखं ह्यवमतः शेते सुखं च प्रतिबुध्यते |

सुखे चरति लोकेऽस्मिन्नवमन्ता विनश्यति ||

sukhaṃ hyavamataḥ śete sukhaṃ ca pratibudhyate |

sukhe carati loke'sminnavamantā vinaśyati ||

--- Jagadguru Śankarācārya His Holiness Mahāsannidhānam Śrī Śrī Śrī Bhāratī Tirtha Mahāswāmiji

Kind Courtesy: M/s Tattvaloka Publications ([www.tattvaloka.com](http://www.tattvaloka.com))

Additional Note: All the articles that have appeared in this section for the past three years have been sourced from Tattvaloka



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## NĀDĀNUSANDHĀNA



Devotee : What is meant by nādānusandhāna ?

Acharyal : Generally speaking, it is also a kind of meditation.

Devotee : How can it be practised ?

Acharyal : There are a few ways. I shall mention one of them. The ear, nose and mouth should be closed with the fingers and the sound that is heard inside one's ears should be carefully listened to.

Devotee : How is one breathing if the nose and the mouth are closed completely ?

Acharyal : I did not mean that the nose should be shut completely.

Devotee : Is there any benefit in paying attention to the sound produced inside ?

Acharyal : Yes. It is essential to make one-pointed. This can either be done by fixing the mind on a form or by paying attention to a sound. External sounds are attenuated when the ears are closed. However, the internal sound is clearly apprehensible. By directing attention to that sound, the mind becomes one-pointed.

--- Jagadguru Śankarācārya His Holiness Jeshta Mahāsannidhānam Śrī Śrī Śrī Abhinava Vidya Tirtha Mahāswāmiji

Devotee : How is one to concentrate on the sound heard internally ?

Acharyal : One can focus the mind on it just as one would concentrate on an external sound. This is because the internal sound can be heard when the ears are closed.

Devotee : While meditating in this manner, is it necessary to concentrate on a form ?

Acharyal : No. Fixation of the mind on the sound within is sufficient.

Devotee : What will result if the mind is fixed on the sound ?

Acharyal : Gradually, the mind becomes more and more peaceful. External sounds and other disturbances cease to distract the concentration. The sound heard from inside becomes very clear. With the passage of time, different internal sounds are heard. Finally, all sounds cease and the mind plunges into samādhi.

Devotee : Can we see manifestation of any special power when meditating on the internal sound ?

Acharyal : Sometimes, one can hear the sounds or conversations that originate far away. However, one should be indifferent to clairaudience and just continue with one's meditation. One's spiritual progress will suffer if one turns to clairaudience and the like that may manifest.

Devotee : Is nādānusandhāna better than meditation in a form ?

Acharyal : What is best for one may not be so for another, as the qualifications and aptitudes of spiritual aspirants vary. A Guru may, therefore, prescribe nādānusandhāna for some disciples and meditation on a form for some others.

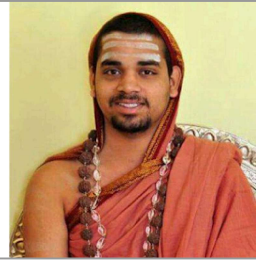


# Voice of Jagadguru

advaitam paramanandam



an e-magazine on advaita



Devotee : Is there any speciality in nādānusandhāna as compared to other methods ?

Acharyal : (Smiling) Even a person who is not proficient in nādānusandhāna ought not to be distruned by external sounds and external forms since his ears and the eyes are closed. You can consider this itself as a speciality !

Devotee : Is there any difficulty in practising this type of meditation ?

Acharyal : (With a smile) Will there not be pain when the hands are used to close the ears for a long duration ?

Devotee : Are there other methods of practising nādānusandhāna ?

Acharyal : I have watched some Buddhists practising meditation using a bell that rings for a long duration. Two people sat facing each other. They alternately ring the bell and concentrate

on the sound. There are other such methods of focus on sound in vogue.

--- Jagadguru Śankarācārya His Holiness Jeshta Mahāsannidhānam Śrī Śrī Srī Abhinava Vidya Tirtha Mahāswāmiji

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