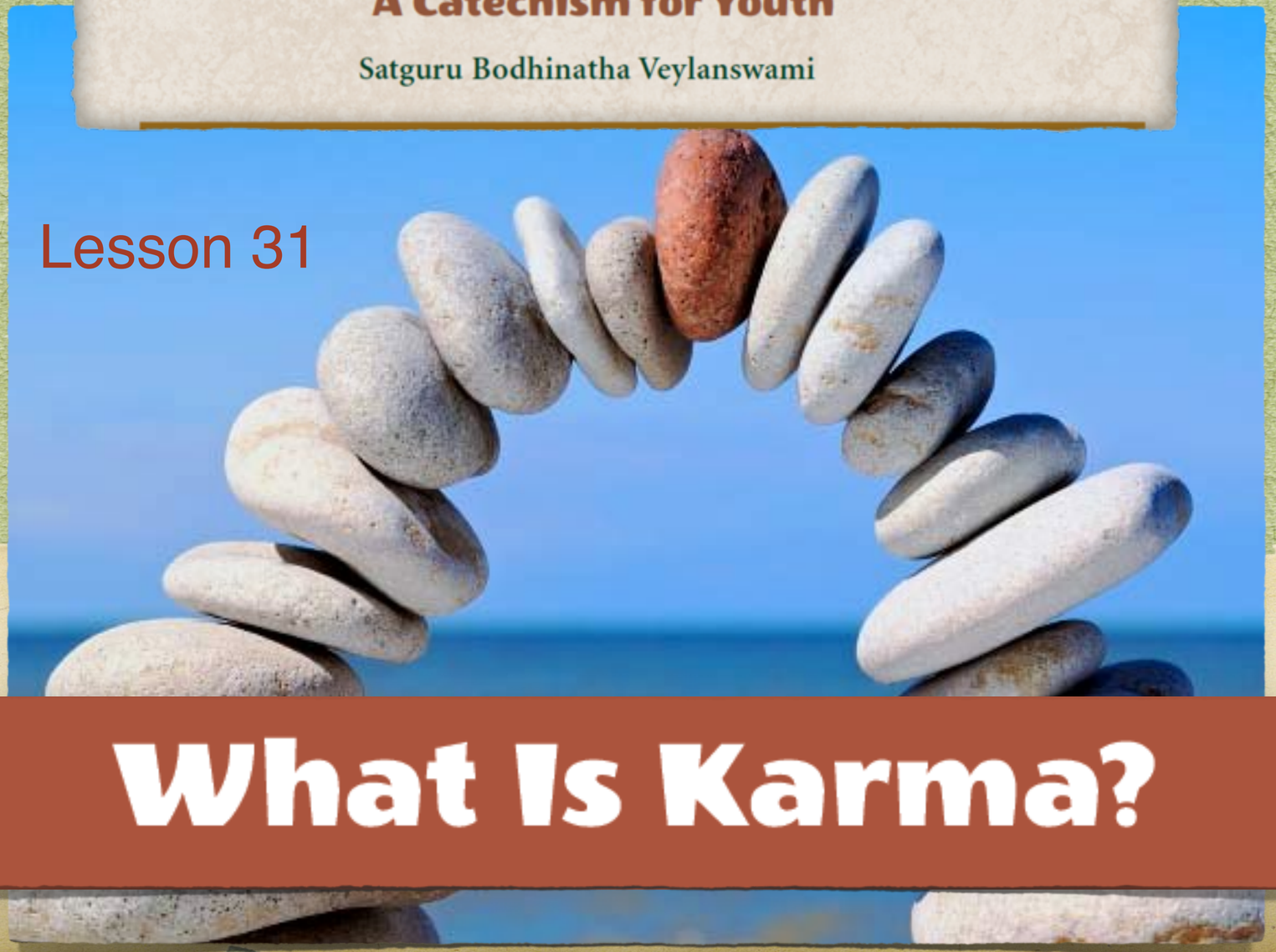
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A Catechism for Youth

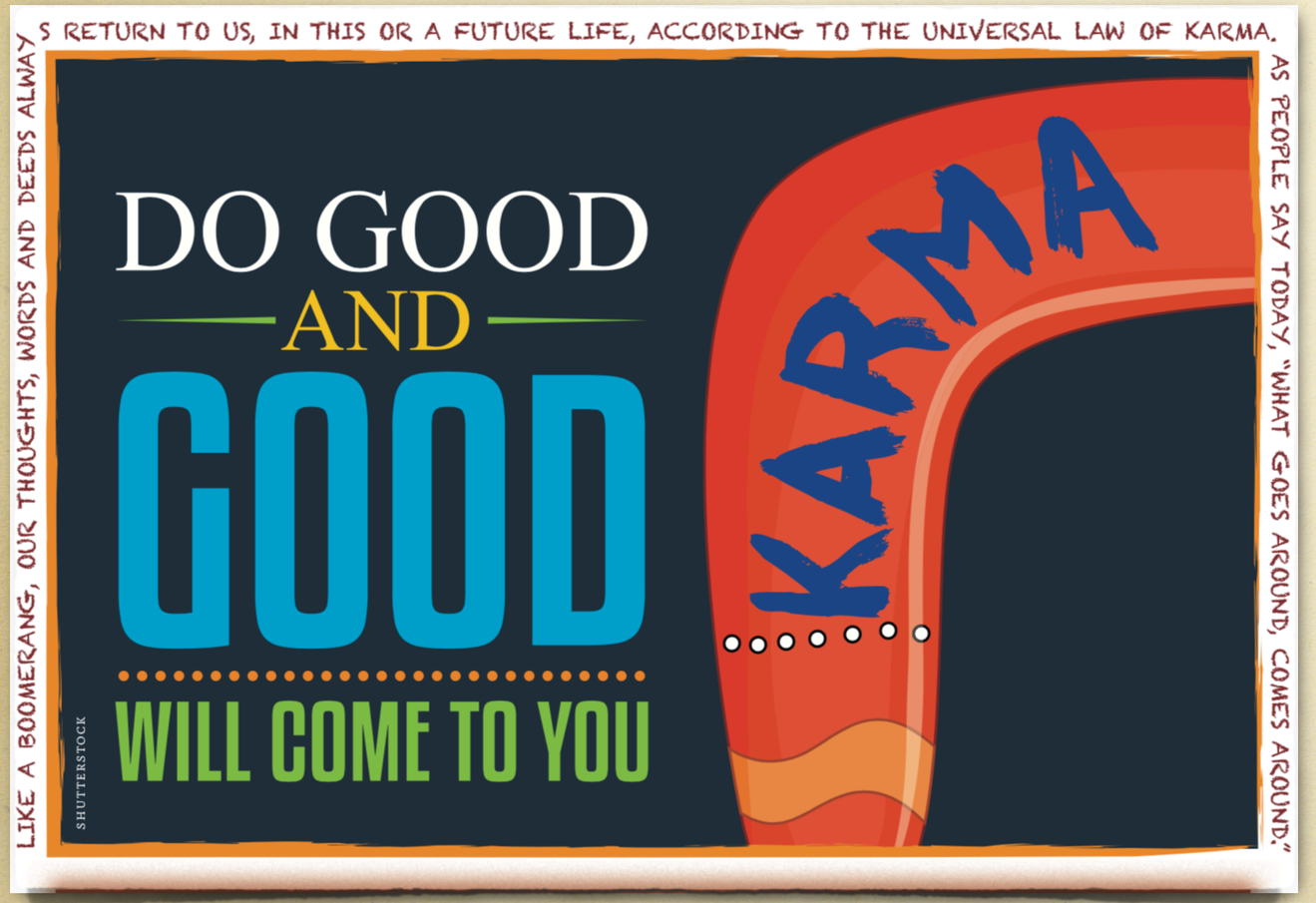
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Lesson 31

What Is Karma?

Karma at work…



God Siva creates the cosmos and He resides within it.

His many special laws or systems are at work within our complex universe.

What is the law 0f karma

The law that causes an object to fall to the Earth we call gravity.

The law that governs the reaction of thoughts, words and deeds we call karma.

It is an automatic system of divine justice.

By this law, what we sow, we will reap. Actions and the fruit of action are both called karma.

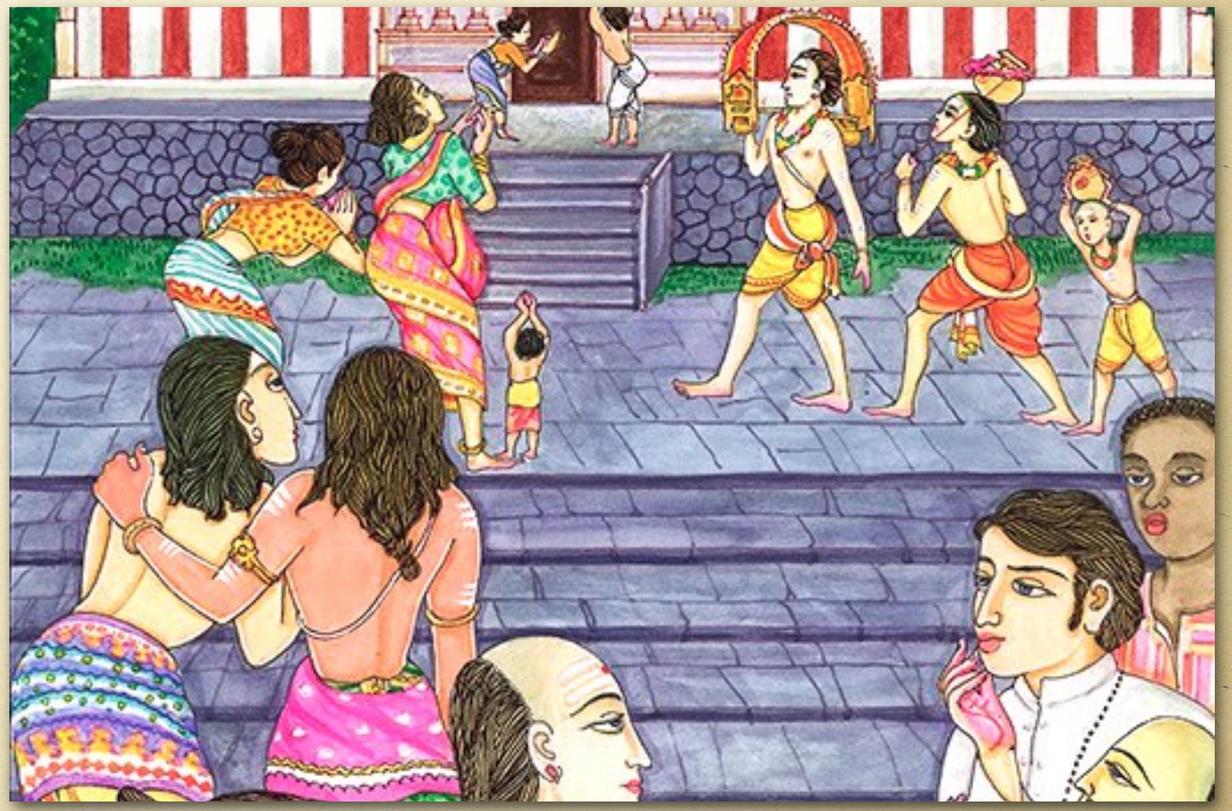


Three kinds of karma

The karma of all deeds done in our past lives

The karmas we bring into this birth to experience;

The karmas we are making by our actions now.



Good karma

Good, helpful thoughts, words and deeds bring good karma to us in the future.

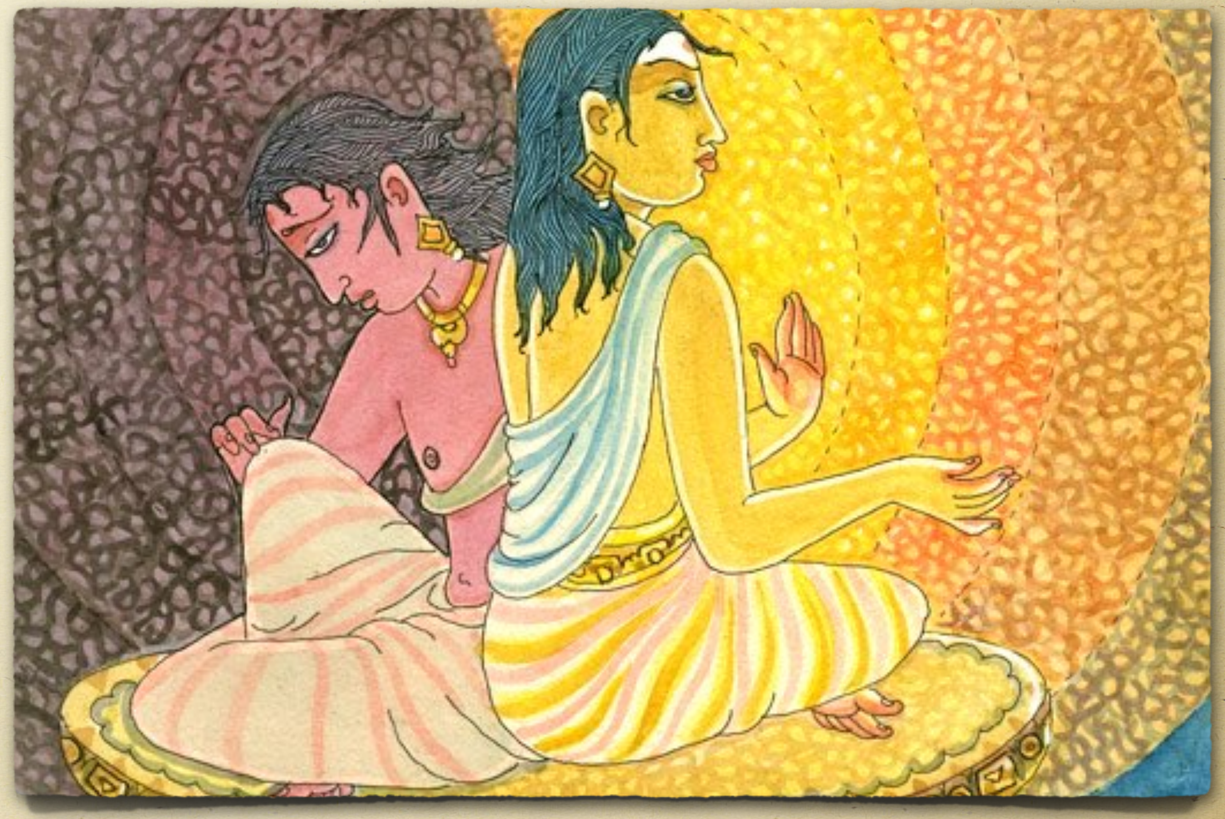


Painful karma

Hurtful actions bring back to us painful karma.

Doing bad is like planting poison ivy.

Doing good is like planting delicious mangos.

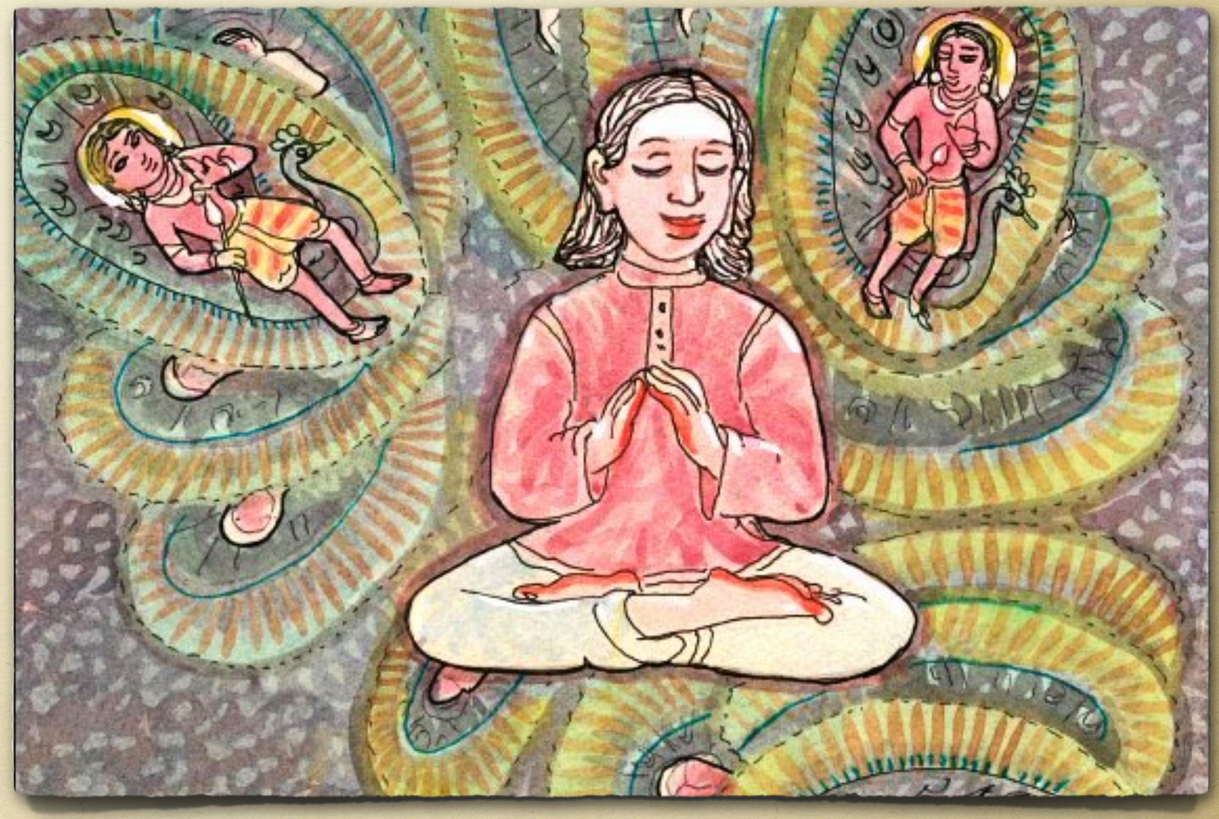


Understanding the law of karma

Understanding the law of karma gives us the power to act wisely and create a positive future.

Gurudeva said, “You are the writer of your own destiny, the master of your ship through life.”

He meant that karma is not fate. It can be overcome.



Karma is our teacher

Through understanding the effect of their actions, individuals sooner or later learn to refrain from committing misdeeds.

This is what we mean by saying, “Karma is our teacher.”

It teaches us to refine our behavior.



Difficult karma helps us grow.

Even difficult karma helps us grow, by teaching us the painful results of unwise actions.

No matter how well we understand karma, facing it bravely is still a challenge.

Our ego gets in the way.

Our emotions are stirred and we react without thinking.



How to soften the effects of karma?

Such weakness can be overcome by perfecting our character according to the yamas and niyamas.

The effects of karma can be softened in several ways: by accepting and not reacting, by doing penance, by performing good deeds that balance the not-so-good we have done and by seeking the grace of God and guru.



Group karma

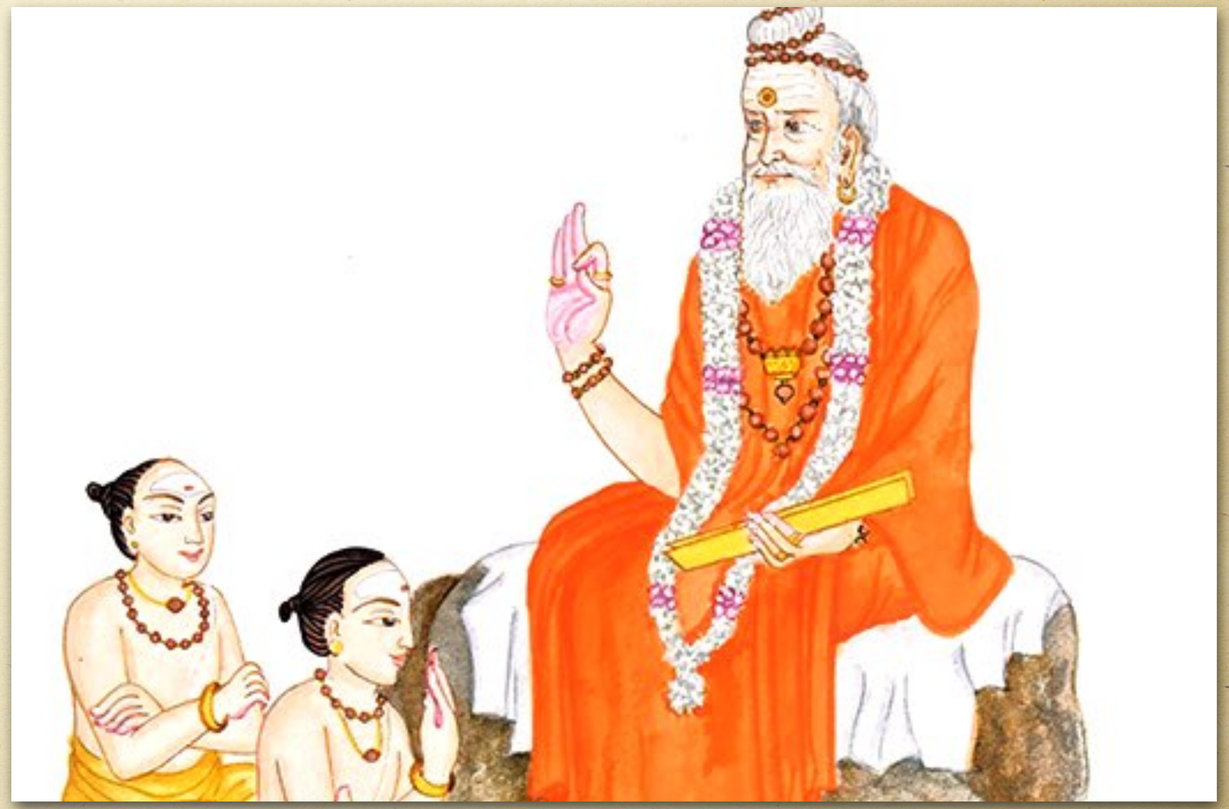
Karma applies not only to individuals but to groups, communities and nations.



Gurudeva says…

Siva's devotees accept all experiences, however difficult, as their self- created karma, without cringing or complaining.

Theirs is the power of surrender, accepting what is as it is and dealing with it courageously.



QUESTIONS for Lesson 31

31.1 The law of karma
(Check the incorrect answer)

☐ A. Governs the reactions of thoughts, words and deeds ☐
B. Causes an object to fall to the Earth
☐ C. Is an automatic system of divine justice

31.2 There are three types of karma.
(Check the incorrect answer)

☐ A. The karma of all deeds done in our past lives
☐ B. The karmas we bring into this birth to experience
☐ C. The karmas we are making by our misdeeds now

31.3 Enter the letter from below of A - D that completes the description

___ Good, helpful thoughts, words and deeds
___ Hurtful actions bring back to us
___ Doing bad is like planting
___ Doing good is like planting

(A) Poison ivy
(B) Painful karma
(C) Bring good karma to us in the future
(D) Delicious mangos

31.4 Through understanding the effect of their actions, individuals sooner or later learn to refrain from committing misdeeds. This is what we mean by saying,
(Check the correct answer)

☐ A. Karma is fate
☐ B. Karma is our teacher
☐ C. Karma cannot be overcome

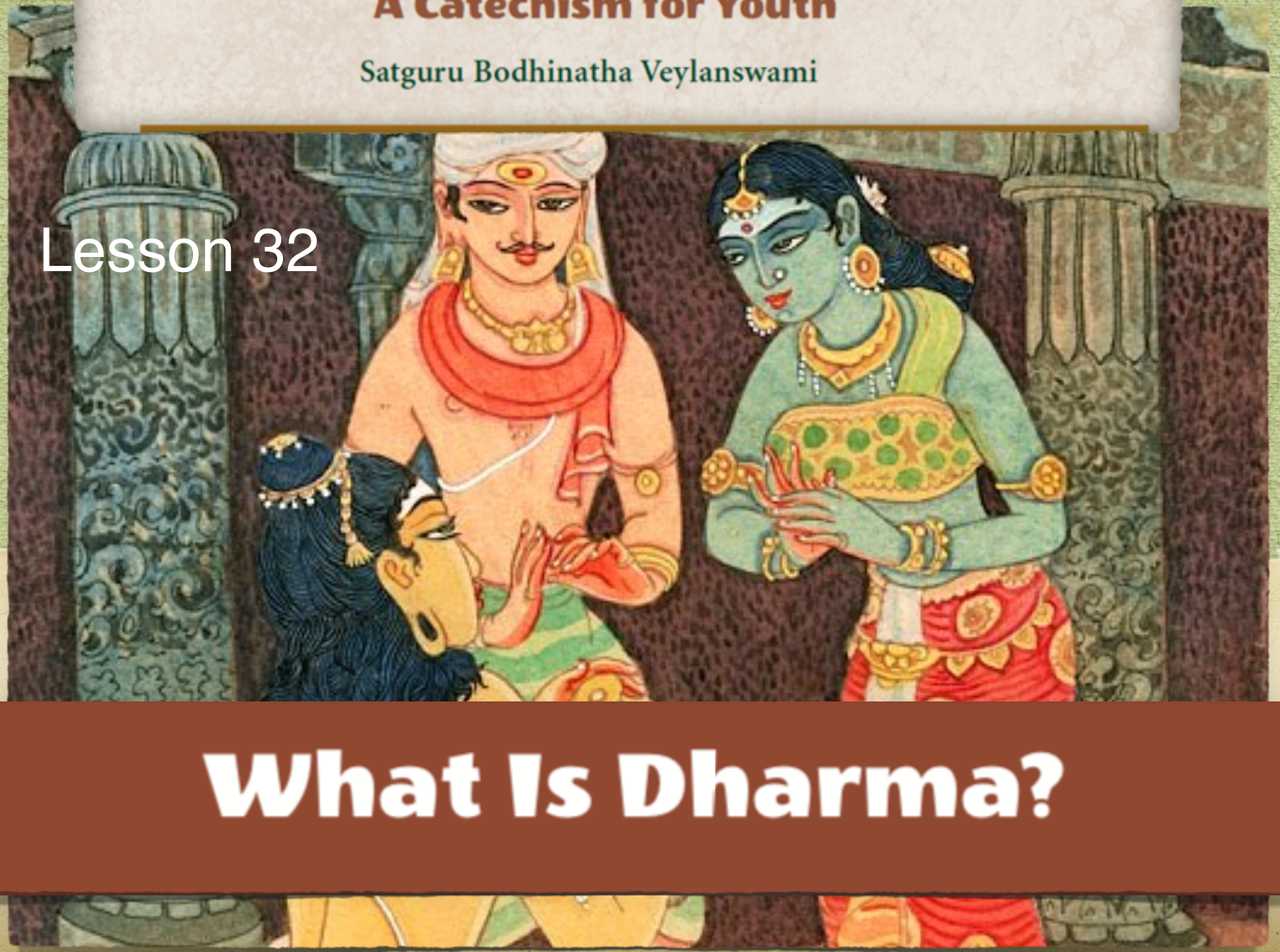
31.5 The only way that karma can be softened is by the grace of God and guru.

☐ True
☐ False

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 32

What Is Dharma?

Dharma ?



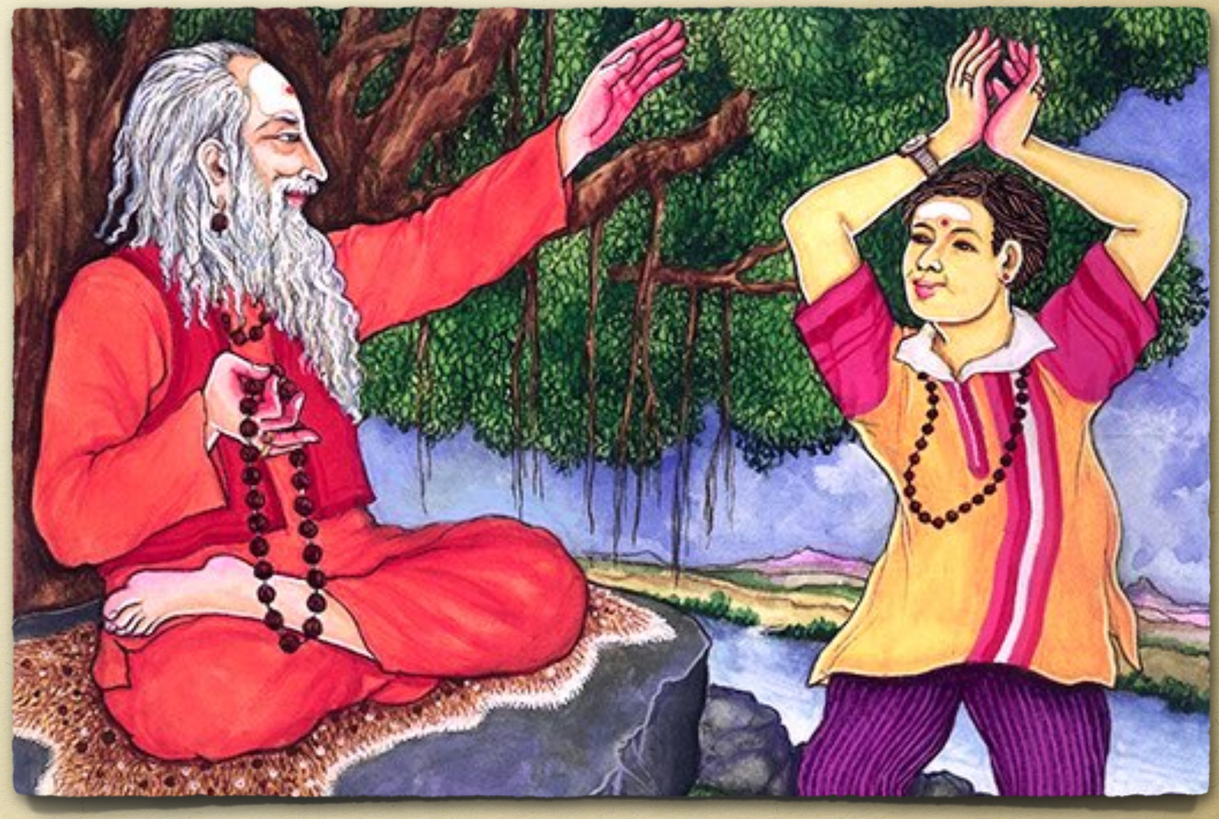
When God creates the universe, He/She endows it with order, with the laws to govern creation.

Dharma is a divine law

Dharma is that divine law prevailing on every level of existence, from the sustaining cosmic order to religious and moral laws that bind us in harmony with that order.

It is goodness, ethical practice and duty.

It is the path which leads us to liberation.



Dharma is at work on four levels of our existence

Universal

Human

Social

Personal



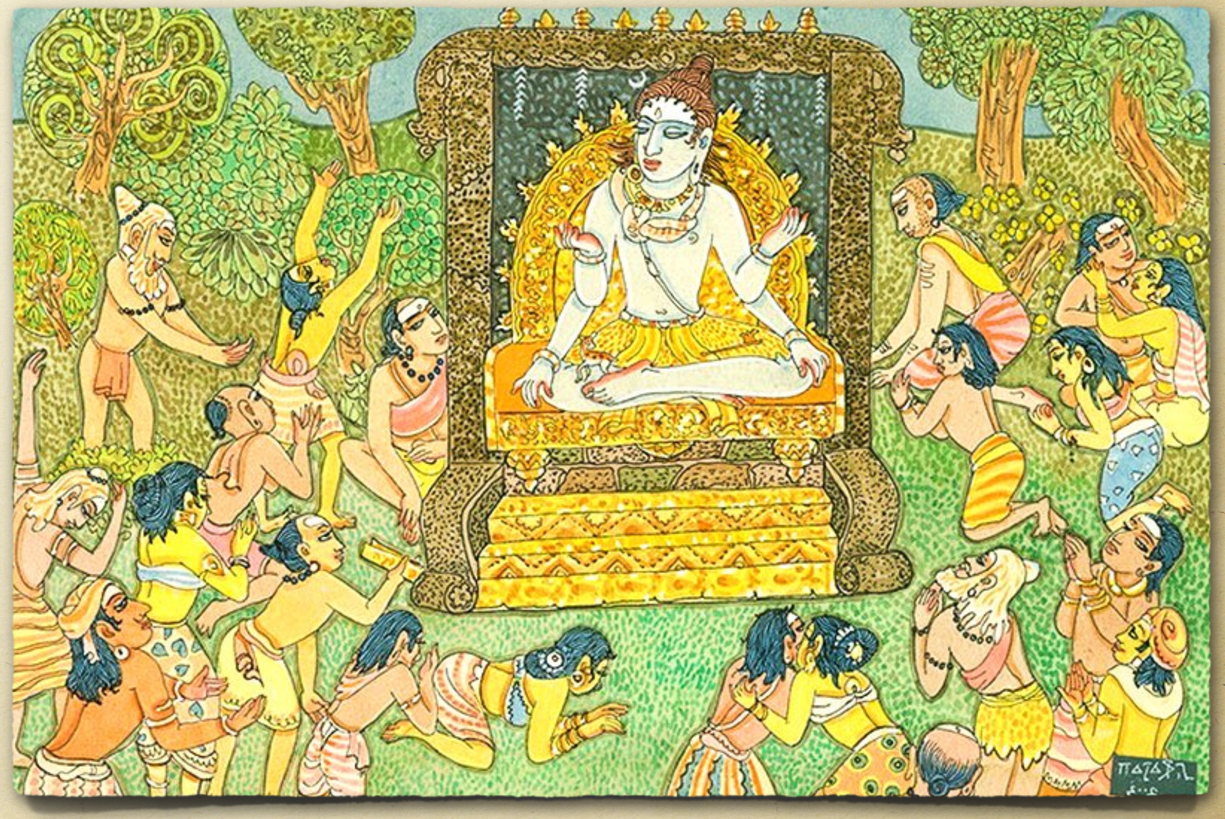
What are the four Dharmas?

Universal dharma rules the natural world, from subatomic quantums to galactic clusters.

Social dharma governs society.

Human dharma guides life's four stages.

Personal dharma is your own perfect pattern in life.

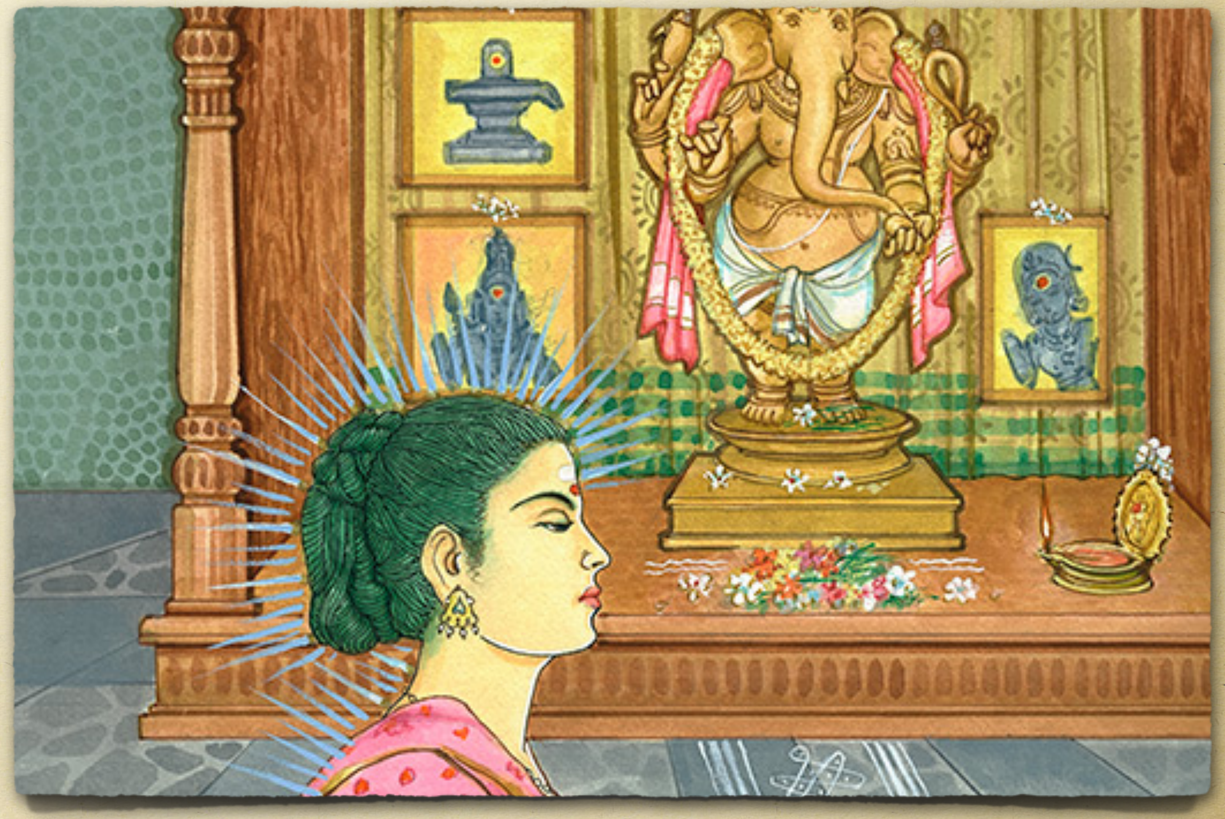


Personal Dharma

It is determined by your past karmas and how the other three dharmas impact you.

The key to discovering and understanding your personal dharma is to worship Lord Ganesha.

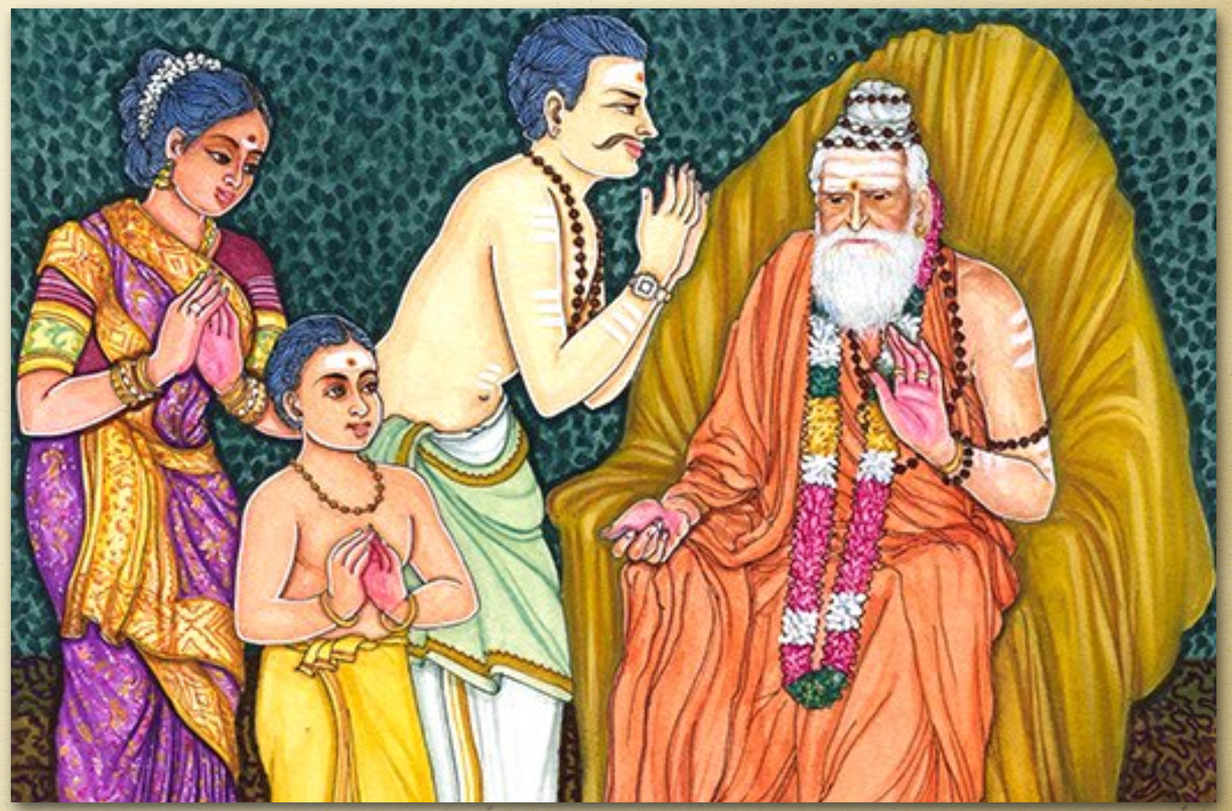
He knows our past lives and can clarify our right path in life.



Words of wisdom on Dharma

Gurudeva wrote:

“When we follow this unique pattern—guided by guru, wise elders and the knowing voice of our soul—we are content and at peace with ourselves and the world.”



The youth good path of conduct.

At every step in life, your main dharma is to follow the path of good conduct.

As a youth, a big part of your dharma is to be a good student and a good daughter or son.

It is your parents' dharma to care for you.

It is your teacher's dharma to teach you.

It is the dharma of the police to protect you.



The adult good path of conduct.

As an adult, you may become a parent, and it will then be your dharma to raise and support your family.

Later, as an elder, your dharma will be to guide the younger generations.



Sivayogaswami says …

Yogaswami said that dharma is like the tracks of a train, and like the train we must stay on the tracks to reach our destination.

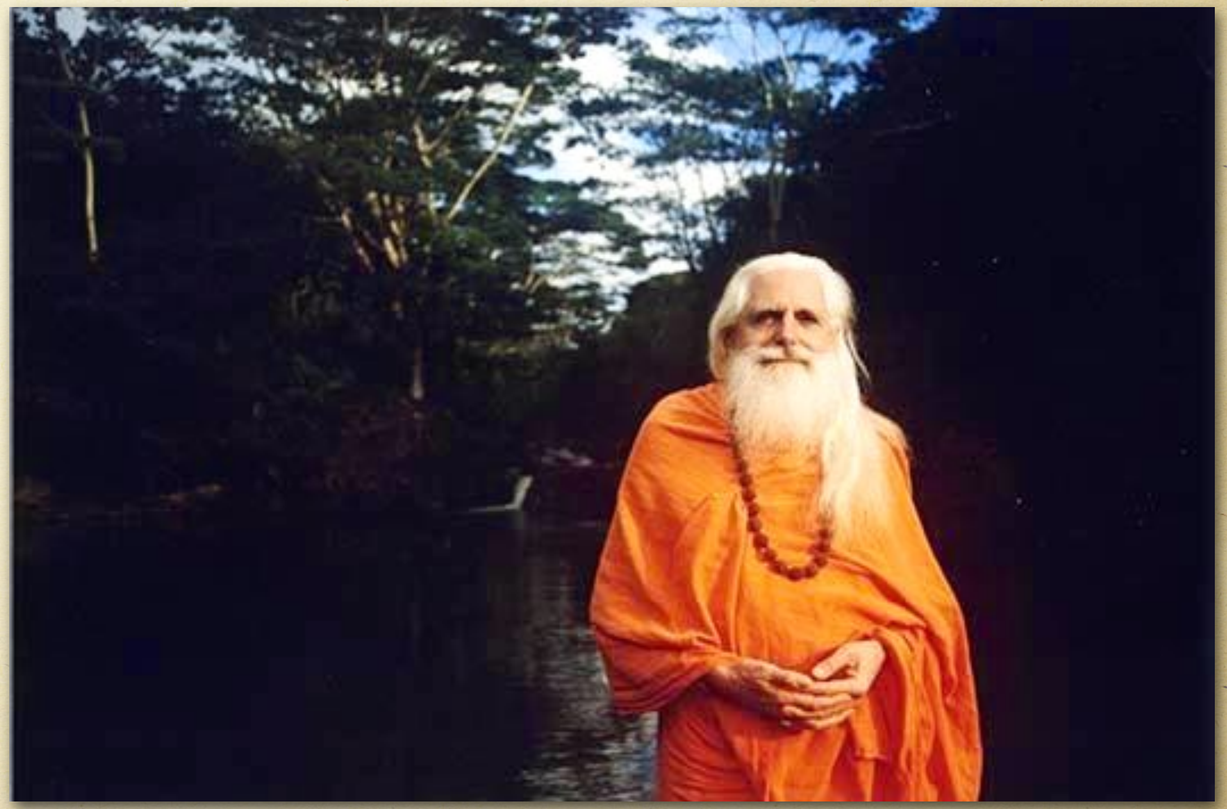
Dharma is so important that the Sanskrit name of Hinduism is Sanatana Dharma, the eternal path.



Gurudeva explains …

Dharma is a rich word which encompasses many meanings: the path to God Siva, piety, goodness, duty, obligation and more. …

By following the ancient path of dharma, we avoid all this suffering and mental pain and bring ourselves into positive, creative and productive states of consciousness, bringing us ever closer and closer to the holy feet of God Siva.



QUESTIONS for Lesson 32

32.1 **Dharma is divine law prevailing on every level of existence, from the sustaining cosmic order to religious and moral laws that bind us in harmony with that order.**

□ True
□ False

32.2 **Enter the letter from below of A - D that gives the type of dharma that matches the description**

___ Rules the natural world
___ Governs society
___ Guides life's four stages
___ Your own perfect pattern in life

(A) Social dharma
(B) Human dharma
(C) Universal dharma
(D) Personal dharma

32.3 **The key to discovering and understanding your personal dharma is**

(Check the correct answer)

□A. To study scripture
□B. To learn about your past lives
□C. To worship Lord Ganesha

32.4 **Enter the letter from below of A - D that describes the dharma of that person**

___ As a youth it is your dharma
___ It is your parents' dharma
___ It is your teacher's dharma
___ It is the dharma of the police

(A) To care for you
(B) To protect you
(C) To be a good student
(D) To teach you

32.5 **Dharma is so important that the English name of Hinduism is Sanatana Dharma, the eternal path.**

□ True
□ False

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 33

What Is Reincarnation?

What is reincarnation?



Reincarnation is the cycle of birth, death and rebirth.

Each soul has many lifetimes on Earth.

In each life, we drop off our physical body at death, but our inner self, or soul, never dies.

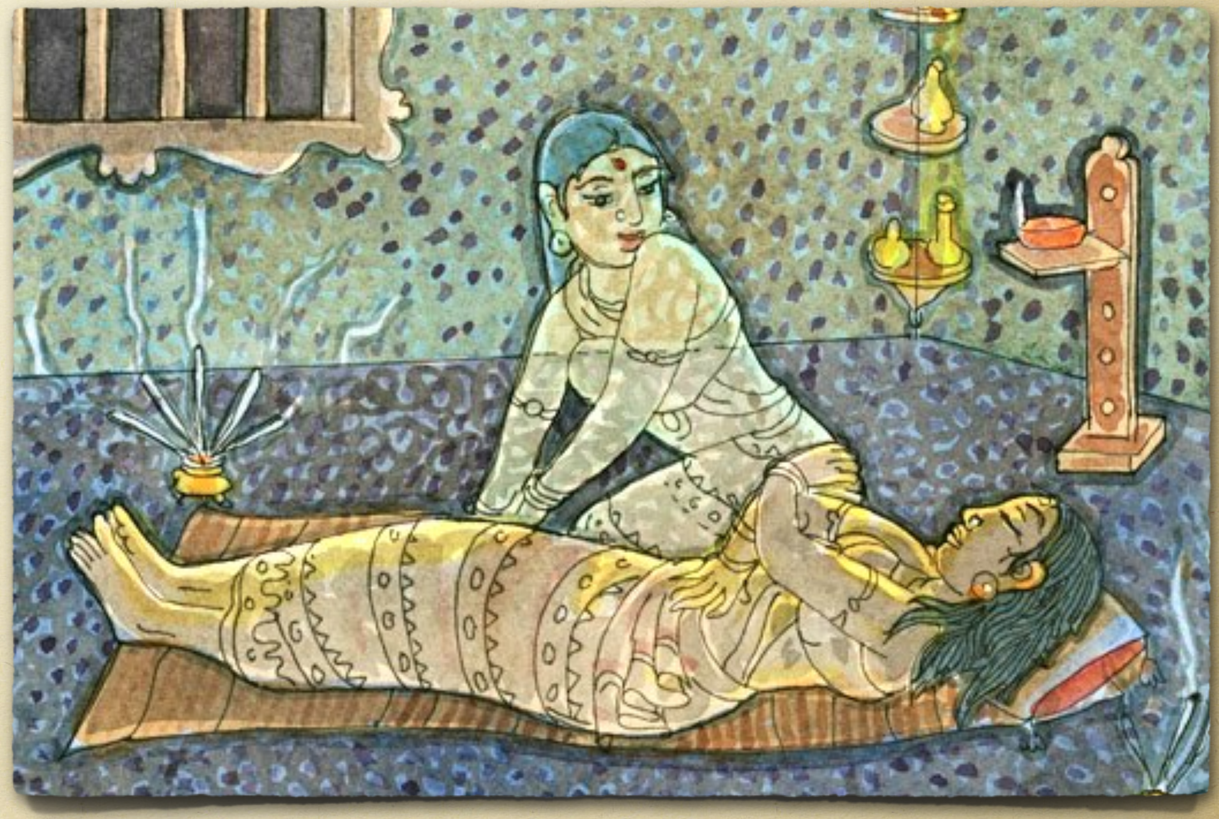
Leaving the physical body…

We just leave our physical body and go on thinking, feeling and acting in our astral body.

We also do this when we sleep, but we return to our body each time we wake up.

At death we don’t come back into our physical body.

We leave the physical plane and remain conscious in the inner worlds.



Reborn as a baby…

After some time, we are born again as a baby in a new physical body, with a new mother and father, a new name and a new future.

This return to the physical plane in a new body is called reincarnation.



Living in a physical or astral body

Memories of our previous lifetimes fade away during childhood, though some adults can remember them.

We eventually die again, because of illness, old age or an accident.

Again we step out of the physical body and go on living in our astral body.



Born again and again…

This happens repeatedly.

Sometimes we are born as a boy, sometimes as a girl.

The way we live in this life determines what our next life will be.



A school where we learn…

Reincarnation is like a great school, and each life is a classroom.

Who is learning and growing in the school of life?

You, your immortal soul. You have lived many lives.

Each lifetime is but one stride on the great journey of your soul.



What is liberation or moksha?

When all the needed lessons have been learned, your soul has matured, all karmas have been resolved and you have realized God, you will not need to be born again.

That is called liberation or moksha, the destiny of all souls, without exception.

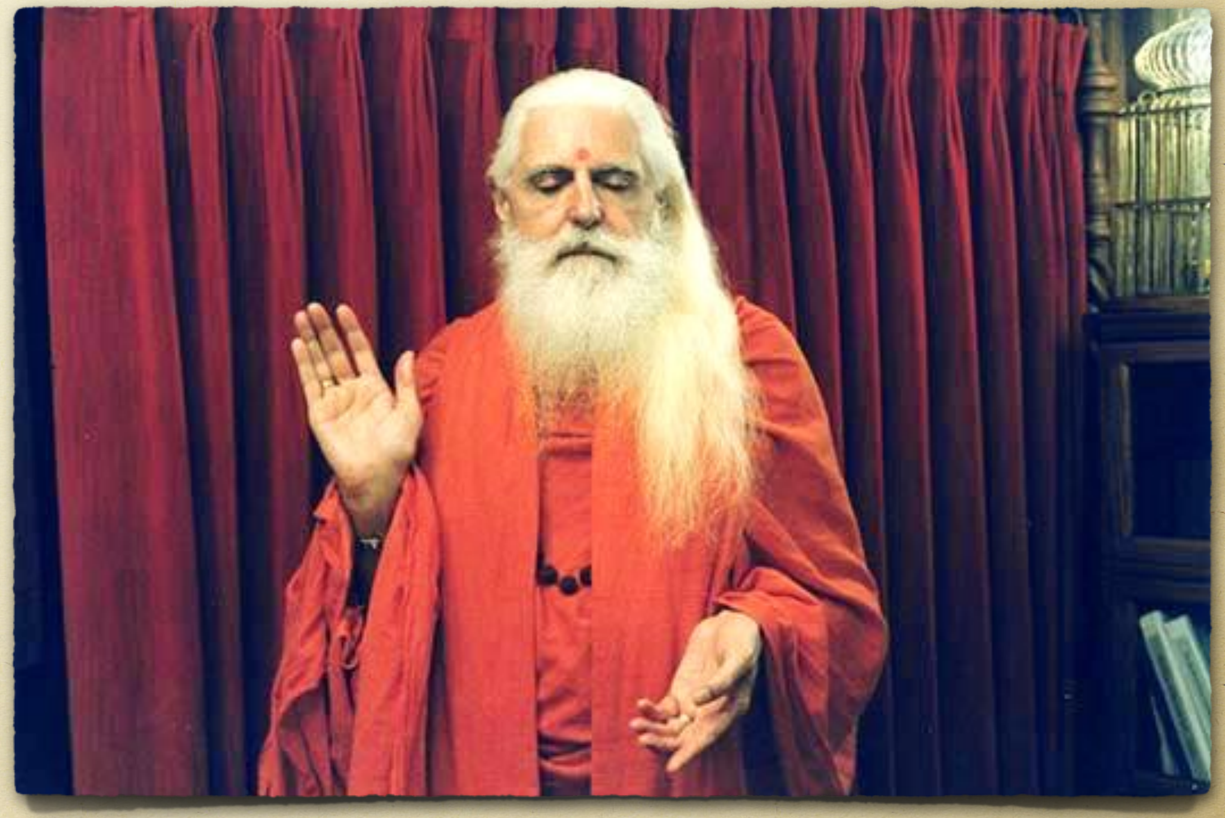


Gurudeva explains…

Through the ages, reincarnation has been the great consoling element within Hinduism, eliminating the fear of death.

We are not the body in which we live but the immortal soul which inhabits many bodies in its evolutionary journey through samsara.

After death, we continue to exist in unseen worlds, enjoying or suffering the harvest of earthly deeds until it comes time for yet another physical birth.



QUESTIONS for Lesson 33

33.1 **The cycle of birth, death and rebirth is called:**

(Check the correct answer)

☐ A. Karma
☐ B. Reincarnation
☐ C. Liberation

33.2 **In each life, we drop off our physical body at death, but our inner self, or soul, never dies.**

☐ True
☐ False

33.3 **At death we don't come back into our physical body.**
(Check the correct answer)

☐ A. We remain in the inner worlds and are not reborn on Earth

☐ B. After some time, we are born again as a baby in a new physical body

33.4 **If you are a boy, you will always be born as a boy. If you are a girl, you will always be born as a girl.**

☐ True
☐ False

33.5 **When all the needed lessons have been learned, your soul has matured and all karmas have been resolved, you will not need to be born again.**

☐ True
☐ False

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 34

How Do We Prepare For Death?

What is death?



Our rishis and holy scriptures assure us that death is a blissful, light-filled transition from one state to another, as simple and natural as changing clothes.

Our Soul never dies

It is not a horrid experience to be feared.

In fact, ancient sages called death man's most exalted experience.

Our soul never dies; only the physical body dies.



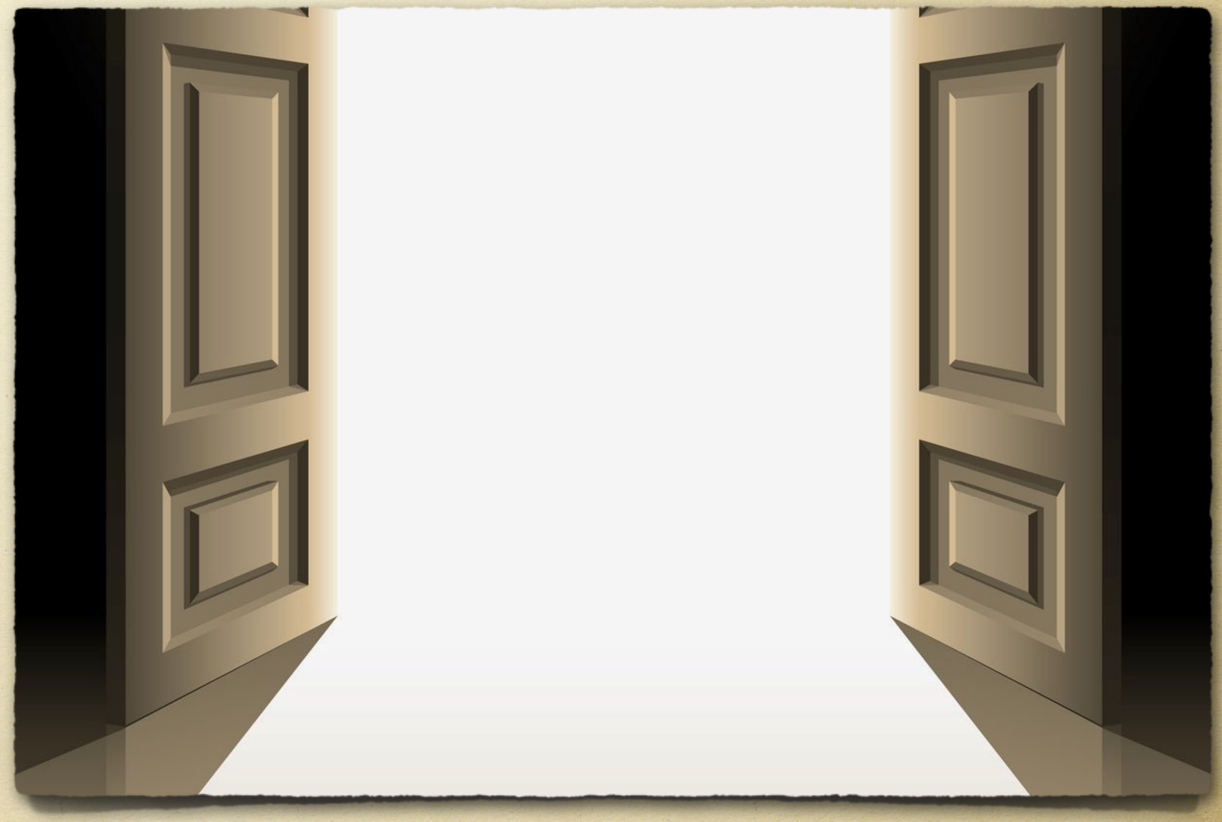
Death and afterlife

We neither dread death nor look forward to it, for we know that life, death and the afterlife are all part of our path to perfect oneness with God.



A quick transition…

Death is a quick transition from the physical world to the astral plane, like walking through a door, leaving one room and entering another.



Nothing except our sadhana

If we are blessed with the knowledge that our transition may be soon, we fulfill obligations so that we have nothing on our mind except our sadhanas.

We make amends and resolve differences with others, forgiving and letting go of conflicts of the past so that we are free of guilt and worry and don't carry these karmas into future births.



We turn to God

We also execute our will, distributing our possessions and duties, not leaving these tasks to others.

Then we turn to God through meditation, japa and study of our holy teachings.



The Great Departure

Many Hindus go to sacred places to make their Great Departure, as it is called.

Varanasi is the most famous for this.



At the time of death.

It is ideal to be conscious and clear of mind at the time of death.

Therefore, we minimize the use of drugs and heroic efforts to keep the body alive.

When nearing transition, if hospitalized, we return home to be among loved ones.



Leaving though the crown chakra

In the final hours of life, we seek the Self God within and focus on our mantra while family keep prayerful vigil.

At death, we seek the grace of God Siva as we strive to leave the body through the crown chakra at the top of the head, entering the clear white light and beyond in quest of liberation.



Gurudeva says….

The Death itself is not painful.

Death itself is blissful.

You don’t need any counselling.

You intuitively know what’s going to happen.

Death is like a meditation, a samadhi.



QUESTIONS for Lesson 34

34.1 **Death is not a blissful, light-filled transition from one state to another but rather it is a horrid experience to be feared.**

☐ True
☐ False

34.2 **Death is a quick transition from the physical world to the astral plane, like walking through a door, leaving one room and entering another.**

☐ True
☐ False

34.3 **If we are blessed with the knowledge that our transition may be soon, we.**
(Number the following actions 1 - 2 to indicate the correct order)

___ Turn to God through meditation, japa and study of our holy teachings.

___ Make amends and resolve differences with others and execute our will

34.4 **Our transition to the inner worlds is called**
(Check the correct answer)

☐A. Great departure
☐B. Karma
☐C. Reincarnation

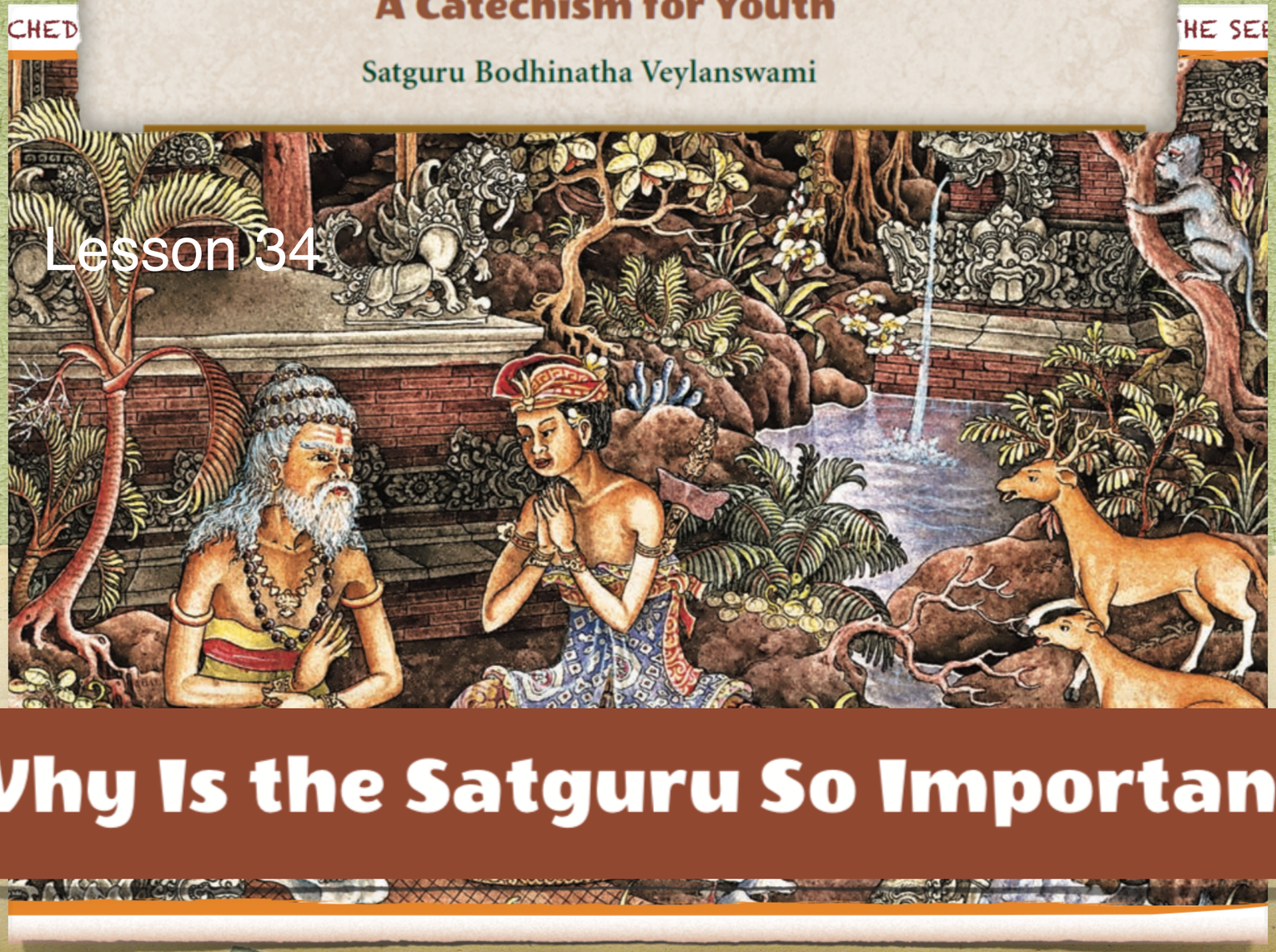
34.5 **It is ideal to be conscious and clear of mind at the time of death. To accomplish this,**

☐A. We stay in the hospital rather than return home
☐B. We minimize the use of drugs
☐C. We minimize the use of heroic efforts to keep the body alive

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 34

Why Is the Satguru So Important?

A satguru, an enlightened master who knows Truth



Anyone hoping to climb Mount Everest would be wise to have a Sherpa by his side, a guide who has been where you want to go.

We should not be without a satguru…

Similarly, as we walk the spiritual path, we should not be without a satguru, an enlightened master who knows Truth and can take us there.

The word *guru* means “teacher.”

Anyone you are studying with may be called a guru, such as a dance guru, music guru or a classroom teacher.



A teacher is important in any area of study

A teacher is important in any area of study, because it is difficult for us to see our own weaknesses, but easy for a trained expert.

Your mother and father are your first gurus.

Many Hindus have a satguru, a teacher of *sat*, or truth.



A satguru is a mature soul who has realized God

A satguru is a mature soul who has realized God and is able to lead others along the path.

Siva is within each of us, shining out through our eyes.

But Siva shines out from the satguru more brightly, because he or she is pure and enlightened.



Thus, we worship the satguru as Siva Himself.

The satguru is devoted full time to religious life, to upholding Saivism and helping his devotees.

Just by living and being, he or she brings peace and blessings to the world.

A satguru is always a sannyasin, one who is unmarried and has renounced all possessions, personal life, family and friends.

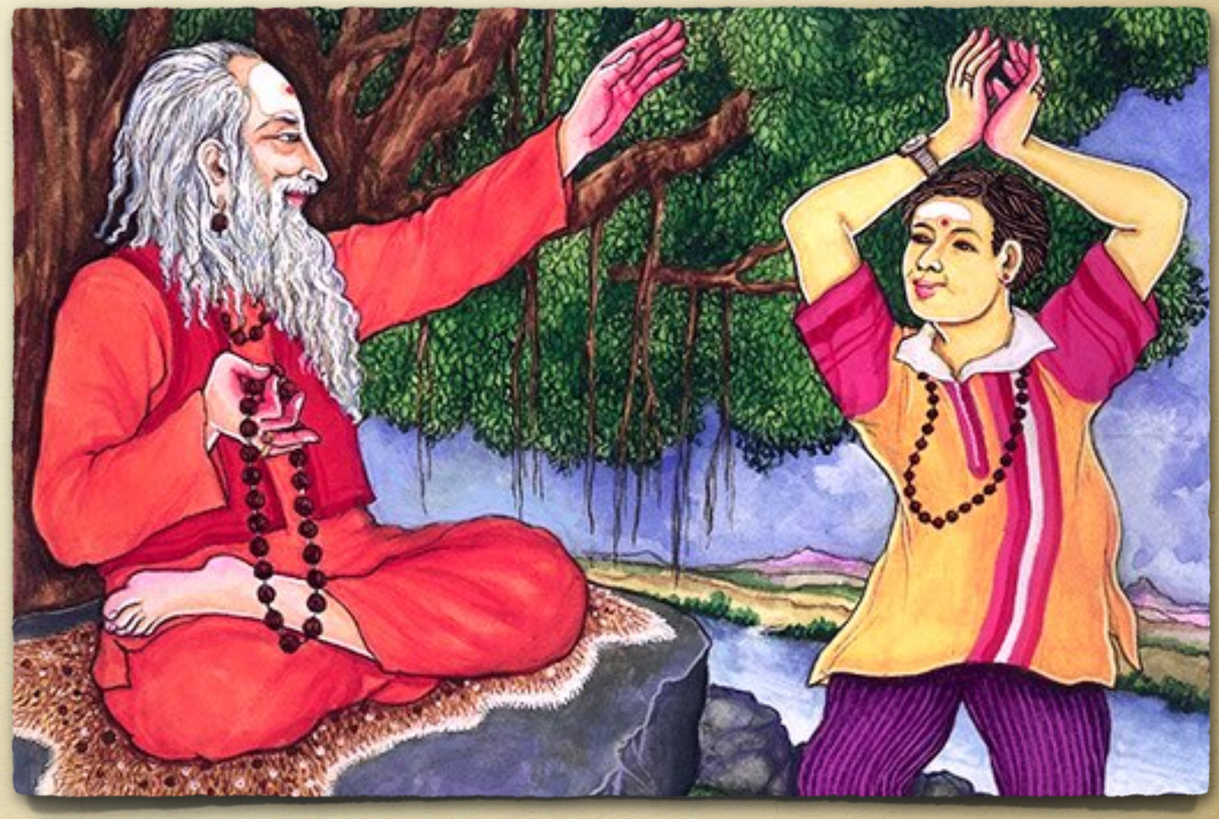


Initiation from his Guru

A rare initiation from his guru empowered him with the highest spiritual knowledge and authority.

This is Siva's revealing grace, *anugraha shakti,* in action.

If your family has a satguru to guide it, you are indeed fortunate.



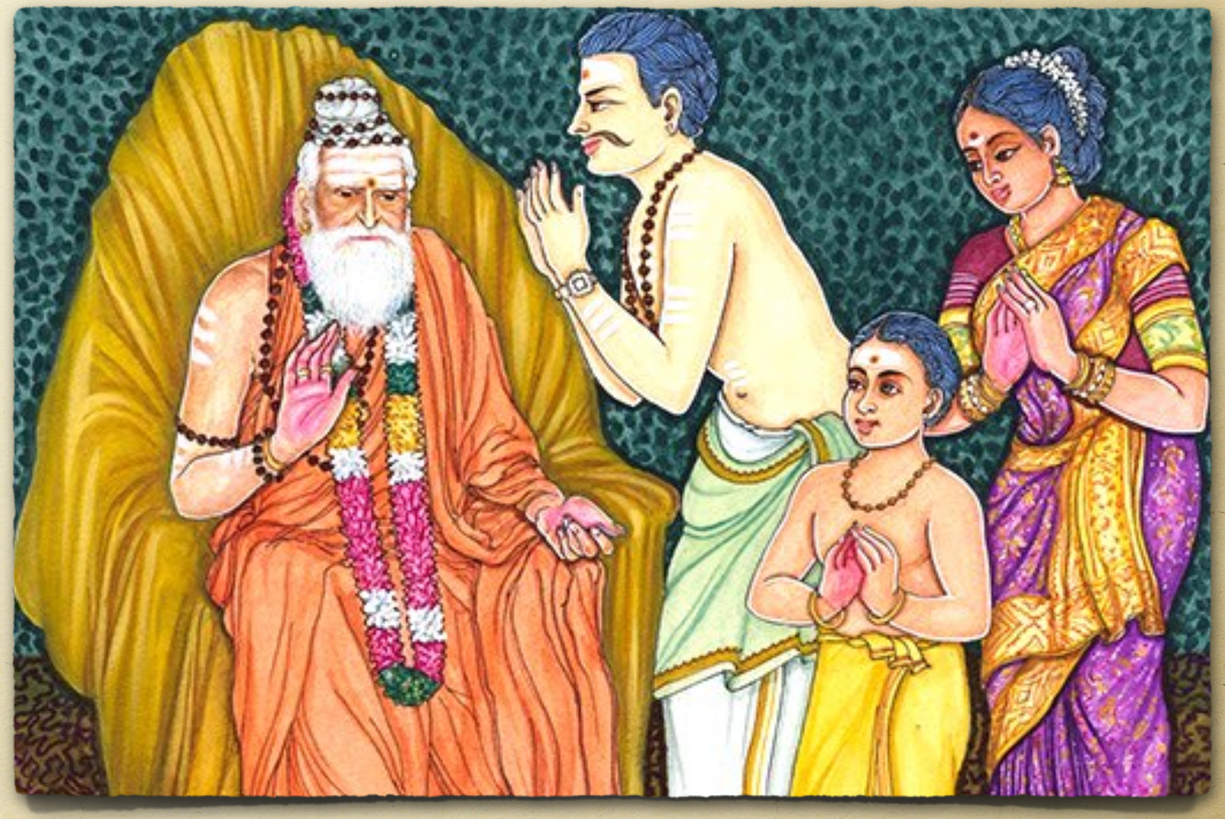
The Guru will share his wisdom

He can wisely advise your parents and keep the family strong, harmonious and spiritually alive.

Get to know him.

Talk to him and ask questions.

He will share his wisdom and help you draw close to God.



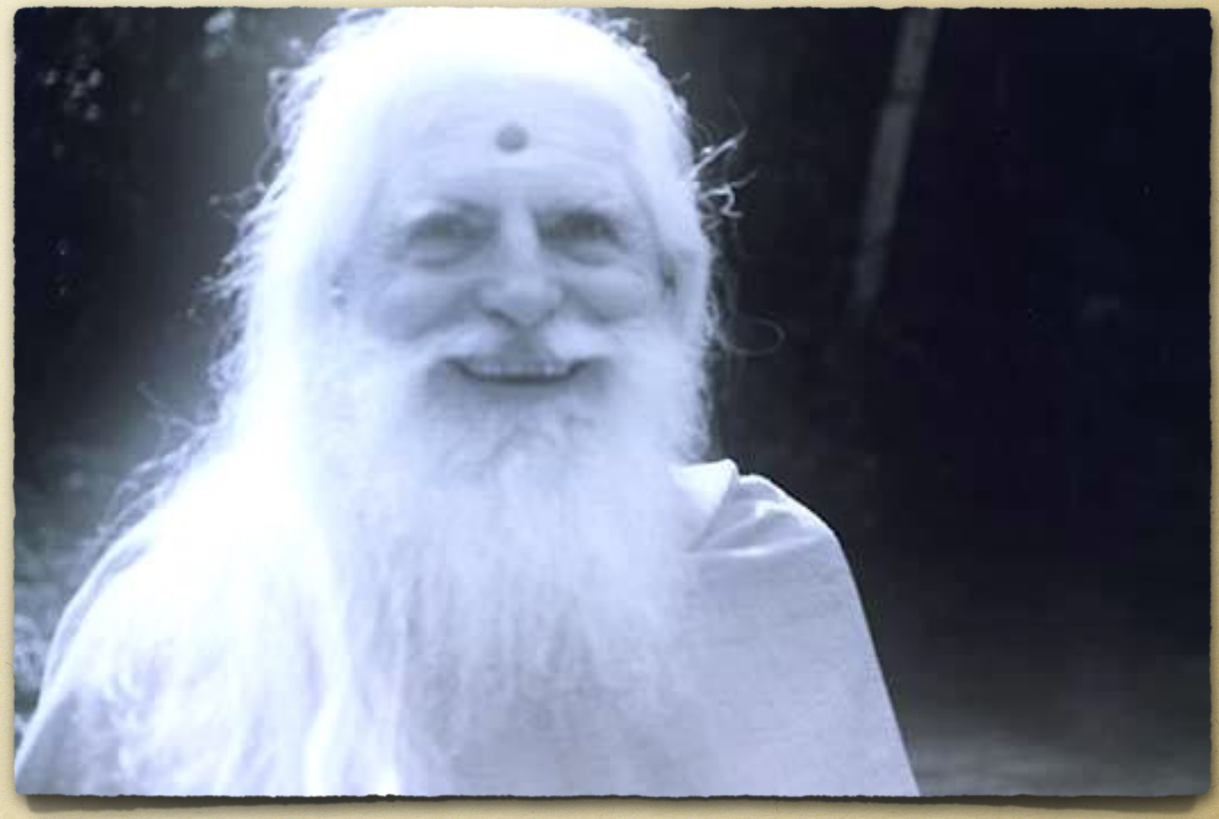
Gurudeva says…

The satguru is the devotee's spiritual guide and preceptor, friend and companion on the path.

Having become religion's consummation, the satguru can see where others are and know what their next step should be.

A satguru is needed because the mind is so cunning and the ego is a self-perpetuating mechanism.

It is he who inspires, assists, guides and impels the shishya toward the Self of himself.



QUESTIONS for Lesson 35

35.1 **The word guru means “teacher.” Anyone you are studying with may be called a guru, such as a dance guru, music guru or a classroom teacher**

☐ True
☐ False

35.2 **A Satguru is a teacher of sat or truth.**
(Check the incorrect answer)

☐ A. He is a guide who knows Truth and can take us there
☐ B. Your mother and father are your first satgurus
☐ C. He is a mature soul who is able to lead others along the path

35.3 **We worship the satguru as Siva Himself because Siva shines out from the satguru more brightly than from others.**

☐ True
☐ False

35.4 **A Satguru is a teacher of sat or truth.**

(Check the incorrect answer)

☐ A. Is married
☐ B. Brings peace and blessings to the world
☐ C. Is devoted full time to religious life

35.5 **The only way that karma can be softened is by the grace of God and guru.**
(Check the incorrect answer)

☐ A. Wisely advise your parents
☐ B. Initiate you to all become renunciates
☐ C. Keep the family strong, harmonious and spiritually alive

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 36

What Is Our Heritage of Gurus?

Enlightened Beings…

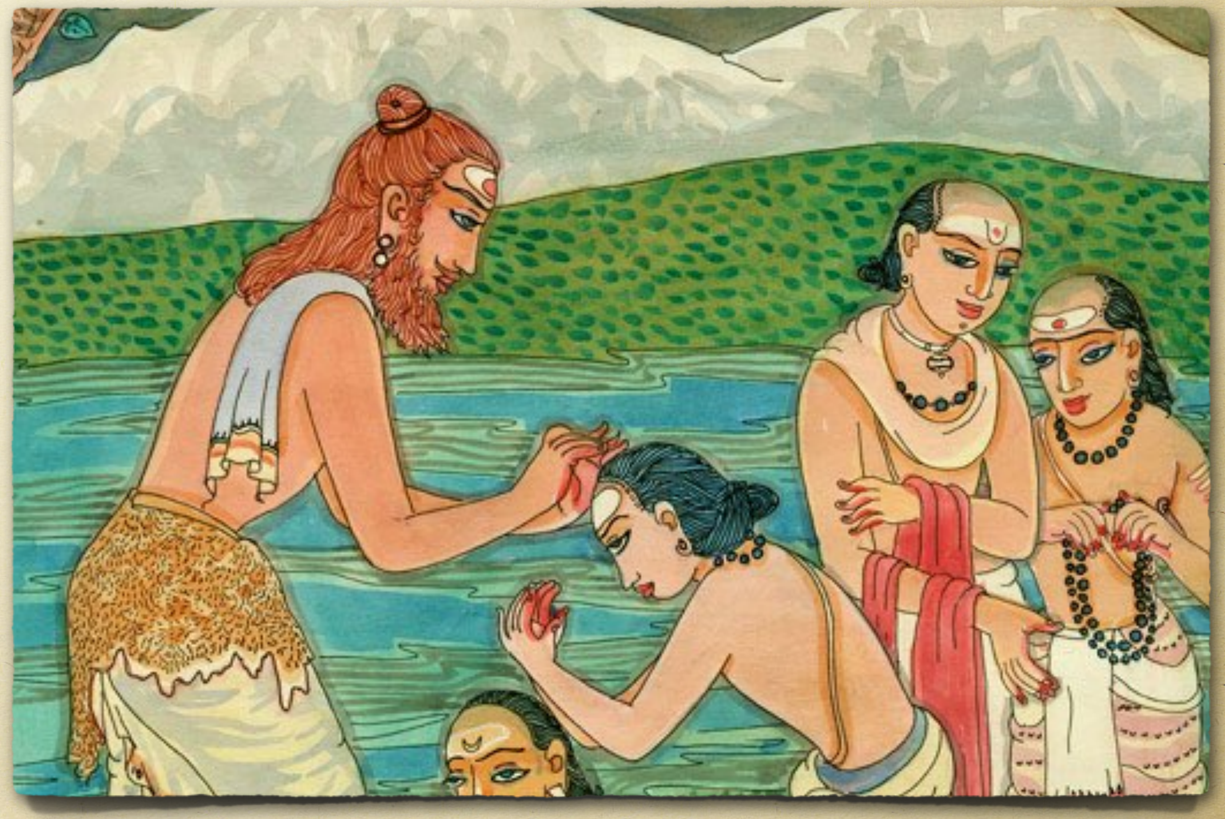


Since the beginning of time, the power, or shakti, of God Siva has been carried forth by enlightened beings, satgurus.

Parampara or chains of gurus…

Many of these masters trained other great souls and passed on their power to them.

As this happened again and again for thousands of years, many chains of gurus, called parampara, were formed.



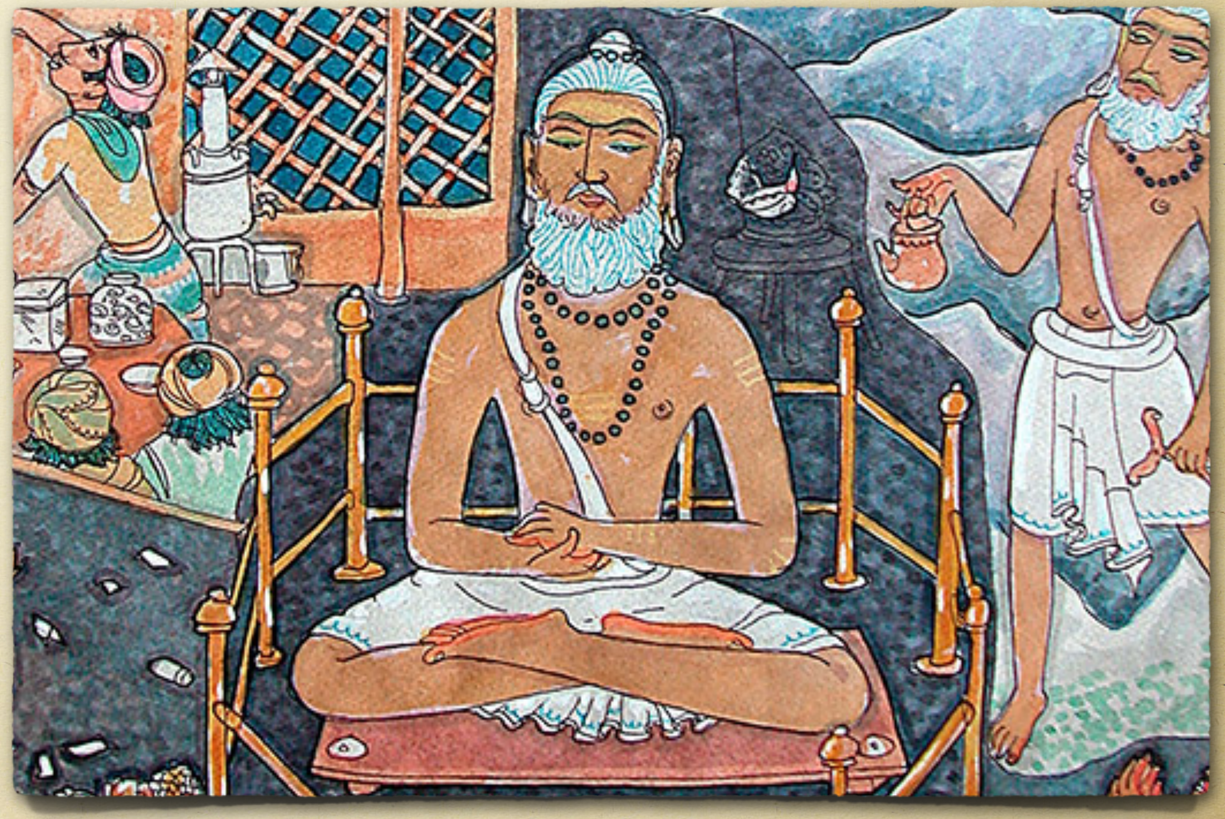
The Kailasa Parampara

Our lineage is called the Kailasa Parampara.

It means the lineage from Siva's Himalayan mountain, Kailas.

It began thousands of years ago.

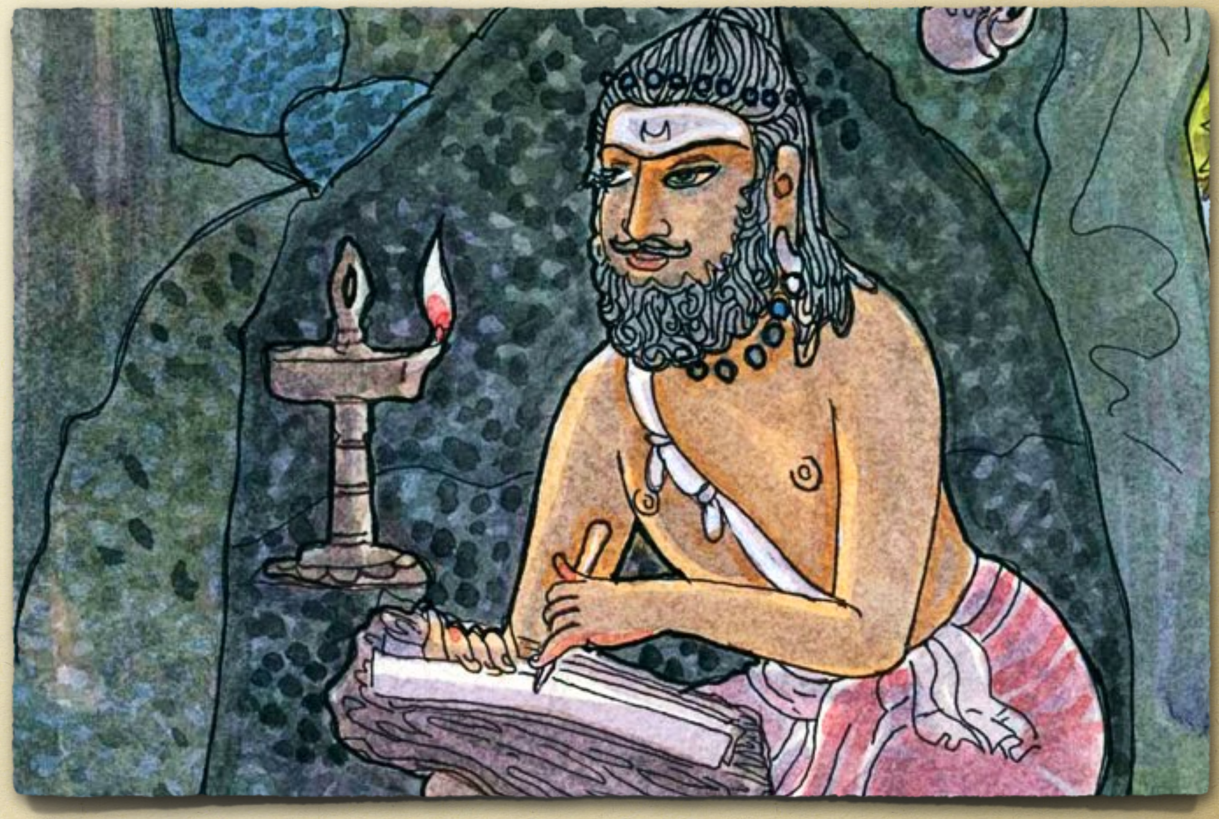
The first master that history records is Maha rishi Nandinatha (ca 250 bce).



Rishi Tirumular wrote the Tirumantiram

He passed his power to Rishi Tirumular, a sage who wrote a yoga text called Tirumantiram.

After him, over 150 rishis carried the shakti of Siva forward, their names lost to history.



Himalayan rishi to Kadaitswami

In the 19th century, a nameless Himalayan rishi of this lineage traveled to Bengaluru in South India.

There he passed the thread of power to Kadaitswami (1804–1891) and sent him to Sri Lanka to strengthen Saivism there.



Chelappaswami to Satguru Yogaswami …

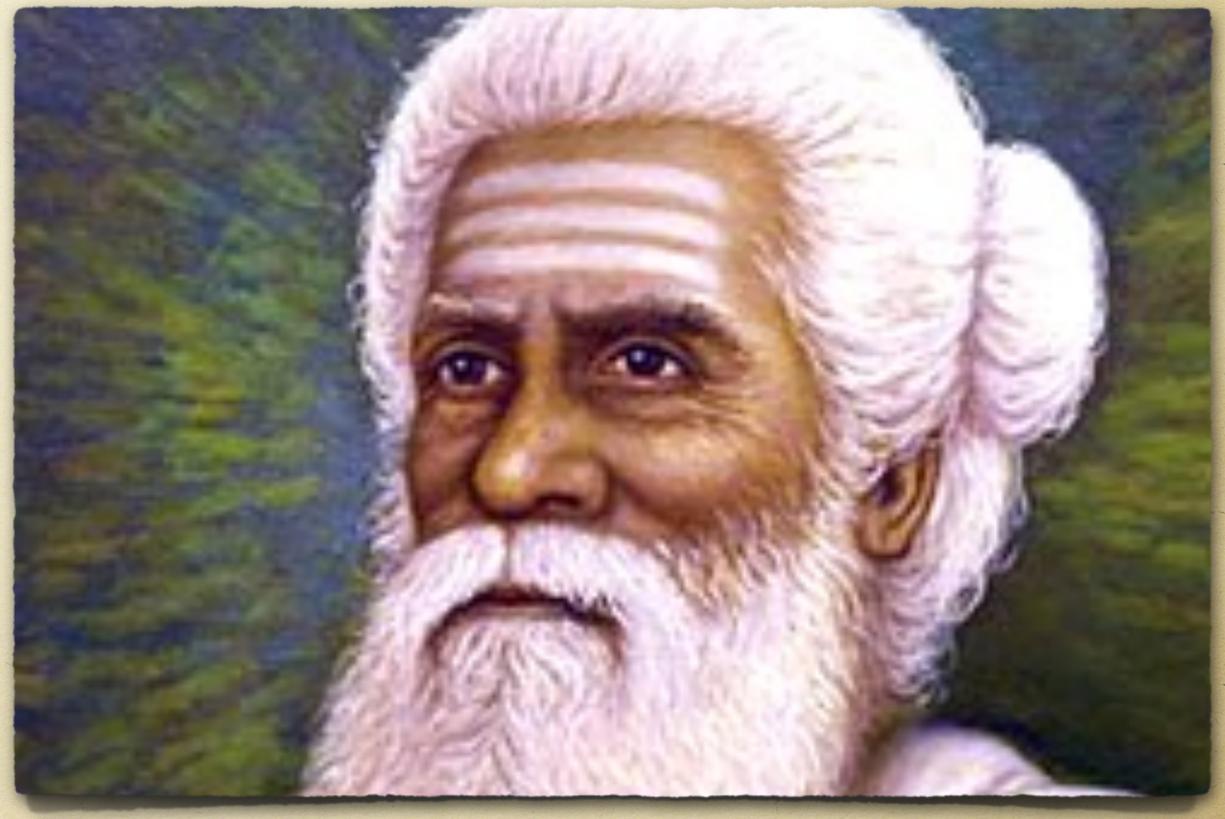
Kadaitswami passed his power to Sage Chellappaswami (1840–1915).



Chelappaswami to Satguru Yogaswami …

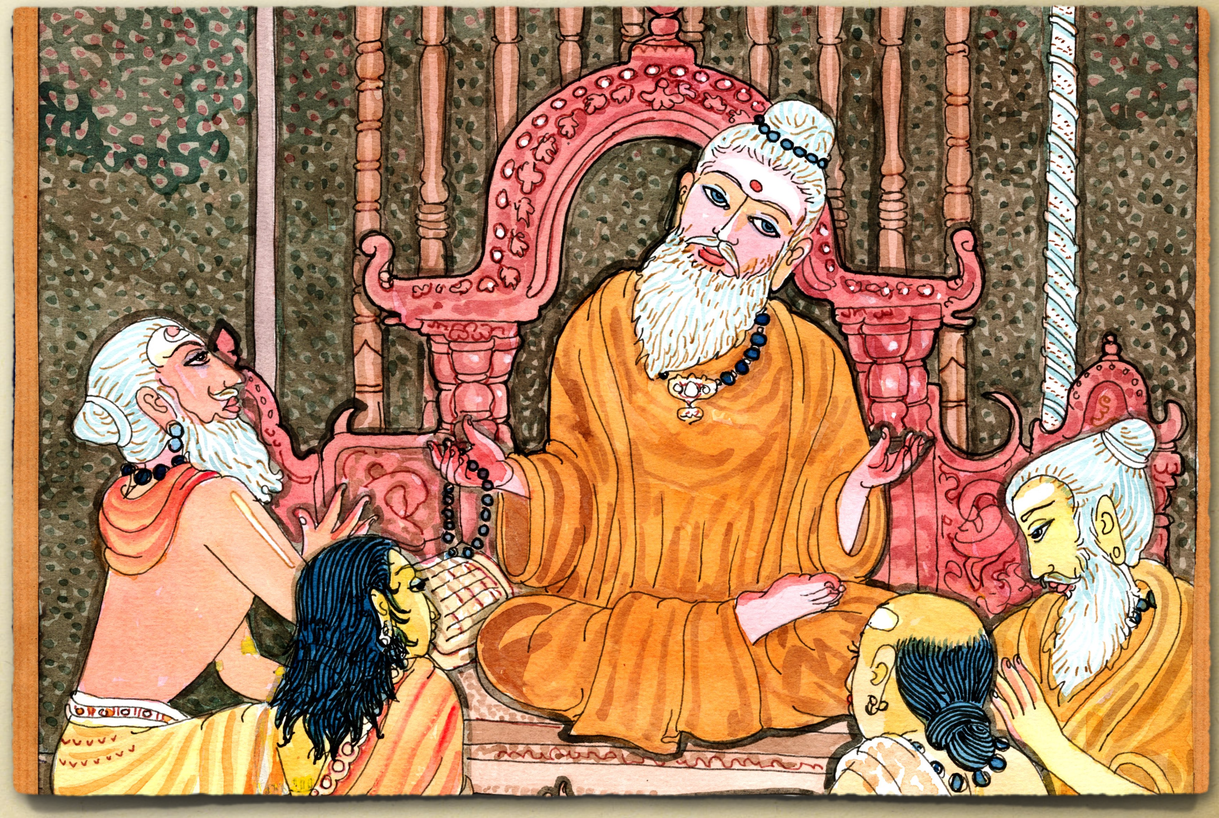
He, in turn, initiated Satguru Yogaswami (1872–1964).

In 1949, Yogaswami ordained our Gurudeva, Sivaya Subramuniyaswami (1927–2001).



Gurudeva Sıvaya Subramuniyaswami

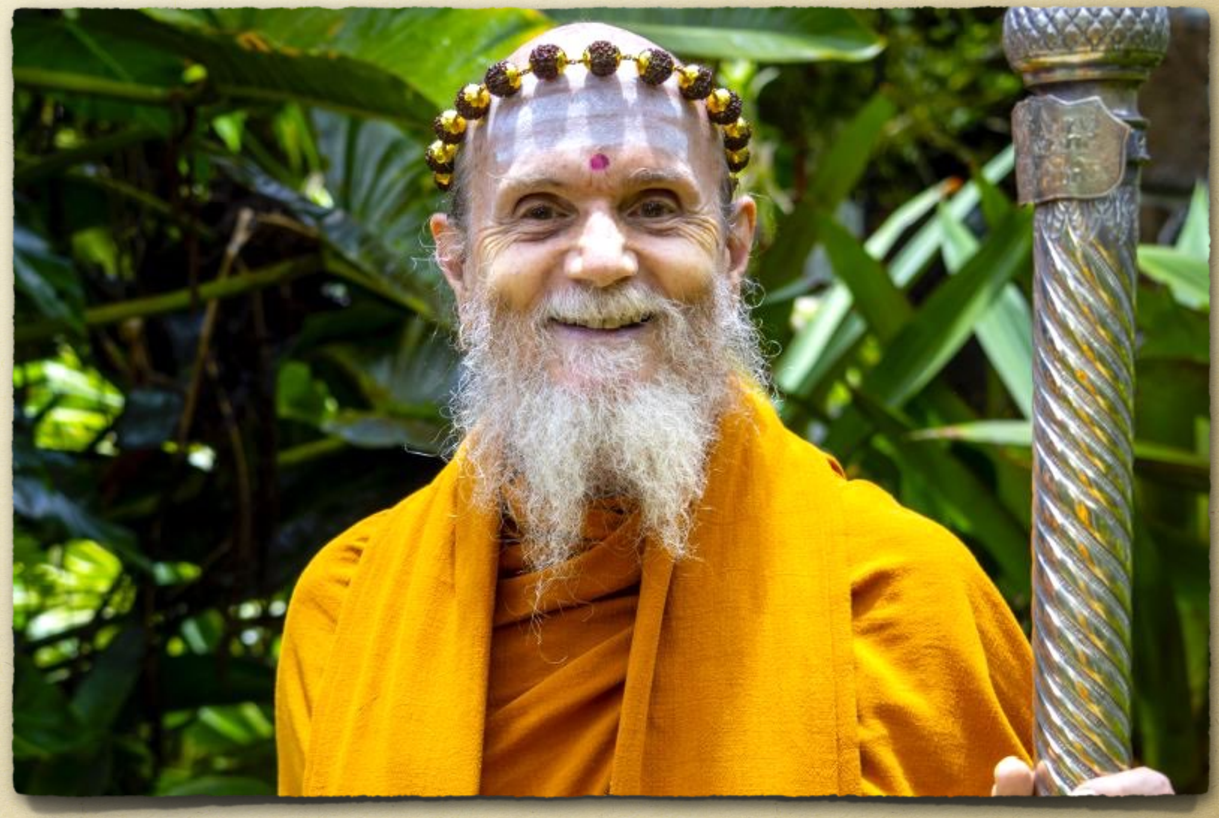
Gurudeva brought Saivism to the West and established Kauai Aadheenam, his monastery, on the Hawaiian island of Kauai in 1970.



Gurudeva to Satguru Bodhinatha Veylanswami

In 2001 he initiated Bodhinatha Veylanswami as his successor.

The power from all previous gurus and the blessings of the devas that assist them abide in the current preceptor.



Gurudeva says:

Hindu temples sustain Hinduism around the world.

Scriptures keep us always reminded of the path we are on and the path we are supposed to be on, but only from the satguru can you get the spirit, the shakti, the sustaining spirit, to make it all come to life in you, to make the temple meaningful and to complement the scriptures with your own sight, your own third-eye sight.



QUESTIONS for Lesson 36

36.1 **The Sanskrit term for chains of gurus is**
(Check the correct answer)

☐ A. Diksha
☐ B. Parampara
☐ C. Dakshinamurti

36.2 **The Kailasa Parampara began hundreds of years ago.**

☐ True
☐ False

36.3 **Number the satgurus of the Kailasa Parampara in chronological order from 1 - 8**

___ A nameless Himalayan rishi
___ Maharishi Nandinatha
___ Yogaswami
___ Kadaitswami
___ Veylanswami
___ Rishi Tirumular
___ Chellappaswami
___ Subramuniyaswami

36.4 **Kadaitswami traveled from South India to which place to strengthen Saivism?**
(Check the correct answer)

☐ A. Sri Lanka
☐ B. North India
☐ C. England

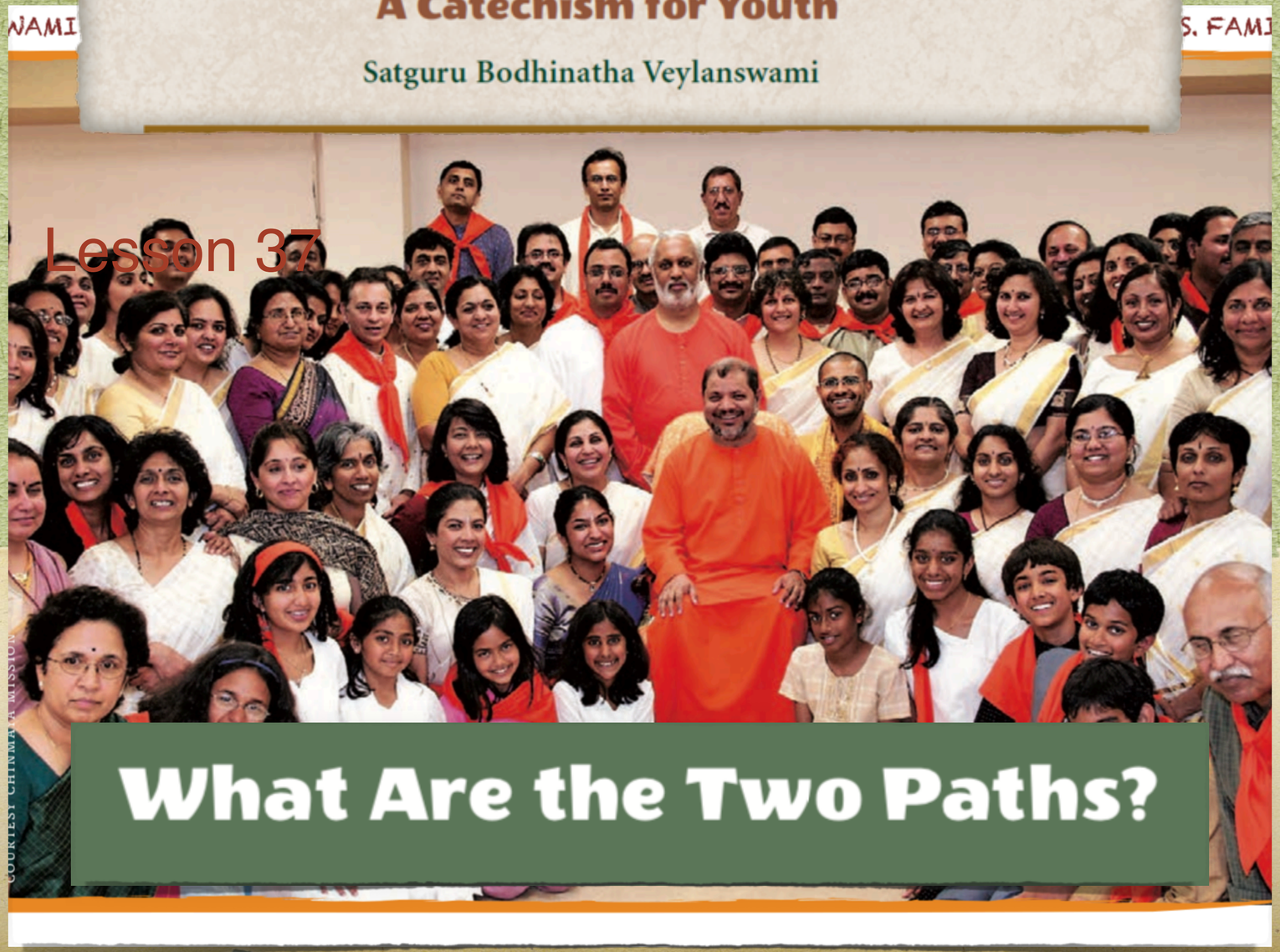
36.5 **The power from all previous gurus and the blessings of the devas that assist them abide in the**
(Check the correct answer)

☐ A. Previous preceptor
☐ B. Current preceptor
☐ C. Only some of the preceptors

Path to Siva

A Catechism for Youth

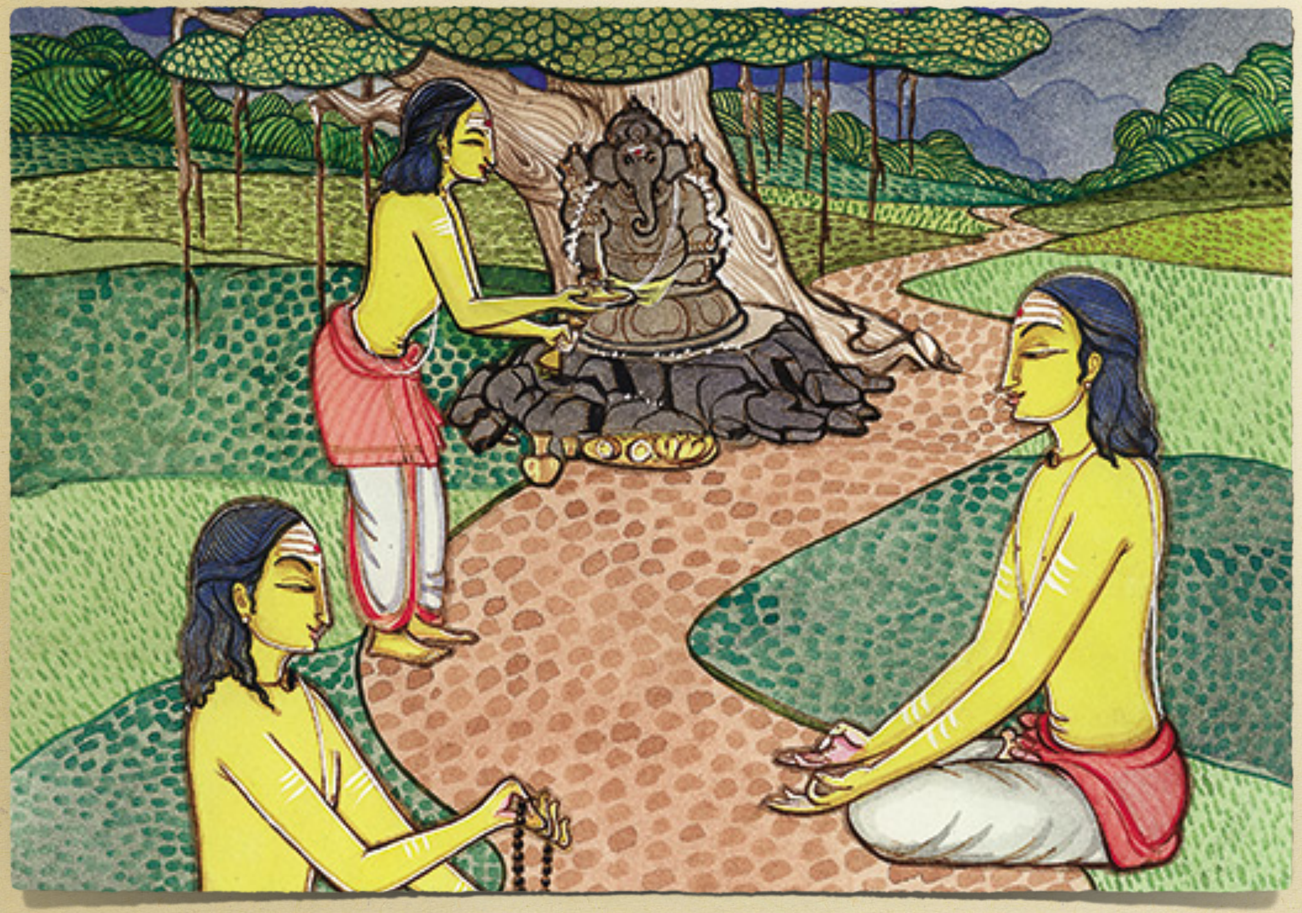
Satguru Bodhinatha Veylanswami



Lesson 37

What Are the Two Paths?

Two ways to live our adult life



We call them the two paths.

Most people follow the family path.

A rare few follow the monastic path.

The Family Path

A married couple has great responsibilities.

They create and run a home together.

They raise their children as spiritual, well-educated citizens of their nation.

They provide support to the young, the aged and the monastic community.



The Tirukural states:

The *Tirukural* summarizes:

“The foremost duty of family life is to serve duly these five: God, guests, kindred, ancestors and oneself.”



Married Life

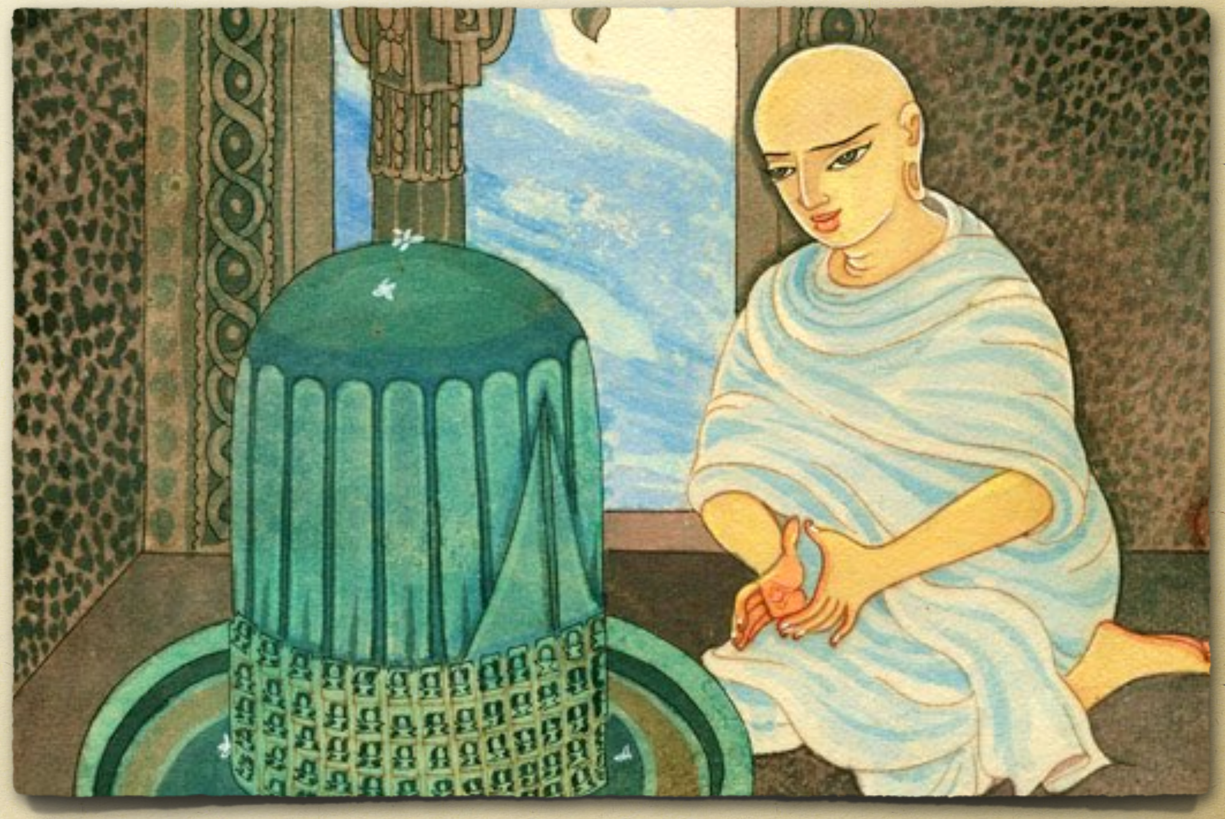
Married life begins with the wedding ceremony, where vows are taken to be faithful and follow dharma for life.



Monastic Life

Monastics follow a different path.

Instead of having a spouse and children, they embrace the whole world as their family.



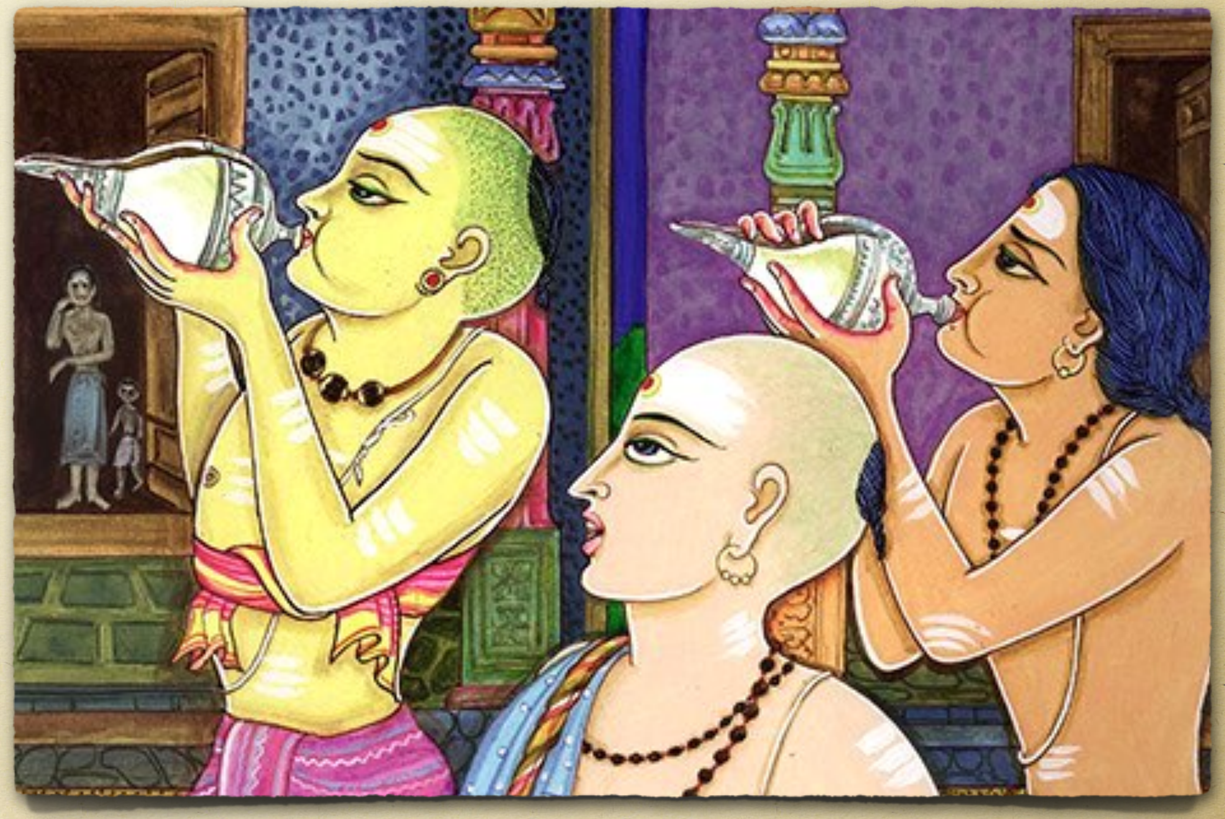
The two goals of Monastics

They have two goals: to serve humanity and realize God.

They renounce name and fame.

Their focus is worship, meditation and yoga, which makes them pure and wise.

They inspire and uplift those on the householder path.



Who are the Monastics?

Some wander or live alone, and others join monasteries.

Some are dynamic teachers, some are swamis with many followers and others are unheralded hermits.



Saivite Monastics

In Saivism, most monastics are men, but there are also orders for women.

Monastic life begins with vows to stay unmarried and celibate, devoted to God, Gods and guru.



How do we recognise a monastic?

Most Hindu monks wear orange robes.

Others wear white or yellow robes.

Some shave their heads, while others have long hair and beards.



The Tirukural praises the two paths

The *Tirukural* praises both paths:

“Behold those who have weighed the dual nature of things and followed the renunciate’s way. Their greatness illumines the world.”

“Domestic life is rightly called virtue. The monastic path, rightly lived beyond blame, is likewise good.”



Which path to choose?

The key is to choose your path carefully and follow it faithfully.



Gurudeva says:

The two paths—householder and renunciate—every young man has to choose between them. …

The choice is his and his alone as to how his soul is to live through the birth karmas of this incarnation.

Both paths take courage, great courage, to step forward and embrace the responsibilities of adult life.



QUESTIONS for Lesson 37



37.1 **The two paths refers to**
(Check the incorrect answer)

☐ A. Karma yoga and bhakti yoga
☐ B. Two ways to live our adult life
☐ C. The family path and the monastic path

37.2 **For each concept below, enter "F" if it relates to the family path and "M" if it relates to the monastic path.**

___ The whole world is their family
___ Provide support to the young and the aged
___ Serve humanity and realize God
___ Renounce name and fame
___ Family is spouse and children

37.3 **In Saivism, monastics are**
(Check the correct answer)

☐ A. Always men
☐ B. Mostly men
☐ C. Always women

37.4 **The Tirukural praises**
(Check the correct answer)

☐ A. The family path
☐ B. The monastic path
☐ C. Both paths

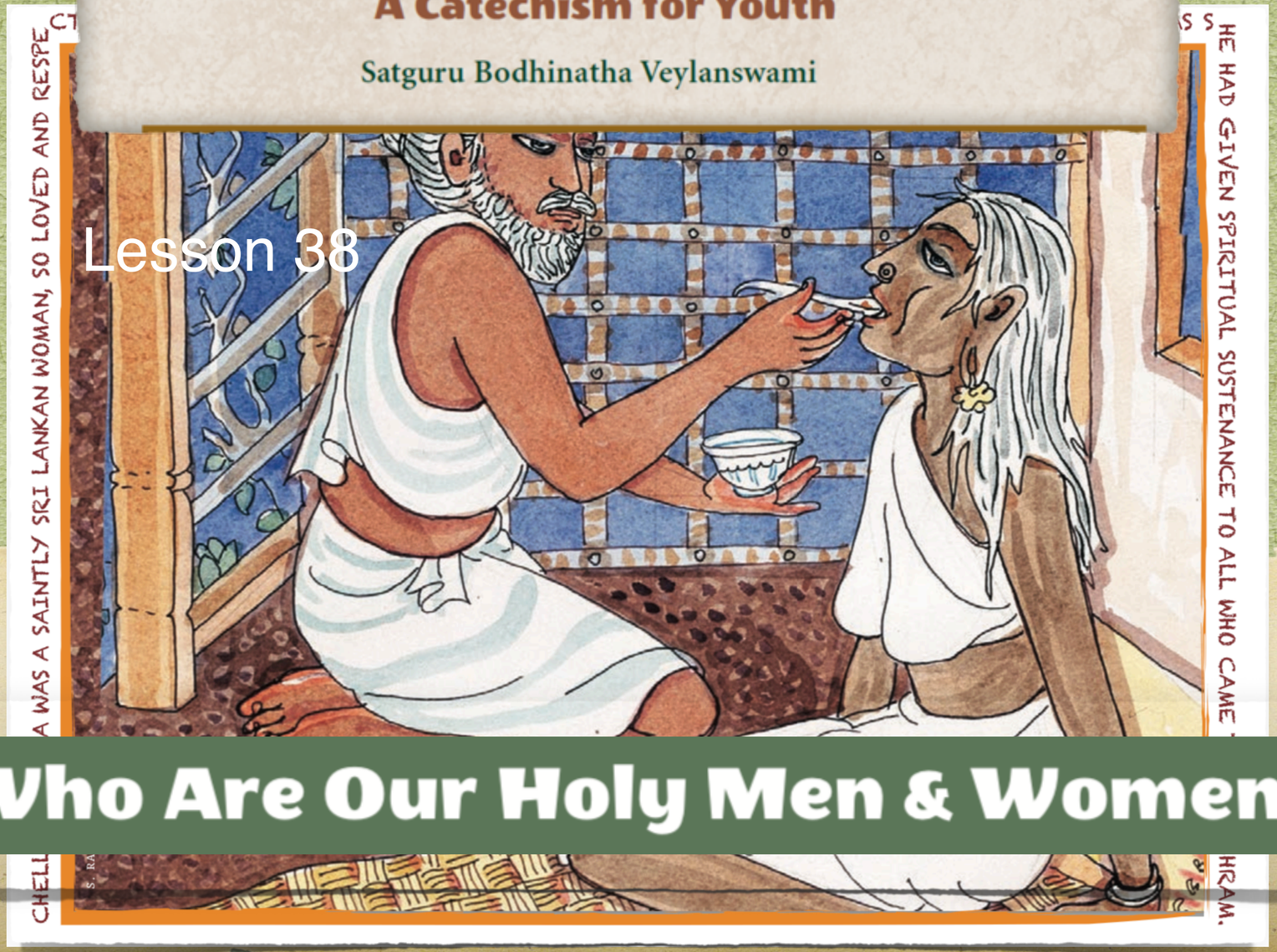
37.5 **The key is to choose your path carefully and follow it faithfully.**

☐ True
☐ False

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 38

Who Are Our Holy Men & Women?

Holy Men and Women of Saivism



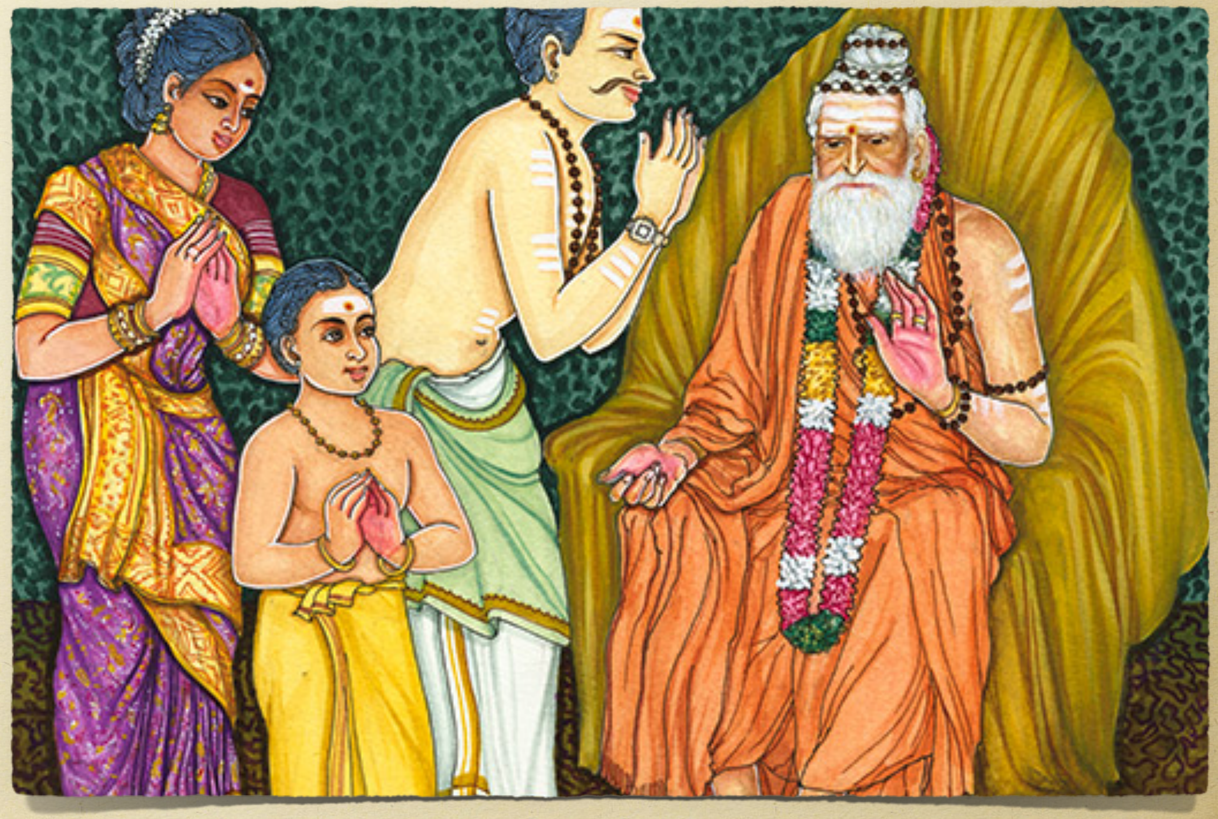
Saivism has many holy men and women.

All are great devotees of Siva, Murugan and Ganesha.

We honour holy ones

We honor living holy ones on their birthday, or *jayanti*.

Those who have left this Earth we revere on the day of their passing, or *mahasamadhi*—their new birthday.



Saints and sages

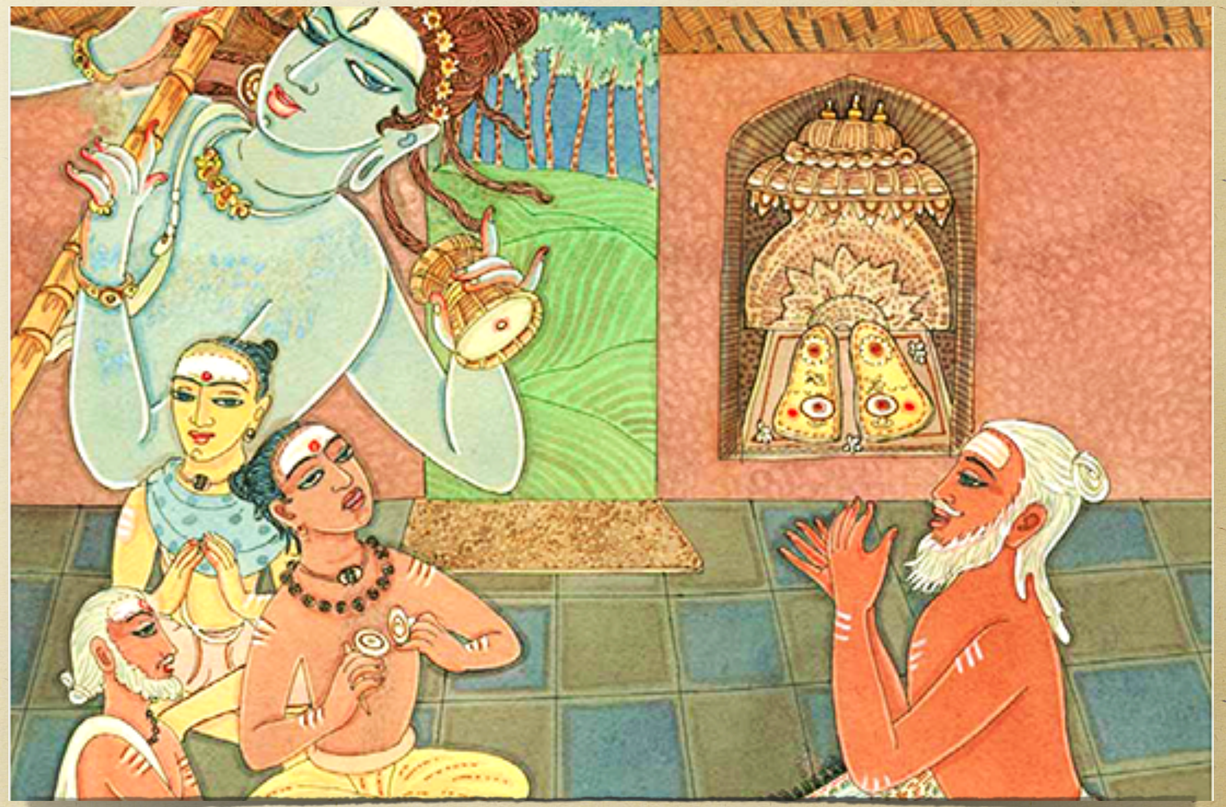
Saints reflect the peace, humility and purity of a devout life.

Sages are great souls who may outwardly appear ordinary.



Who are Satgurus?

Satgurus are enlightened beings who guide others on the path.



Holy men and women in history

Holy men and women—married people as well as gurus, sadhus and swamis—have stood strong for Saivism at critical times throughout history.

Many traveled widely and spread Saivite culture and knowledge to new areas.



Some solitary, others composing songs..

Some were solitary mystics, meditating and performing yoga.

Some wrote scriptures or composed beautiful songs to God that we sing today.

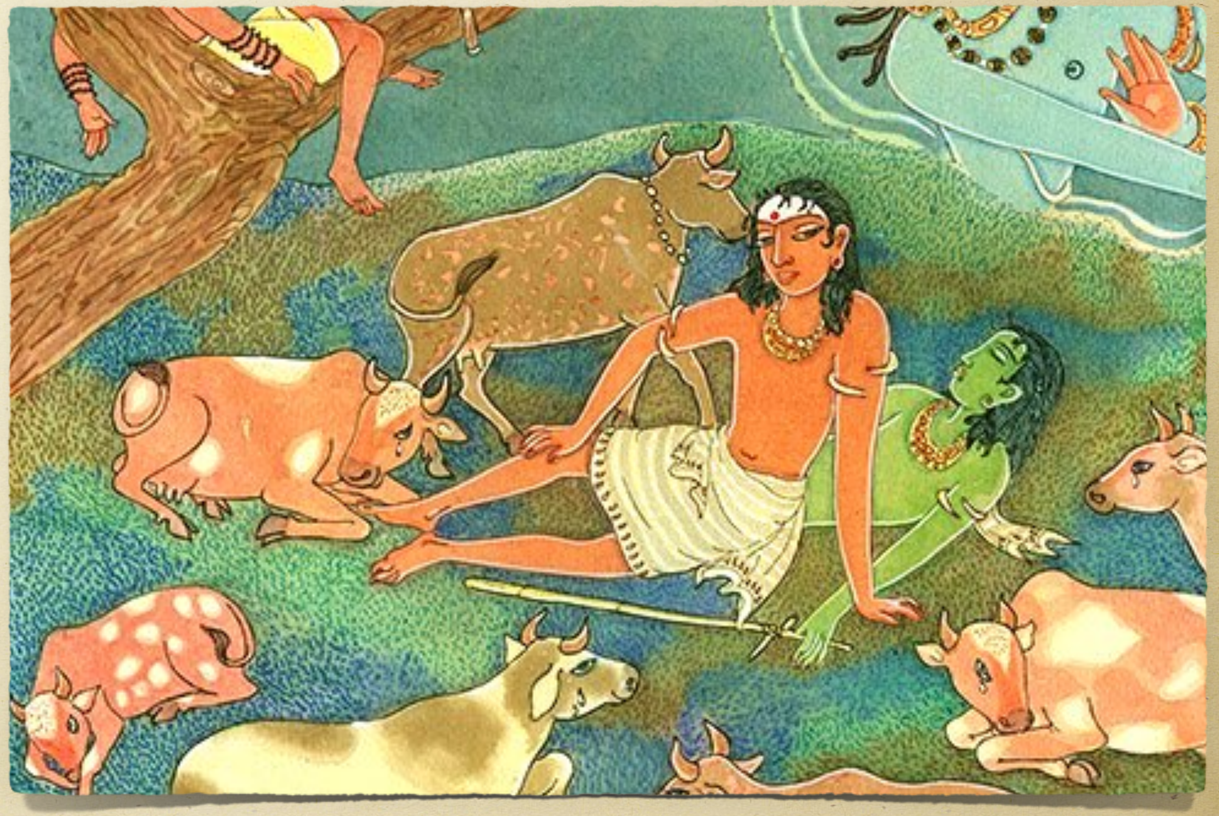


When did our lineage begin?

Our lineage began over 2,000 years ago with Maharishi Nandinatha, a yoga master from Kashmir.

His disciple Sundaranatha, later known as Rishi Tirumular traveled by foot to South India to teach Saivism.

Our many gurus followed from him.



Other saivite traditions…

Other Saivite traditions include that of Matsyendranatha and his disciple Gorakshanatha, who expounded hatha yoga and spread Natha Saivism through central India and Nepal.



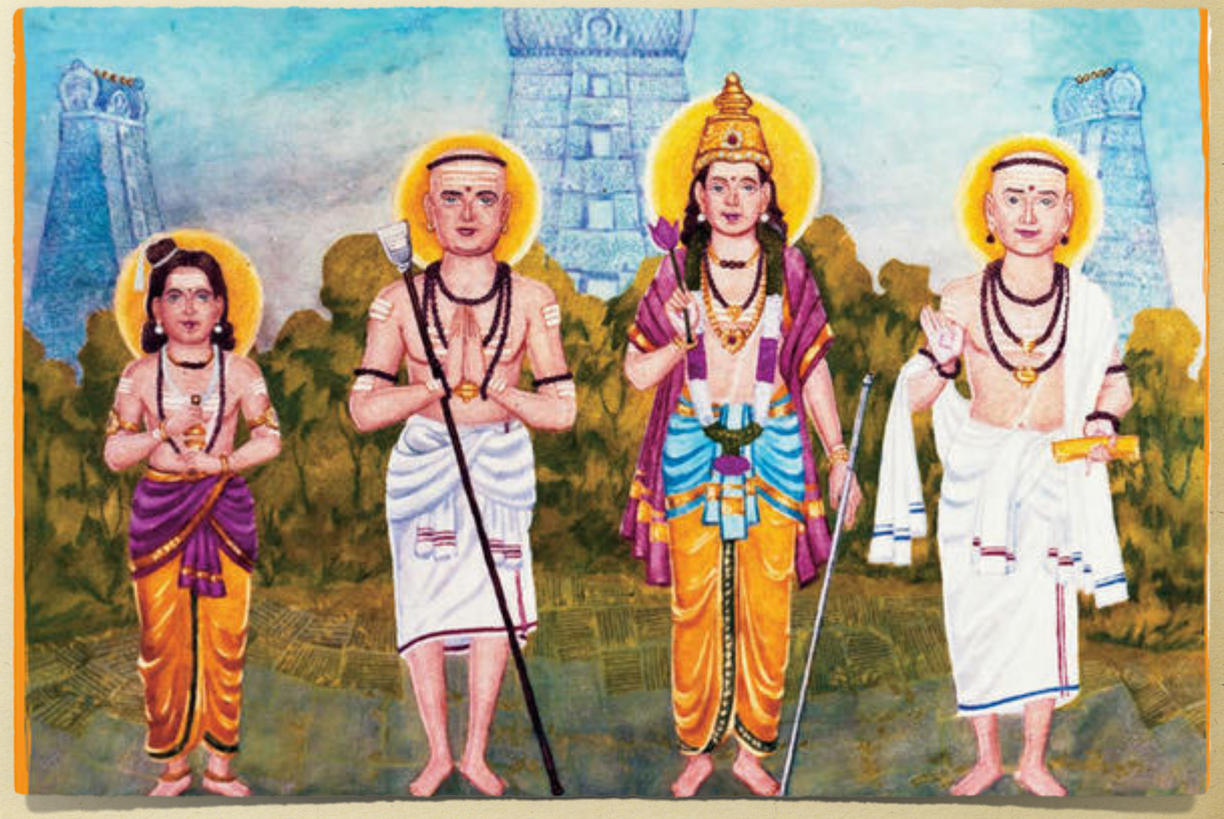
Woman saivite saints

The many women saints include the austere yogini Karaikkal Ammaiyar and the beloved Saint Auvaiyar, whose poems children study to learn religion and good conduct.



Tamil saiva saints

Among the most famous Tamil Saiva saints are the Nalvars, who kept Saivism strong in Tamil Nadu twelve centuries ago.



Gurudeva says…

Though it may not be your dharma to formally renounce the world, you can benefit your search immensely by knowing how the great ones seek to live and respond to life.

You can find ways in the midst of your life to follow their example.

in the midst of your life to follow their exam



QUESTIONS for Lesson 38

38.1 **Saivism's many holy men and women are all great devotees of**
(Check the incorrect answer)

☐ A. Siva
☐ B. Krishna
☐ C. Murugan
☐ D. Ganesha

38.2 **Enter the letter from below of A - B for the correct Sanskrit term.**

___ Living holy ones are honored on their birthday
___ Those who have left this Earth are revered on the day of their passing

(A) Mahasamadhi
(B) Jayanti

38.3 **Enter the letter from below of A - C for the correct category of holy men and women that applies to that description.**

___ Reflect the peace, humility and purity of a devout life
___ Are great souls who may outwardly appear ordinary
___ Enlightened beings who guide others on the path

(A) Sages
(B) Saints
(C) Satgurus

38.4 **All our holy men and women were solitary mystics, meditating and performing yoga.**

☐ True
☐ False

38.5 **Enter the letter from below of A - B for the correct woman saint who fits that description.**

___ Austere yogini
___ Author of poems for children

(A) Karaikkal Ammaiyar
(B) Saint Auvaiyar

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami



Lesson 6

Who Are the Four Great Tamil Saints?

The Nalvars are the four Siva saints



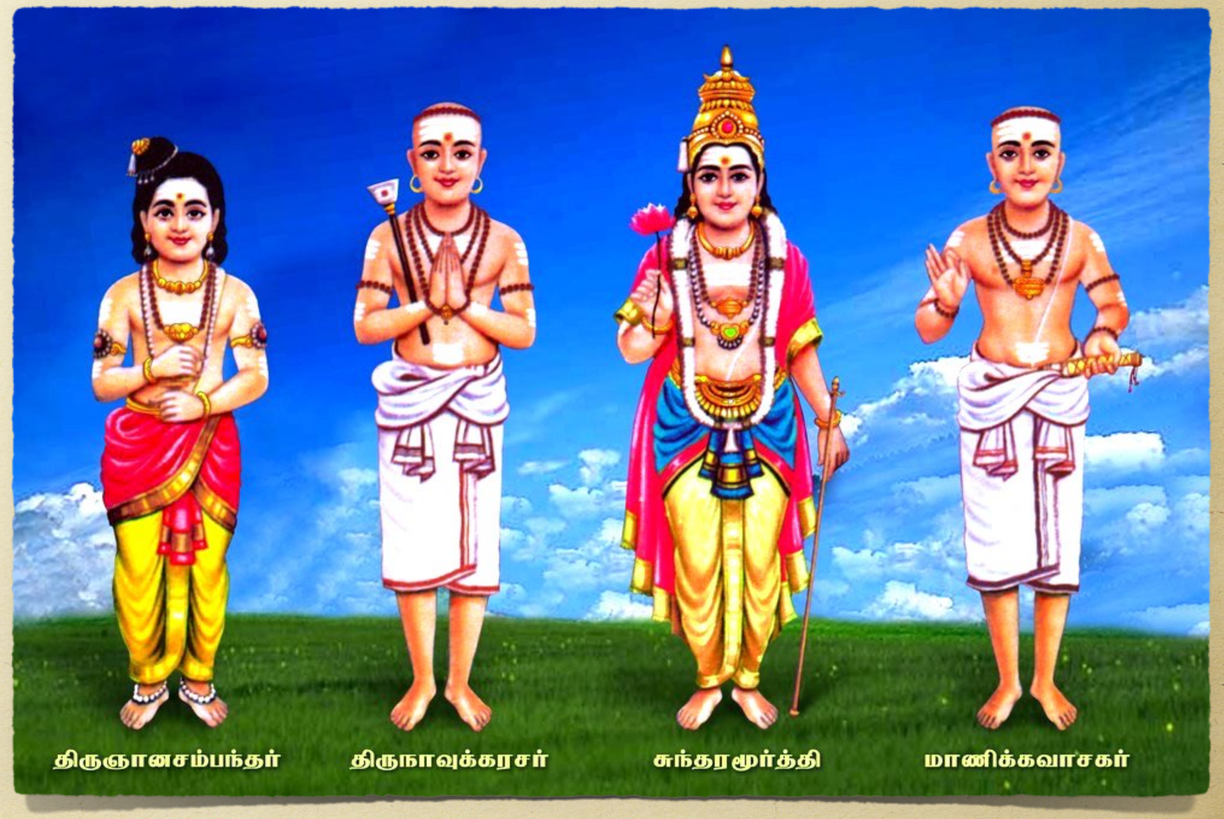
The Nalvars are the four Siva saints who lived in Tamil Nadu around 1,200 years ago.

Each composed devotional songs that are sung today in satsangs and temples.

Who are these Saints?

Their names are Appar, Sundarar, Sambandar and Manikkavasagar.

All are deeply revered by Tamil Saivites.



Saint Tirunavukkarasar, known as Appar

Saint Tirunavukkarasar, known as Appar (“father”), traveled from temple to temple worshiping Siva.

He chose the humblest of work, sweeping the temple walks and weeding the stone courtyards.



Saint Sundarar

Saint Sundarar is known for his deep visions of Lord Siva and for several miraculous events that occurred in his life.

A poor man, he often prayed for money or food for his family. His prayers were always answered.



Saint Sambandar

The third saint, Sambandar, was just three years old when he was blessed with a vision of Lord Siva, after which he spontaneously sang his first song.

He traveled throughout South India, sometimes with Appar, his elder, singing the praises of Siva.

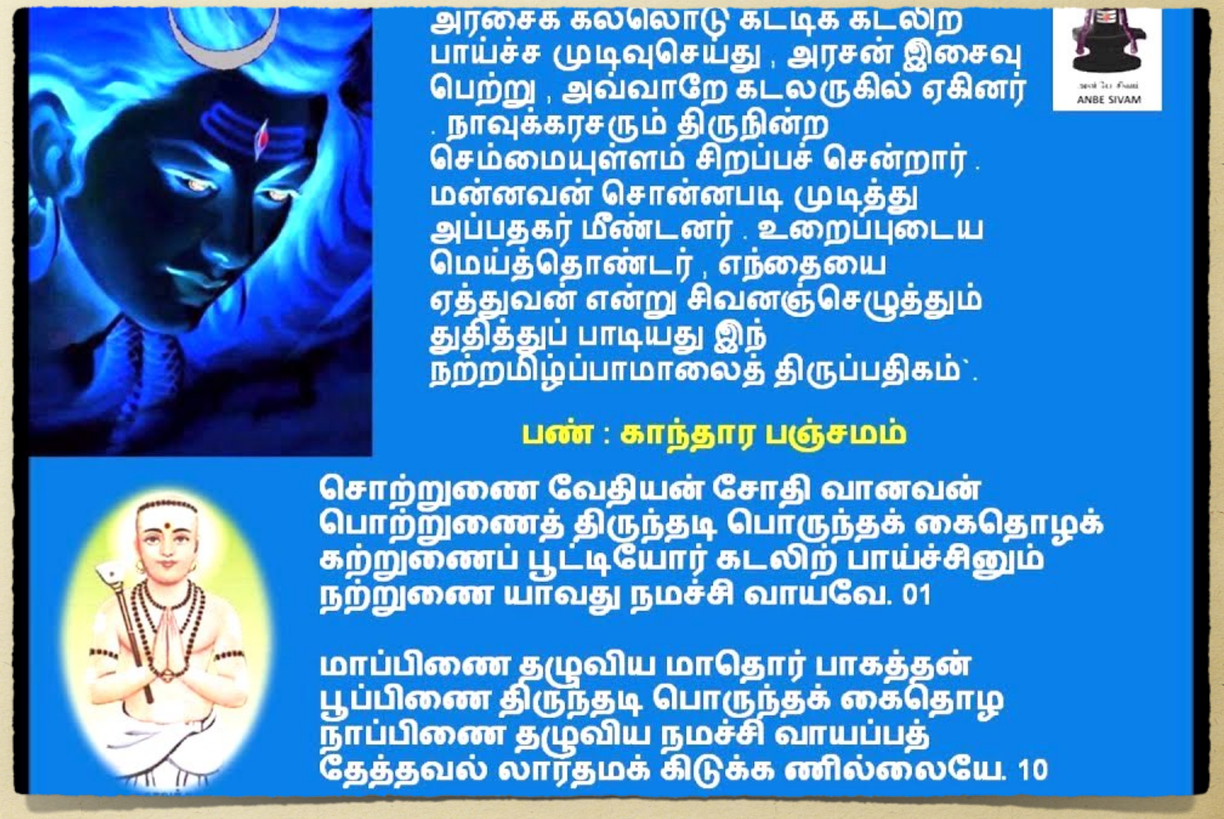
At age 16, his family arranged him to be married. But this was not to be.

He was so devoted to Siva that just before the wedding, he disappeared into the sanctum of Tirunallurperuman Siva Temple near Chidambaram and was never seen again.



Devarums

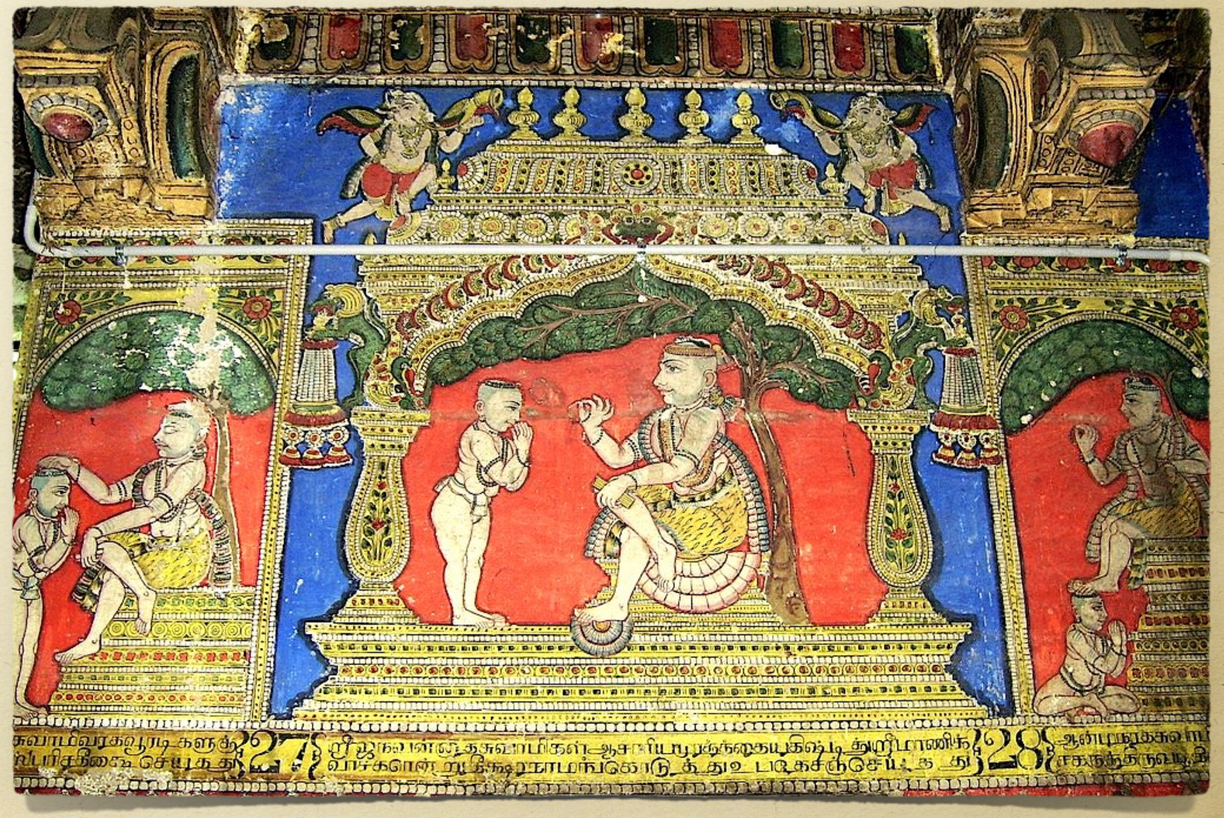
The songs of the first three saints are called *Devarams*.



Manikkavasagar

Manikkavasagar, the fourth Nalvar, was prime minister to the Pandyan king of Madurai.

One day he was blessed with enlightenment in a vision of Lord Siva sitting under a banyan tree.

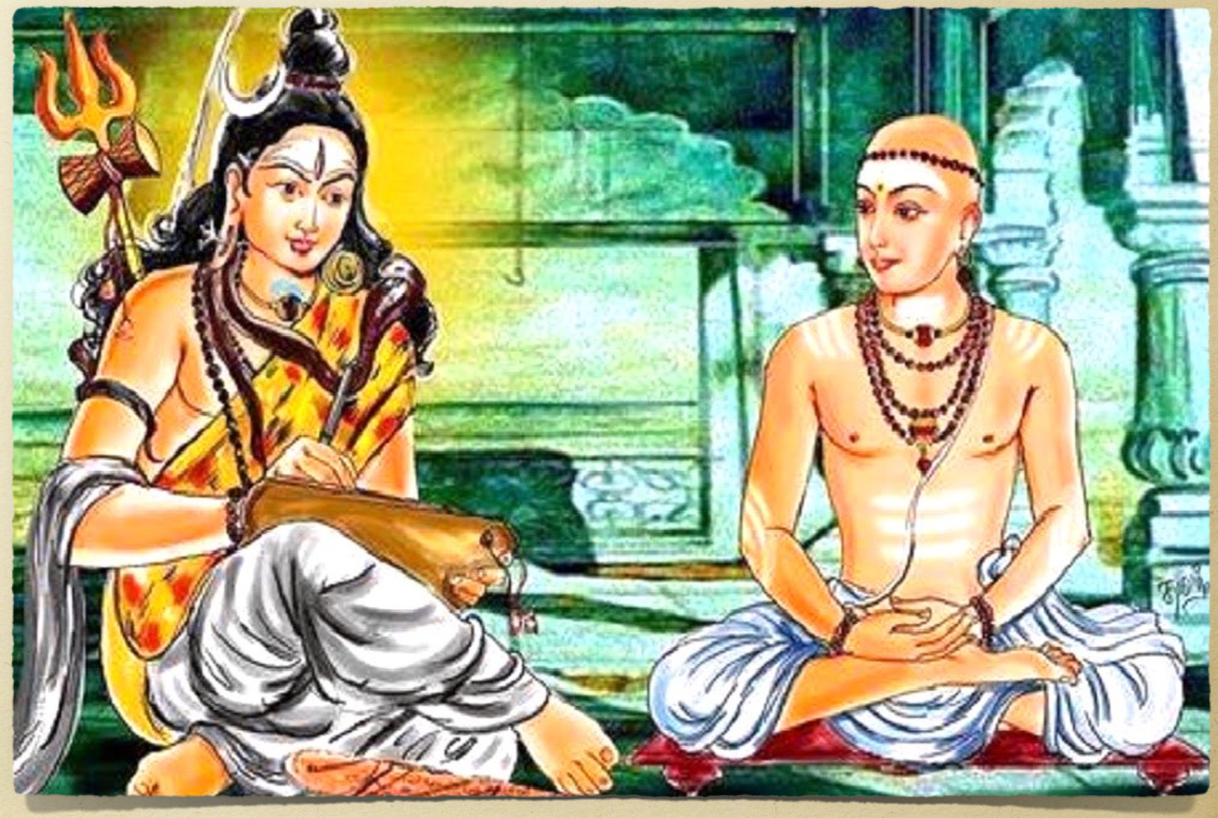


Manikkavasagar’s Tiruvasagam

After this he left the royal court and traveled about, composing songs and building a temple for Siva at Tiruperunthurai.

His poems stress the importance of the Namasivâya mantra, developing dispassion and cultivating love of Lord Siva.

His highly poetic hymns are found in two collections, *Tiruvasagam* and *Tirukovaiyar*.



Gurudeva says…

Our saints have sung that Siva is within us, and we are within Siva.

Knowing that, fear and worry and doubt are forever gone from our mind.



QUESTIONS for Lesson 39

39.1 **The Nalvars are four Saiva saints who lived in Tamil Nadu around 200 years ago.**

☐ True
☐ False

39.2 **Each of the Nalvars**

(Check the correct answer)

☐A. Was a great yogi
☐B. Wrote books on philosophy
☐C. Composed devotional songs

39.3 **Enter the letter from below of A - D for the correct Nalvar who fits that description.**

___ Swept the temple walks
___ Known for his deep visions of Siva and for several miraculous events
___ Was just three years old when blessed with a vision of Siva
___ Was prime minister to the Pandyan king of Madurai

(A) Sundarar
(B) Sambandar
(C) Appar
(D) Manikkavasagar

39.4 **The songs of Appar, Sundarar and Sambandar are called**

(Check the correct answer)

☐ A. Tiruvasagam
☐ B. Devarams
☐ C. Tirukural

39.5 **The songs of Manikkavasagar are called**

(Check the incorrect answer)

☐ A. Tiruvasagam
☐ B. Devarams
☐ C. Tirukovaiyar

Path to Siva

A Catechism for Youth

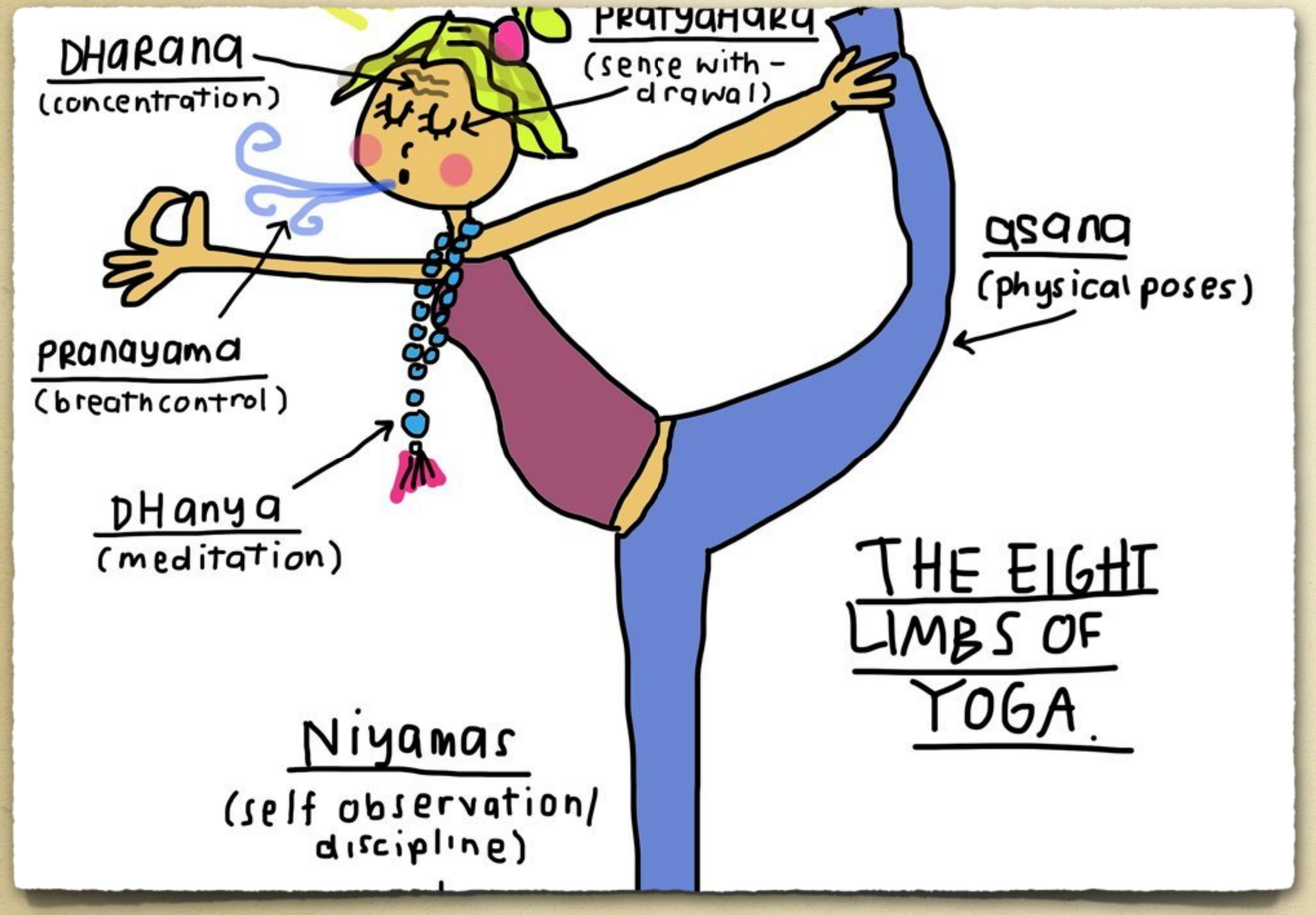
Satguru Bodhinatha Veylanswami

Lesson 40



What Is Our Code of Conduct?

The yamas and niyamas



The yamas and niyamas are the Hindu code of conduct. Heeding the ten yamas or “restraints” keeps our instinctive nature in check. Abiding by the ten niyamas, “observances,” makes us more religious and cultured, revealing our refined soul nature.

A foundation for our spiritual progress

The yamas and niyamas provide the foundation to support our yoga practice and sustain us from day to day and year to year on the path to Siva.



1.AHIMSA:“Noninjury.”

Do not harm others by what you do, say or think, even in your dreams.

Live a kindly life, never causing fear, pain or injury.

See God in everyone.

Follow a vegetarian diet.



2.SATYA:“Truthfulness.”

Speak only what is true, kind, helpful and necessary.

Be true to your promises.

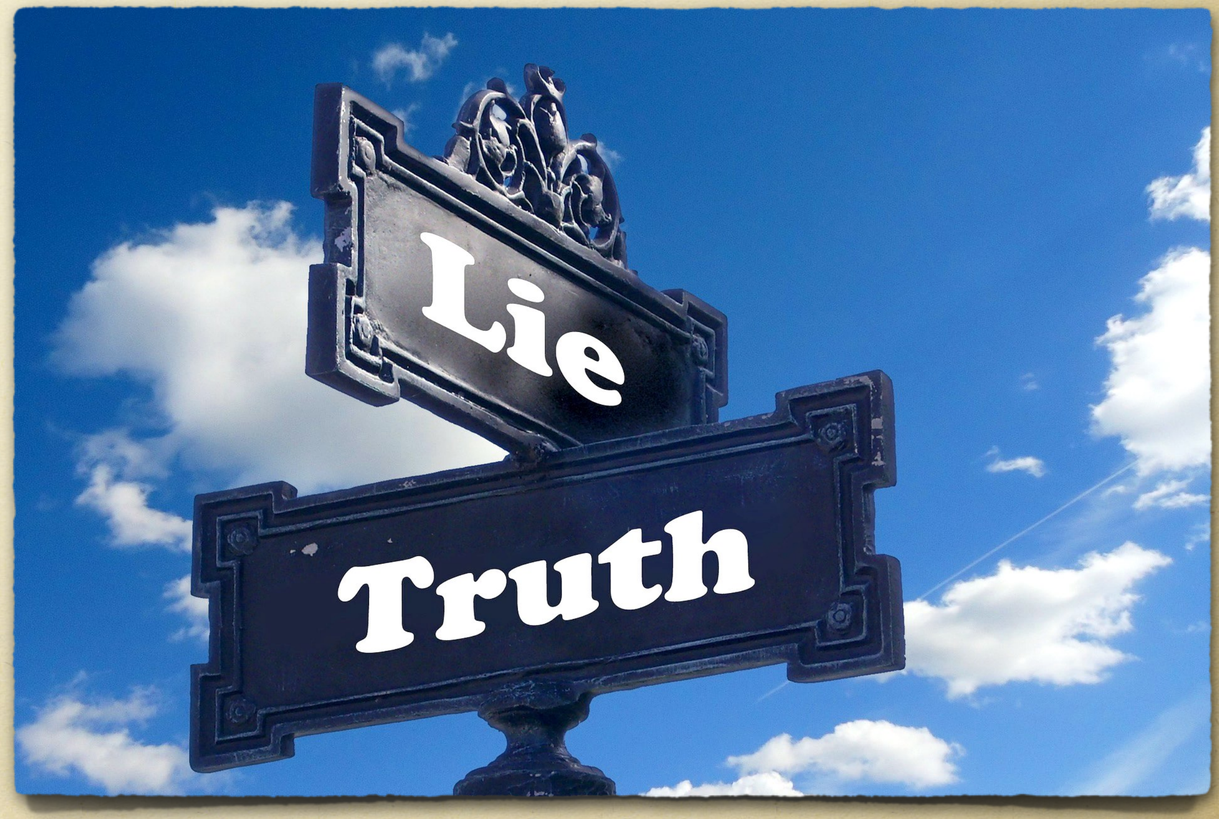
Don’t keep secrets from family or friends.

Be accurate and frank in discussions.

Don’t deceive others.

Admit your failings.

Do not gossip, backbite or tell lies.



3.ASTEYA:“Nonstealing.”

Do not steal.

~~Control your desires, and live within your~~ family’s means.

Do not desire what others possess.

Do not misuse things you borrow.

Do not gamble or fail to repay debts.

Do not use others’ names, words, resources or rights without permission and acknowledgement.



4.BRAHMACHARIYA:“Divine conduct.”

Control your desires when single, reserving sexual relations for marriage.

Before marriage, use vital energies in study, and after marriage in creating family success.

Dress and speak modestly.

Seek holy company.

Avoid pornography and violence on TV, in movies, magazines and online.



5.KSHAMA:“Patience.”

Restrain intolerance with people and impatience with circumstances.

Be agreeable and unhurried.

Let others behave according to their nature, without adjusting to you.

Do not argue, interrupt or dominate conversations.

Be especially patient with children and the elderly.

Remain poised even in difficult times.



6.DHRITI:“Steadfastness.”

Overcome fear, indecision and changeableness.

Stick to what you are supposed to do without getting sidetracked.

Be firm in your decisions.

Achieve your goals with a prayer, purpose, plan, persistence and push.

Do not complain or make excuses.

Develop willpower, courage and industriousness. Conquer obstacles.



7.DAYA:“Compassion.”

Conquer cruel and insensitive feelings toward all beings.

See God everywhere. Be kind to people, animals, plants and the Earth itself.

Forgive those who apologize and express their true remorse.

Foster sympathy for others’ needs and suffering.

Help those who are weak, poor, aged or in pain.

Oppose family abuse and other cruelties.



8. ARJAVA:“Honesty, straightforwardness.”

Give updeception and wrongdoing.

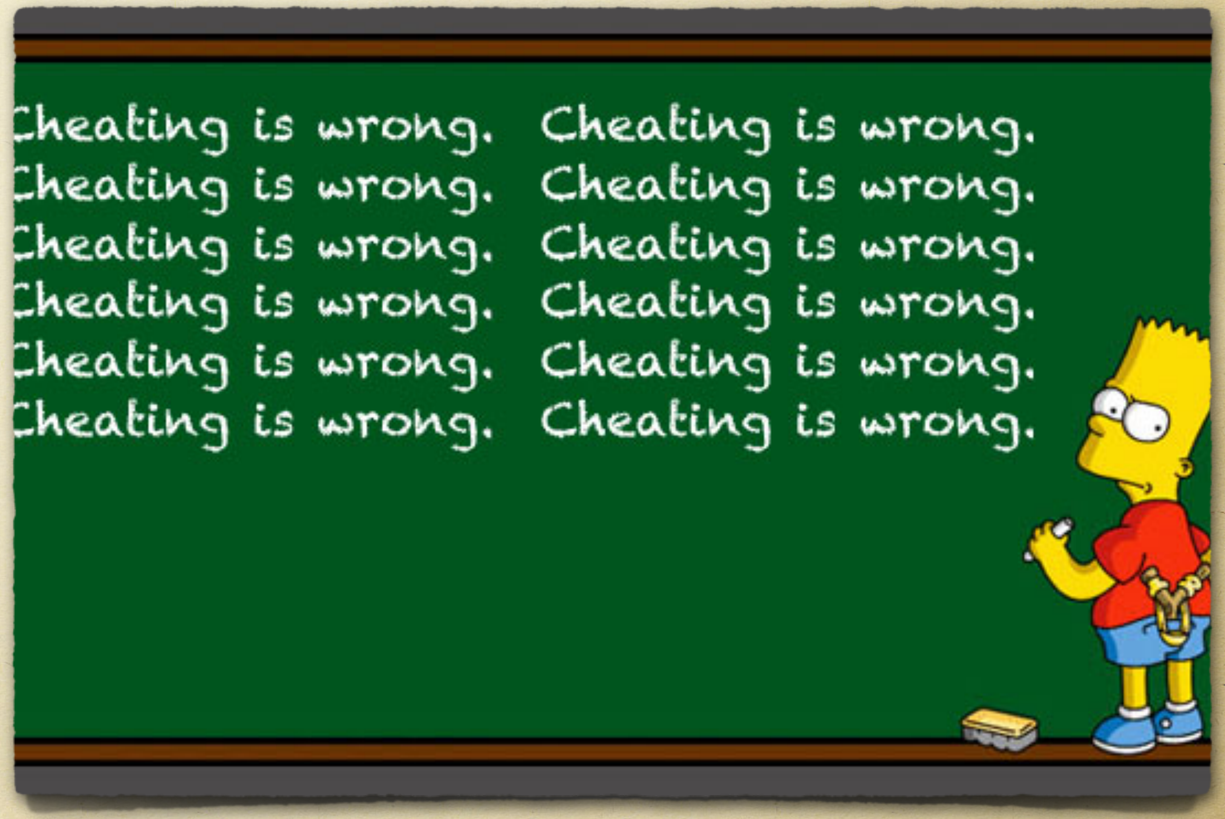
~~Obey the laws of your nation and~~ community.

Do not bribe or accept bribes. Do not cheat or deceive others.

Be honest with yourself.

Face and accept your faults without blaming them on others.

Always be honest.



9.MITAHARA:“Moderate appetite.”

Do not eat too much.

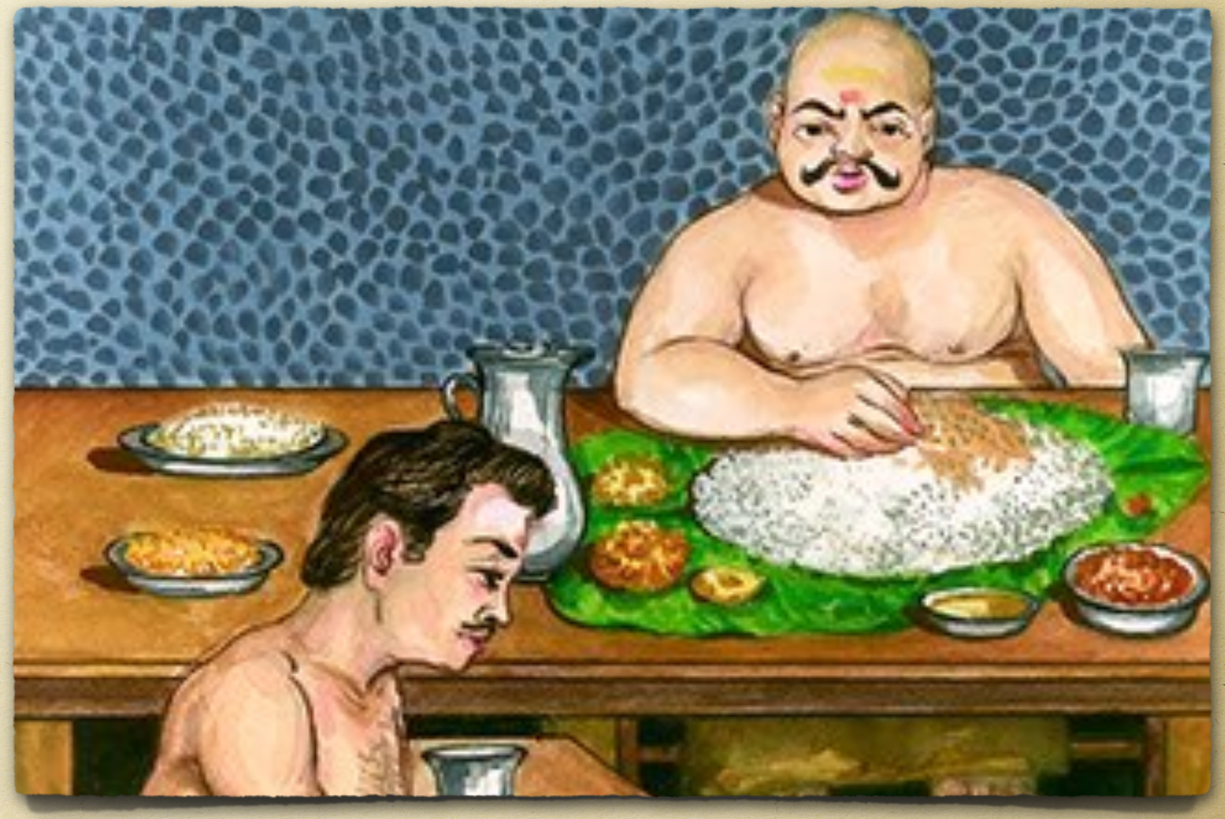
Do not eat meat, fish, shellfish, fowl or eggs.

Enjoy fresh, wholesome vegetarian foods that vitalize the body.

Avoid junk and processed foods, such as white sugar, white rice and white flour.

Eat at regular times and only when hungry.

Do not eat in a disturbed atmosphere or when upset.



10.SAUCHA:“Purity.”

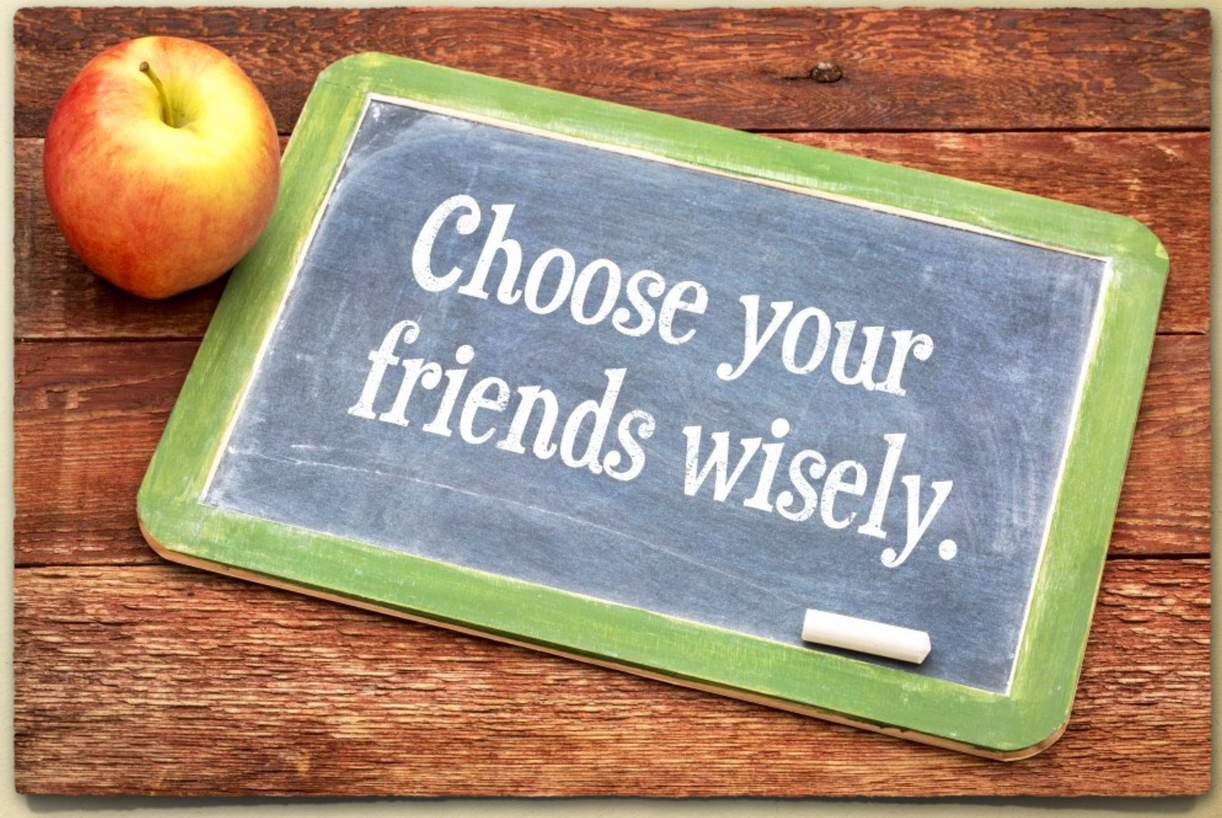
Avoid impurity in mind, body and speech.

Maintain a clean, healthy body. Keep a pure, uncluttered home and workplace.

Act virtuously.

Keep good company.

Never use harsh or indecent language.



(Niyamas) 1.HRI:“Remorse.”

Be modest and show shame for misdeeds.

Recognize your errors, confess, apologize and make amends.

Welcome constructive criticism.

Resolve all contention before sleep.

Seek out and overcome your own faults.

Do not boast.

Shun pride and pretension.



2.SANTOSHA:“Contentment.”

Seek joy and serenity in life.

Be happy, smile and uplift others.

Live in gratitude for your health, friends and belongings.

Don’t complain about what you don’t have.

Identify with the eternal You.

Live in the eternal now and work for spiritual progress.



DANA:“Giving.”

Tithe and donate to temples, ashrams and spiritual organizations.

Feed and give to those in need.

Freely share your time and talents.

Treat guests as God.



4.ASTIKYA:“Faith.”

Believe firmly in God, Gods, guru and your path to enlightenment.

Trust in the scriptures and traditions. Be loyal to your lineage, one with your satguru.

Don’t make friends with those who try to break your faith.

Practice devotion and sadhana to build faith.

Avoid doubt and despair.



5.ISVARAPUJANA: “Worship of the Lord.”

Worship and meditate daily.

Offer fruit, flowers or food daily at the home shrine.

Learn a simple puja.

Visit the shrine when leaving home and returning.



6.SIDDHANTA SRAVANA:“Scriptural listening.”

Study the teachings and listen to the wise of your lineage.

Carefully choose a guru, then follow his path and don’t waste time exploring other ways.

Listen to readings and inspired talks by which wisdom flows from knower to seeker.



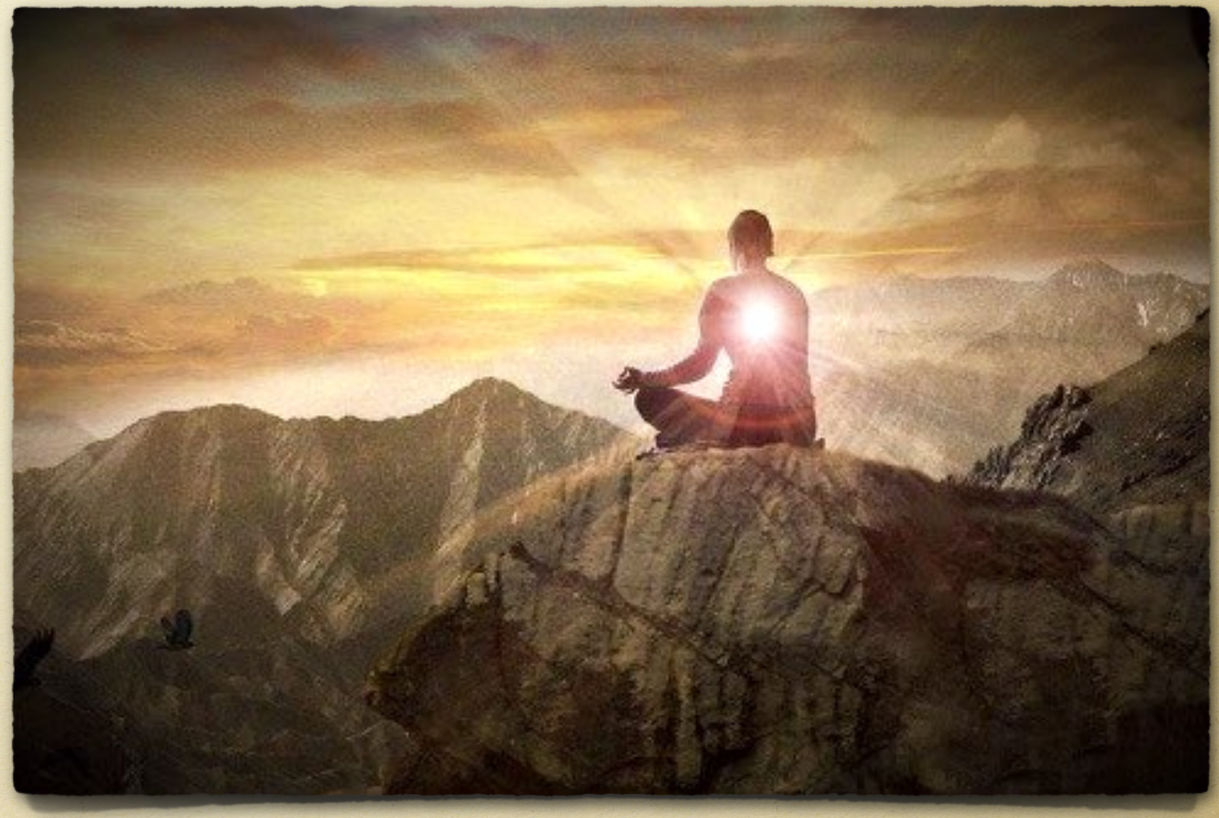
7.MATI“Cognition.”

Develop a spiritual will and intellect with your satguru’s guidance.

Strive for knowledge of God, to awaken the light within.

Seek the lesson in each experience to understand life and yourself.

Cultivate intuition through meditation.



8.VRATA:“Sacred vows.”

Take and fulfill religious vows, rules and observances.

These are spiritual contracts with your soul, your community and God, Gods and guru.

Fast periodically.

Pilgrimage yearly.

Uphold your vows strictly, be they chastity, marriage, monasticism, nonaddiction, tithing, loyalty to a lineage, vegetarianism or nonsmoking.



9. JAPA: “Recitation.”

Recite your holy mantra daily as instructed by your guru.

Bathe first, quiet the mind and concentrate fully to let japa harmonize, purify and uplift you.

Let japa quell the emotions and rivers of thought.



10.TAPAS:“Austerity.”

Practice from time to time austerity, serious disciplines, penance and sacrifice.

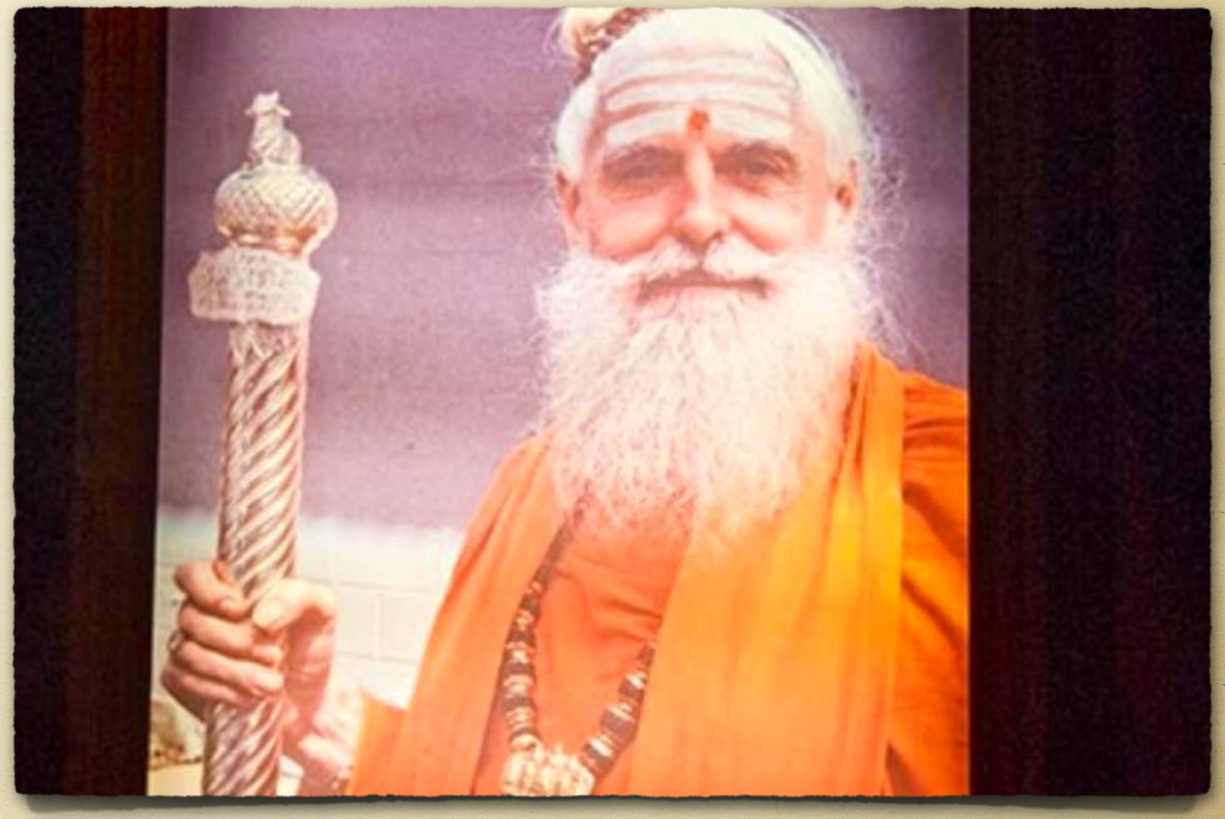
Atone for misdeeds through penance, such as 108 prostrations or fasting.

Perform self-denial, giving up cherished possessions, money or time.



Gurudeva says…

Through following the yamas and niyamas, we lift ourself into the consciousness of the higher chakras of love, compassion, intelligence and bliss and naturally invoke the blessings of the divine devas and Mahadevas.



QUESTIONS for Lesson 40

40.1 **Enter the letter from below of A - B for the correct Sanskrit term for that description.**

___ Heeding the “restraints” keeps our instinctive nature in check
___ Abiding by the “observances” makes us more religious and cultured

(A) Yamas
(B) Niyamas

40.2 **That which provides the foundation to support our yoga practice and sustain us from day to day and year to year on the path to Siva is the**
(Check the correct answer)

☐ A. Yamas
☐ B. Niyamas
☐ C. Yamas and Niyamas

40.3 **For the yama that begins with the description “Do not harm others by what you do, say or think, even in your dreams”**
(Check the correct Sanskrit term)

☐ A. Satya
☐ B. Kshama
☐ C. Ahimsa

40.4 **For the niyama that begins with the description “Tithe and donate to temples, ashrams and spiritual organizations”**
(Check the correct Sanskrit term)

☐ A. Dana
☐ B. Vrata
☐ C. Hri

40.5 **For the niyama that begins with the description “Worship and meditate daily. Offer fruit, flowers or food daily at the home shrine. Learn a simple puja.”**
(Check the correct Sanskrit term)

☐ A. Mati
☐ B. Ishvarapujana
☐ C. Japa