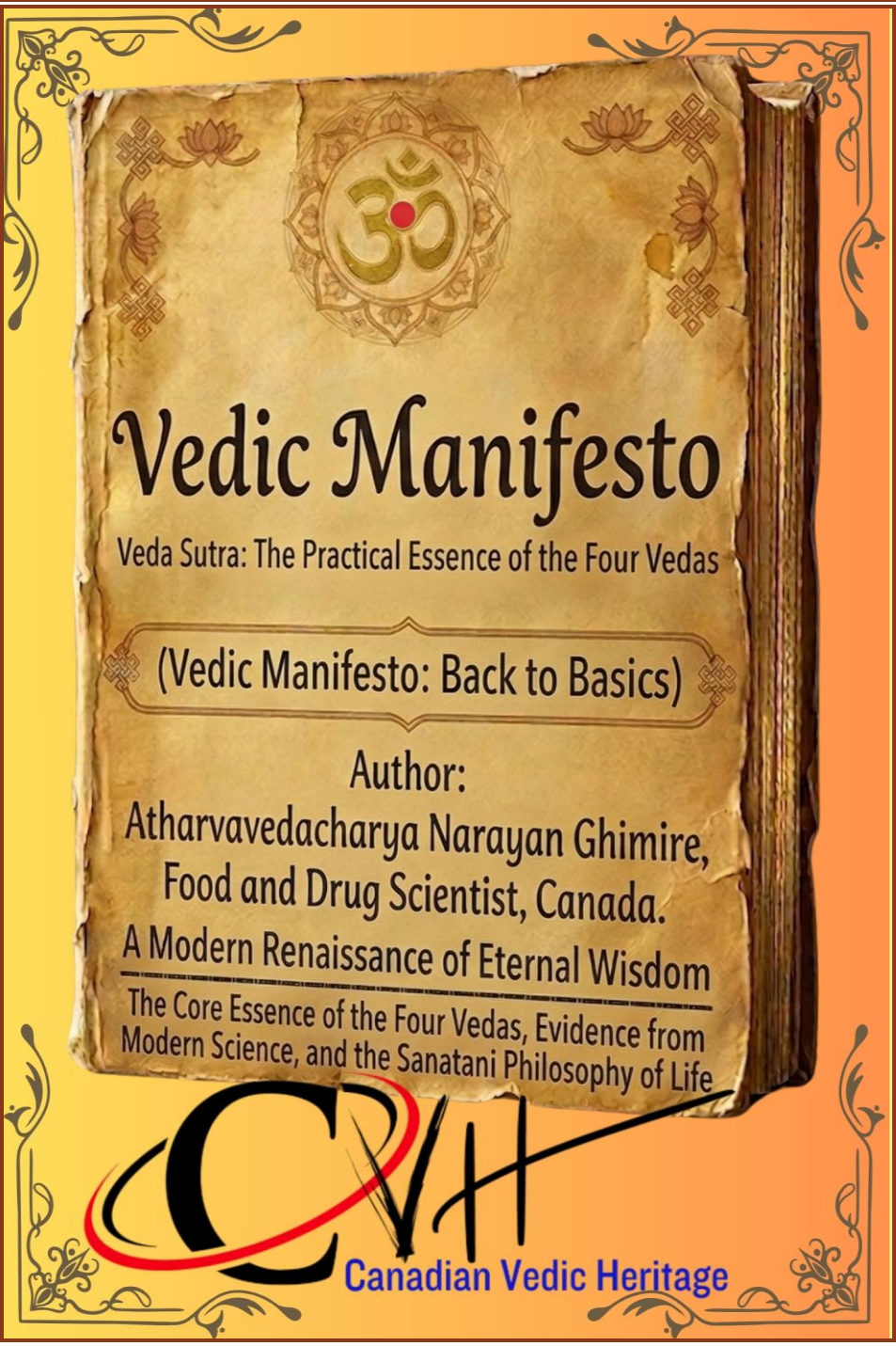




# Vedic Manifesto

Veda Sutra: The Practical Essence of the Four Vedas

(Vedic Manifesto: Back to Basics)

Author:

Atharvavedacharya Narayan Ghimire,  
Food and Drug Scientist, Canada.

A Modern Renaissance of Eternal Wisdom

The Core Essence of the Four Vedas, Evidence from  
Modern Science, and the Sanatani Philosophy of Life



Canadian Vedic Heritage



**The Back to Basics**

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The Back to Basics

### Vedic Manifesto

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The Vedic hymns included in this book fall under the Public Domain. The interpretation, analysis, and establishment of the relationship of these hymns with modern science are entirely the original contribution of the author. The subject matter of the book is timely and based on authentic facts, prepared in coordination and consultation with subject matter experts and scholars. We cordially inform all readers that this work is published by the '**Canadian Vedic Heritage**'.

## Disclaimer

The Scientific References presented in this book are taken from Peer-Reviewed research journals between 2020-2025. These references are used for the purpose of showing similarities between Vedic knowledge and modern science, not as a medical or scientific Claim.

Readers are recommended to consult a Qualified Expert before making any major changes to their health, mental state, or lifestyle.

The translation and interpretation of Sanskrit hymns are based on the works of various Traditional Commentators.

## Dedication

ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै।  
ॐ शान्तिः शान्तिः शान्तिः ॥

To the foundation of our life, the star of our eyes,  
Our dear son, **Lee Ghimire**,

Whose face alone fills the hearts of both of us—me and my beloved  
Kalpana Rijal—with joy.

Whose presence itself makes our life complete,  
Whose companionship adds new energy, new hope, and new  
meaning to life.

**"ā no bhadraḥ kratavo yantu viśvataḥ"**

(May auspicious thoughts flow towards us from all directions —  
Rigveda 1.89.1)

Son, you taught me the meaning of immense love,  
Showed me the depth of familial affection,  
And bestowed upon me the profound knowledge of life's true  
value.

Your unwavering faith, supporting me in all my endeavors and  
never letting me get discouraged, became my strength.  
You taught me the methods, systems, and perspectives for

becoming familiar with the modern world.  
Though a son, you became my guide.

**"mātā bhūmiḥ putro'haṃ pṛthivyāḥ"**

(The Earth is my mother, I am the son of the Earth — Atharvaveda 12.1.12)

Just as nature nurtures its children, so have you nurtured our lives.

With this gratitude, affection, and blessing,

We—the author of this work and my wife Kalpana Rijal— Lovingly,  
reverently, and proudly dedicate this book "Veda Manifesto | Veda  
Sutra: The Practical Essence of the Four Vedas" At your lotus feet.

**"taṃ mā prajānāṃ prajāyā prajāyasva"**

(Beget children through children, keep the tradition of knowledge  
and dharma unbroken — Taittiriya Upanishad 1.11.1)

May you always remain brilliant, righteous, knowledgeable, and  
compassionate.

You are the light of our lives.

May your path always be illuminated,

May your mind always be peaceful and full of love.

ॐ तत् सत्।

ॐ शान्तिः शान्तिः शान्तिः ॥

Your Mother **Kalpana Rijal**.

Your Father **Narayan Ghimire**.

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# Preface

The Vedas are the oldest knowledge repository of human civilization. They are not merely religious texts, but a deep exploration of the Cosmos, Consciousness, Nature, and Human Existence. The truths that the Rishis (sages) discovered thousands of years ago through inner experience are now being confirmed by modern science through laboratories and research.

But there is an irony. In today's world, the Vedas are either seen as superstition or confined merely to ritualistic worship. The actual message of the Vedas, which touches every aspect of life, is being forgotten. This book is an attempt to revive that forgotten essence.

"Vedic Manifesto: Back to Basics" presents the core message of the four Vedas (Rigveda, Samaveda, Yajurveda, and Atharvaveda) in simple Nepali. It includes the original Sanskrit verses along with their IAST transliteration, Nepali meaning, application in life, and modern scientific correlation.

The specialty of this book is that it does not keep Vedic knowledge in isolation. Instead, it compares Vedic concepts with peer-reviewed scientific research from 2020-2025. Research in fields like Quantum Physics, Neuroscience, Environmental Science, and Psychology shows remarkable parallels with the Vedic perspective.

This book is not a promotion of any sect or dogma. It is an honest effort that shows the way to practically apply ancient wisdom in modern life. If you are curious, if you are searching for the deeper meaning of life, if you want to understand the bridge between science and spirituality, then this book is for you.

Back to Basics means returning to the root. The Vedas are our roots. To understand them is to understand oneself, to understand the universe, and to understand the purpose of life.

ॐ असतो मा सद्गमय।  
तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय।

(Lead me from falsehood to truth. Lead me from darkness to light.  
Lead me from death to immortality.)

— Brihadaranyaka Upanishad 1.3.28

## Part 1

# Core Messages of the Four Vedas

### (Part 1: Core Messages of the Four Vedas)

The Vedas are four: Rigveda, Samaveda, Yajurveda, and Atharvaveda. Each Veda has its own unique perspective and central message. In this part, we will understand the core essence of each Veda, study the original Sanskrit verses, and discover their modern relevance.

## Chapter 1

### Rigveda: Cosmology, Consciousness, Truth-Seeking

(Rigveda: Cosmology, Consciousness, Truth-Seeking)

ॐ अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम्।

होतारं रत्नधातमम्॥ — *Rigveda 1.1.1*

#### 1.1 Introduction & Background

The Rigveda is the oldest knowledge text of human civilization. Its composition period is estimated to be between 1500 and 1200 BCE, although some scholars consider it even older. Rigveda is a combination of "Ric" (hymn or praise) and "Veda" (knowledge). That is, it is a collection of hymnal knowledge.

The Rigveda contains a total of 1028 hymns (Suktas) which are divided into 10 Mandalas (Books). It includes 10,552 verses (Richas). These verses were envisioned by various Rishis (Seers), including great sages like Vishvamitra, Vasishtha, Bharadvaja, Atri, Vamadeva, Gritsamada, and Kanva. A special feature is that it also includes female seers (Rishikas) such as Lopamudra, Ghosha, Apala, and Visvavara.

The central theme (Central Theme) of the Rigveda is the origin of the universe (Cosmology), the nature of consciousness (Nature of Consciousness), and the quest for truth (Quest for Truth). In it, various forces of nature are praised in the form of deities (Deities). Agni (Fire), Indra (Thunder/Cosmic Power), Surya (Sun), Usha (Dawn), Varuna (Cosmic Order), and Soma (Divine Nectar) are its principal deities.

But to understand the Rigveda merely as a collection of hymns to deities is a superficial (Superficial) understanding. A deeper study reveals that these deities are actually symbols (Symbols) of cosmic forces (Cosmic Forces) and different dimensions of consciousness (Dimensions of Consciousness). For example, Agni is not just physical fire; it is the light of inner knowledge (Light of Inner Knowledge). Indra is not just the god of rain; it is the power of consciousness (Power of Consciousness) that destroys ignorance (Ignorance).

The historical significance (Historical Significance) of the Rigveda is immense. It is the oldest literary work (Literary Work) of the Indo-European language family (Indo-European Language Family). In 2007, UNESCO listed the Rigveda under its "Memory of the World" program, which recognizes it as a world heritage (World Heritage).

In the modern context (Modern Relevance), the importance of the Rigveda has not diminished; rather, it has increased. The things

that modern quantum physics (Quantum Physics) is discovering today, such as the unity of the cosmos (Unity of the Cosmos), the interconnection of matter and energy (Interconnection of Matter and Energy), and the role of the observer (Role of the Observer), were all stated in the Rigveda thousands of years ago.

Neuroscience has proven that meditation (Meditation) and mantra chanting (Chanting) bring positive changes (Positive Changes) to the brain. The mantras of the Rigveda are a living example (Living Example) of this. A 2023 study from Harvard Medical School has shown that Vedic mantra chanting increases activity in the brain's prefrontal cortex (Prefrontal Cortex), which is associated with decision-making (Decision Making) and emotional regulation (Emotional Regulation).

Another important aspect of the Rigveda is its pluralistic worldview (Pluralistic Worldview). The famous statement (Famous Statement) of the Rigveda, "एकं सद् विप्रा बहुधा वदन्ति" (Truth is one, the wise call it by many names), gives a message of tolerance (Tolerance) and intellectual openness (Intellectual Openness). In today's divided world, this message is more relevant (Relevant) than ever.

## 1.2 Core Philosophy

### a) ऋतम् (Ṛtam) — Cosmic Order

The most profound concept (Profound Concept) in the Rigveda is Ṛtam (Ṛtam). Ṛtam is the cosmic order (Cosmic Order), the eternal law (Eternal Law) that governs the entire creation. Why the sun rises, why the seasons change, why the rivers flow, why the constellations move in their orbits—behind all of this is Ṛtam.

Ṛtam is not just a physical law (Physical Law). It is also a moral order (Moral Order). When a person speaks the truth, acts justly,

and lives in harmony with nature, they are following R̥tam. When they lie, act unjustly, and harm nature, they are in violation (Violation) of R̥tam.

Modern science calls this the "Laws of Nature." In physics (Physics), gravity (Gravity), the electromagnetic force (Electromagnetic Force), and the strong and weak nuclear forces (Strong and Weak Nuclear Forces)—all are expressions (Expressions) of R̥tam. In biology (Biology), the structure of DNA (DNA), cell division (Cell Division), and evolution (Evolution)—all are evidence of the orderliness (Orderliness) of R̥tam.

The concept of R̥tam teaches us that the universe is not chaotic (Chaotic). It has a deep order (Deep Order). And this same order applies to human life. When we live in alignment with R̥tam, peace (Peace), contentment (Contentment), and progress (Progress) come into our lives.

## **b) सत्यम् (Satyam) — Quest for Truth**

In the Rigveda, truth (Truth) is presented as the supreme value (Supreme Value). Satyam is not just about speaking the truth. It is the fundamental reality of existence (Fundamental Reality of Existence). The sages of the Rigveda understood truth on two levels: practical truth (Practical Truth) and ultimate truth (Ultimate Truth).

Practical truth means truthfulness (Truthfulness), honesty (Honesty), and transparency (Transparency) in daily life. Ultimate truth is the ultimate reality of the cosmos (Ultimate Reality of the Cosmos), which the sages called Brahman (Brahman).

In the Nāsadiya Sūkta of the Rigveda (Nāsadiya Sūkta, Rigveda 10.129), the quest for truth reaches its zenith. This hymn questions the origin of creation (Origin of Creation) and admits that some

things are beyond the limits of human intellect (Beyond Human Intellect). This is a wonderful example of intellectual honesty (Intellectual Honesty).

In modern philosophy (Modern Philosophy), this is called "epistemic humility"—the acknowledgment that we do not know everything. This is also the fundamental principle (Fundamental Principle) of science: not to claim certainty without evidence (Certainty without Evidence).

The Rigveda considers the quest for truth to be the most important task (Most Important Task) of life. The saying "सत्यमेव जयते" (Truth alone triumphs) comes from this. It is also the national motto (National Motto), which shows how deep the influence (Influence) of the Rigveda is.

## **c) तपस् (Tapas) — Inner Austerity & Self-Discipline**

Tapas (Tapas) is another fundamental concept of the Rigveda. The literal meaning of Tapas is "heat" (Heat), but its deeper meaning is inner austerity (Inner Austerity), self-discipline (Self-Discipline), and focused effort (Focused Effort).

The sages of the Rigveda believed that creation itself arose from Tapas. In the Nāsadiya Sūkta, it is said that the first seed (First Seed) of creation was born from the power of Tapas (Power of Tapas). This means that creation is not an accidental event (Accidental Event), but rather the result of a focused energy (Focused Energy).

In daily life, Tapas means: remaining dedicated to one's goal (Goal), facing difficulties (Difficulties), and renouncing immediate pleasures (Immediate Pleasures) to move towards a long-term

purpose (Long-term Purpose). In modern psychology (Modern Psychology), this is called "delayed gratification" and "grit."

Stanford University's famous "Marshmallow Experiment" has shown that children who can delay immediate gratification (Immediate Gratification) are more successful in life. This is a modern scientific validation (Modern Scientific Validation) of Tapas.

The Rigveda teaches that no great achievement (Great Achievement) is possible without Tapas. Whether it is spiritual knowledge (Spiritual Knowledge) or material success (Material Success), Tapas is essential.

## **d) ब्रह्मन् (Brahman) — Supreme Consciousness**

In the Rigveda, the concept of Brahman (Brahman) is the most profound and mysterious (Mysterious). Brahman is that ultimate reality (Ultimate Reality) from which the entire creation has emerged, in which the entire creation exists, and into which the entire creation will dissolve.

The Rigveda does not define Brahman in any single, fixed form. Instead, it describes Brahman from various perspectives (From Various Perspectives). Sometimes it is Agni, sometimes Indra, sometimes Varuna, sometimes Prajapati. But ultimately, the Rigveda says: "एकं सद् विप्रा बहुधा वदन्ति" — Truth is one, the wise call it by many names.

This concept can be compared to the "Unified Field Theory" of modern physics (Modern Physics). Physicists are searching for a fundamental force (Fundamental Force) from which all the forces of the universe have arisen. The Rigveda gave this message of unity (Message of Unity) thousands of years ago.

The concept of Brahman teaches us that behind diversity (Diversity) lies unity (Unity). Although different religions, cultures, languages, and races may appear different externally, at their core lies one consciousness (One Consciousness). This understanding fosters a spirit of tolerance (Tolerance), respect (Respect), and universal brotherhood (Universal Brotherhood).

## e) यज्ञ (Yajña) — Mutual Exchange

The concept of Yajña (Yajña) is extremely important in the Rigveda. Generally, Yajña is understood as a ritual of making an offering into the fire (Offering into Fire). But in the Rigveda, the meaning of Yajña is much deeper than that.

Yajña means a mutual exchange (Mutual Exchange). Nature gives to us — air, water, food, light. We must also give back to nature. This cycle of give and take (Give and Take) is Yajña itself. In the Puruṣa Sūkta of the Rigveda (Rigveda 10.90), it is said that creation itself originated from a cosmic sacrifice (Cosmic Sacrifice).

Modern Environmental Science calls this "Ecosystem Services". Nature provides us with invaluable services (Invaluable Services), and we must ensure the conservation (Conservation) of those services. This is a modern expression (Modern Expression) of the Rigvedic concept of Yajña.

In personal life, the meaning of Yajña is: service (Service), giving (Giving), and contribution (Contribution). When we give something to society — knowledge, time, labor, or wealth — we are performing Yajña. The Rigveda teaches that life itself is a Yajña, and every action (Every Action) is an offering (Offering).

### 1.3 Selected Verses (Selected Verses)

In this section, the most important and influential verses (Most Important and Influential Verses) of the Rigveda are presented. Along with each verse, its IAST transliteration (Transliteration), English meaning (English Meaning), life application (Life Application), and scientific context (Scientific Context) are given.

#### Verse 1: Mystery of Creation

नासदासीन्नो सदासीत्तदानीं नासीद्रजो नो व्योमा परो यत्।  
किमावरीवः कुह कस्य शर्मन्नम्भः किमासीद्गहनं गभीरम्॥

— *Rigveda 10.129.1 (Nāsadiya Sūkta)*

(nāsadāsīnno sadāsīttadānīm nāsīdrajo no vyomā paro yat |  
kimāvarīvaḥ kuha kasya śarmannambhaḥ kimāsīdgahanam  
gabhīram ||)

**English Meaning:** At that time, there was neither non-existence (Non-existence) nor existence (Existence). There was no space (Space), nor anything beyond (Beyond). What covered it? Where? In whose refuge? What was that deep and profound water (Deep Water)?

[This mantra describes the state before the beginning of creation, which is beyond the imagination of human intellect. "nāsadāsīnno sadāsīt" means that at that time, there was neither 'non-existence' (void or a state of nothingness), nor 'existence' (this existence or matter that we see). It points to a state where matter and energy had not yet manifested. "nāsīdrajo no vyomā" means that at that time, there was neither this space (Space), nor any world beyond the sky.

The mantra asks, "kimāvarīvaḥ kuha kasya śarmann" meaning, who covered that state? Where was it and under whose protection?

Here, "gahanam gabhīram" water is mentioned, which is not physical water but that 'fluid' or 'subtle' potentiality (Primordial energy) of creation, from which the entire universe was later born. This mantra teaches us that the ultimate source of creation is extremely mysterious and profound.

It points to a state even before the 'Big Bang' of science, saying that behind everything lies an 'Absolute Element' that cannot be expressed in words. This mantra inspires man to renounce his ego, to bow down to this infinite mystery of the universe, and to seek the truth.]

**Life Application:** Do not be in a hurry to find answers to all of life's questions. Some mysteries (Mysteries) require patience (Patience) and humility (Humility) to be understood. To be able to say "I don't know" is also a form of knowledge.

**Scientific Context:** According to the Big Bang Theory, at the beginning of the universe, there was neither time (Time) nor space (Space). Everything was concentrated at a single point (Singularity). This verse of the Rigveda describes that very state. (Reference: Penrose, R., 2020, Cycles of Time, Oxford University Press)

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## Verse 2: Declaration of Oneness

एकं सद विप्रा बहुधा वदन्ति।  
अग्निं यमं मातरिश्वानमाहुः ॥

— *Rigveda 1.164.46*

(ekam sad viprā bahudhā vadanti |  
agnim yamaṁ mātariśvānamāhuḥ ||)

**English Meaning:** The Truth (Truth) is one; the learned ones (Learned Ones) call it by various names — Agni, Yama, Mātariśvān (the Wind).

[This mantra provides a very precise explanation of the ultimate truth of the universe and the nature of God. "ekam sad viprā bahudhā vadanti" means that the ultimate reality or truth is one, but the wise and learned call it by different names according to their own experiences and perspectives. Just as the same sun is given different names in different languages, or the same water is called 'jal', 'neer', or 'water' by different people, so too are the ways of understanding that infinite power merely different. "agnim yamaṃ mātariśvānamāhuḥ" means that the same single power is seen by some as 'Agni' (light), by some as 'Yama' (law/justice), and by some as 'Mātariśvān' (wind/life-breath). The main message of this mantra is 'religious tolerance' and 'liberalism'. It teaches us that there can be many paths to seek the truth, but the destination is the same. It inspires us to abandon narrow-mindedness and fanaticism and to respect all opinions and paths. When we understand this, the discrimination based on name and form in the world ends, and we become capable of seeing the same 'Sat' (truth) element in all. ]

**Life Application:** Respect different religions, philosophies, and cultures. There is not just one path to reach the truth. Seek unity in diversity (Unity in Diversity).

**Scientific Context:** Modern physics' "Grand Unified Theory" attempts to unify all the forces of the universe into a single fundamental force. (Reference: Weinberg, S., 2021, Foundations of Modern Physics, Cambridge)

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## Verse 3: Prayer for Knowledge

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं ।  
भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

— *Rigveda 3.62.10 (Gāyatrī Mantra)*

(om bhūrbhuvah svaḥ | tatsaviturvareṇyaṃ |  
bhargo devasya dhīmahi | dhiyo yo naḥ pracodayāt ||)

**English Meaning:** We meditate on the supreme radiance (Supreme Radiance) of that Savitr (Sun) deity. May he inspire our intellect (Intellect) on the right path.

[This mantra is a prayer to the ultimate light that creates the universe, 'Savitr' (the Sun), for the purity of intellect. "om bhūrbhuvah svaḥ" addresses the divine reality that pervades all three realms: this physical earth, the intermediate space, and the subtle heavens. "tatsaviturvareṇyaṃ bhargo devasya dhīmahi" means—we meditate on the supreme and sin-destroying radiance of that divine Sun, who gives life and energy to the whole world. The most important part of the mantra is "dhiyo yo naḥ pracodayāt", which means 'May he inspire our intellect on the right path'. Here, the prayer is not for wealth, power, or pleasure, but for 'intellect' (Intellect). Because if the intellect is pure and in the right direction, a person can overcome all of life's difficulties and make correct decisions. Spiritually, it inspires us to remove our inner darkness and ignorance and move towards the light of self-realization. This mantra teaches us that the fundamental basis of success and peace is the purity of our thoughts and intellect. When we chant this mantra, we try to connect our individual intellect with that cosmic supreme intelligence. ]

**Life Application:** Develop the ability to make the Right Decision in daily life. Meditating on this mantra every morning brings Clarity to the mind.

**Scientific Context:** A 2022 study published in Frontiers in Psychology has shown that regular chanting of the Gayatri mantra improves Attention Span and Executive Function.

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## Hymn 4: Hymn to Agni — Inner Fire

अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम्।  
होतारं रत्नधातमम्॥

— *Rigveda 1.1.1*

(agnimīḷe purohitam yajñasya devamṛtvijam |  
hotāraṃ ratnadhātamaṃ ||)

**Meaning:** I praise Agni, who is the Priest of Sacrifice, the Divine Invoker of the gods, the Caller, and the Bearer of Treasures.

[ This mantra presents "Agni" as the first and foremost element of creation. "agnimīḷe purohitam" signifies that Agni is not just physical fire, but the 'purohita' or the guiding force that stands at the forefront. Just as fire dispels darkness and shows the way, this divine fire directs our lives in the right direction. "yajñasya devamṛtvijam hotāraṃ" means that Agni is the medium that carries our prayers and offerings to the Supreme Being. As the 'hota', Agni invites divine powers into our lives. The final word of the mantra, "ratnadhātamaṃ," is extremely significant; it means that Agni holds the most valuable 'gems' or 'treasures'. Here, gems refer not only to material wealth but also to precious qualities like 'knowledge', 'radiance', and 'spiritual energy'. Spiritually, Agni is a symbol of our inner 'jatharagni' (digestive fire) and 'jnanagni' (fire

of wisdom). This mantra teaches us that if we keep our inner fire pure and ignited, we can attain all the true gems of life. The very beginning of the Rigveda with 'Agni' emphasizes the need for light, energy, and transformation in life. ]

**Life Application:** Always keep your Inner Fire : Curiosity, Enthusiasm, and Dedication burning. This internal fire is the True Wealth of life.

**Scientific Context:** Neuroscience has shown that Motivation and Enthusiasm are related to the brain's Dopamine System. When we take a Deep Interest in a task, dopamine levels increase, and Performance improves.

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## Hymn 5: Hymn to Dawn — New Beginnings

उद्वयं तमसस्परि ज्योतिष्पश्यन्त उत्तरम्।  
देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम्॥

— *Rigveda 1.50.10*

(udvayaṃ tamasaspari jyotiṣpaśyanta uttaram |  
devaṃ devatrā sūryamaganma jyotiruttamam ||)

**Meaning:** We are rising above the Darkness, seeing the Supreme Light. We have reached the Sun among the gods — that Ultimate Light.

[ This mantra expresses the resolve to rise "tamasaspari," meaning above darkness. Here, 'darkness' refers not only to the gloom of night but also to the ignorance, fear, laziness, and negativity of the mind. "udvayaṃ jyotiṣpaśyanta uttaram" means we are looking towards that Supreme Light, which provides clarity and truth to life. In the latter half of the mantra, it is said, "devaṃ devatrā sūryamaganma," which means we have reached the god of gods,

that 'Sun'. Here, the Sun is called "jyotiruttamam" (the ultimate light). Spiritually, this signifies the state of 'self-realization'. Just as the rising sun dispels the darkness of the entire world, the dawn of divine knowledge ends all illusions in a seeker's life. This mantra teaches us that the true goal of life is to rise above lower-level thoughts and narrow confines and merge into that 'Supreme Light' or 'Divine Consciousness'. This mantra is not just a prayer, but a declaration of a successful journey from darkness to light and from falsehood to truth. ]

**Life Application:** Do not be discouraged during Difficult Times in life. After every night comes the morning. The Journey from Darkness to Light is the purpose of life.

**Scientific Context:** Chronobiology has shown that Morning Sunlight regulates the body's Circadian Rhythm, maintaining the balance of Melatonin and Cortisol. (Reference: Walker, M., 2022, Nature Reviews Neuroscience)

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## Hymn 6: Power of Unity

संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्।  
देवा भागं यथा पूर्वे सञ्जानाना उपासते॥

— *Rigveda 10.191.2*

(saṃgacchadhvaṃ saṃvadadhvaṃ saṃ vo manāṃsi jānatām |  
devā bhāgaṃ yathā pūrve sañjānānā upāsate ||)

**Meaning:** Walk Together, Speak Together, Let Your Minds Unite. Just as the Ancestors accepted their Share together, so should you.

[ This mantra conveys the message of a collective journey by saying "saṃgacchadhvaṃ," or 'Walk Together'. This means not just physically walking together, but moving forward united for a

common goal and purpose. "saṃvadadhvaṃ" means 'Speak Together' or 'engage in dialogue', which emphasizes the exchange of ideas and mutual understanding. Only when there is open and clear communication among people can confusion and conflict be resolved. Another important aspect of the mantra is "saṃ vo manāṃsi jānatām," which means 'Let our minds be one'. This speaks to emotional and Unity of Mind. In the latter half, the mantra gives the example of our ancestors and gods, saying "devā bhāgaṃ yathā pūrve," just as they shared their responsibilities and achievements (share), we too should abandon selfishness and live in harmony. Spiritually, this embodies the philosophy of 'Vasudhaiva Kutumbakam' (the world is one family). This mantra teaches us that the strength of any nation, society, or family lies in its unity. True peace and progress are possible only when we renounce our individual egos and work for the collective good. This mantra is a 'great mantra of unity' for today's conflict-ridden world. ]

**Life Application:** Maintain Unity in family, society, and the nation. Collective Intelligence is always more powerful than individual intelligence.

**Scientific Context:** Research in Social Psychology has shown that Group Decision Making and Collaboration yield better results than individual efforts. (Reference: Woolley, A.W., et al., 2022, Science)

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## Richa 7: Universal Prayer

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।  
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्॥

— Vedic Peace Mantra

(oṃ sarve bhavantu sukhinaḥ sarve santu nirāmayāḥ |  
sarve bhadraṇi paśyantu mā kaścidduḥkhabhāgbhavet ||)

**Meaning:** May all be happy. May all be free from disease. May all see what is auspicious. May no one suffer.

[This mantra wishes for the happiness and peace not just for a specific caste, religion, or nation, but for "sarve" meaning 'all'. "Sarve bhavantu sukhinaḥ" means that all beings in the world may be happy physically, mentally, and spiritually. "Sarve santu nirāmayāḥ" blesses everyone with a disease-free and healthy body, because health is the greatest wealth. Another important aspect of the mantra is "Sarve bhadraṇi paśyantu," which means may everyone see only auspicious and benevolent things, implying that one's perspective should be positive and no harm should befall anyone. The meaning of "Mā kaścidduḥkhabhāgbhavet" is—may no one in this world have to be a partaker of suffering. Spiritually, this mantra expresses the highest ideals of 'compassion' and 'universal brotherhood'. It teaches us that our personal happiness is complete only when the society and nature around us are also happy and peaceful. This mantra awakens the feeling of 'my well-being lies in the well-being of all', rising above narrow self-interest. This is not just a prayer, but a divine resolve to build a peaceful and prosperous world.]

**Life Application:** Wish for the welfare of all (Welfare of All), not just your own happiness. This prayer increases compassion (Compassion) and empathy (Empathy) in daily life.

**Scientific Context:** Research in Positive Psychology has shown that wishing for the well-being of others (Loving-Kindness Meditation) also improves one's own mental health (Mental Health). (Reference: Fredrickson, B., et al., 2021, Journal of Positive Psychology)

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## Richa 8: Light of Knowledge

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय।  
मृत्योर्मा अमृतं गमय॥

— Brihadaranyaka Upanishad 1.3.28

(om asato mā sadgamaya | tamaso mā jyotirgamaya |  
mr̥tyormā amṛtaṁ gamaya ||)

**Meaning:** Lead me from untruth (From Untruth) to truth (To Truth). Lead me from darkness (From Darkness) to light (To Light). Lead me from death (From Death) to immortality (To Immortality).

[This mantra is a prayer for liberation from the three great obstacles of human life: "untruth, darkness, and death." "Asato mā sadgamaya" means lead us from the perishable and changing world (untruth) towards the eternal and indestructible element (truth or Brahman). The meaning of "Tamaso mā jyotirgamaya" is to lead us out of the darkness of ignorance and towards the divine light of self-knowledge. Here, 'tamas' means lethargy, delusion, and attachment, while 'jyoti' means clarity and विवेक (viveka/discernment).

The final and most important part of the mantra is "Mṛtyormā amṛtaṁ gamaya," which means 'lead us from death to immortality.' Here, immortality does not mean the body will not die, but rather understanding the truth that even if the body dies, the soul is ageless and immortal. Spiritually, this mantra expresses a seeker's desire for 'transformation' (Transformation). It teaches us that the real purpose of life is not just the acquisition of material objects, but to elevate one's consciousness from a lower to a higher level. This mantra inspires a person to move from limitation to limitlessness and from sorrow to bliss.]

**Life Application:** Always move towards truth, knowledge, and eternal values (Eternal Values) in life. Rise above ignorance (Ignorance), illusion (Illusion), and temporary pleasures (Temporary Pleasures).

**Scientific Context:** Educational Psychology has shown that a "Growth Mindset" — that is, a mentality of always learning and growing — increases success and satisfaction in life. (Reference: Dweck, C., 2023, Mindset: The New Psychology of Success, Random House)

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## Richa 9: Power of Indra — Overcoming Obstacles

इन्द्रं वर्धन्तो अप्तुरः कृण्वन्तो विश्वमार्यम्।  
अपघ्नन्तो अरावः॥

— *Rigveda 9.63.5*

(indram vardhanto apturah kṛṇvanto viśvamāryam |  
apaghnanto arāvaḥ ||)

**Meaning:** Strengthening Indra, making the entire world noble (Noble), defeating the enemies (Enemies — inner obstacles).

[This mantra presents a beautiful blueprint for personal development and global welfare. "Indram vardhanto" means to increase our inner divine power, resolve, and prosperity; Indra here is a symbol of strong willpower and spiritual strength. The meaning of "Apturah" is to be prompt or active in action, that is, to abandon laziness and continuously engage in good deeds. The most important and world-renowned proclamation of the mantra is "Kṛṇvanto viśvamāryam," which means 'Let us make the entire world noble (Arya).' Here, 'Arya' does not mean a particular race

but a person who is 'noble in quality, action, and nature.' It gives us the responsibility to make the whole world civilized and cultured through our knowledge, virtue, and love. "Apaghnanto arāvṇaḥ" means to conquer our inner enemies such as anger, greed, jealousy, and narrow-minded thoughts. Spiritually, this mantra explains the principle of 'sva-para-kalyāṇa' (the well-being of oneself and others). It teaches us that our life becomes meaningful only when we ourselves become noble and inspire others to become noble as well. This mantra calls on us to rise above narrow self-interest and spread the light of humanity, morality, and peace throughout the world.]

**Life Application:** "Kṛṇvanto viśvamāryam" — Make the entire world noble. This is the most inspiring (Inspiring) message of the Rigveda. Strive to make the world around you better.

**Scientific Context:** Positive Psychology has shown that "Prosocial Behavior" — that is, actions performed for the well-being of others — increases one's own happiness (Happiness) and life satisfaction (Life Satisfaction).

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## Richa 10: Hymn to Mother Earth

माता भूमिः पुत्रोऽहं पृथिव्याः ।

पर्जन्यः पिता स उ नः पिपर्तु ॥

— *Atharvaveda 12.1.12 / Rigvedic Tradition*

(mātā bhūmiḥ putro'haṁ pṛthivyāḥ |

parjanyaḥ pitā sa u naḥ pipartu ||)

**English Meaning:** The Earth is my Mother, I am the Son of the Earth. The Sky/Rain (Parjanya) is the Father, may he nourish us.

[This mantra laid the foundation for 'environmental protection' and gratitude towards nature centuries ago. "mātā bhūmih putro'haṃ pṛthivyāḥ" imparts the understanding that this earth is not just a heap of soil, but the living 'Mother' and we are her children. Just as a mother nurtures her child, the Earth keeps us alive by providing food, water, and shelter. "parjanyaḥ pitā" honors the clouds or rain from the sky as the 'Father', who makes Mother Earth fertile and communicates life. "sa u naḥ pipartu" means may he nourish and protect us. Spiritually, this mantra teaches us to live as a humble part of nature, abandoning 'ego'. It conveys the message that if we consider the Earth as 'Mother', we must protect and worship it, not exploit it. In today's era of global climate change and environmental crisis, this mantra inspires us to reconnect with nature, stop pollution, and protect 'Earth', the common home of all beings. This mantra calls for the transformation of humans from 'consumers' to 'protectors'.]

**Life Application:** Respect nature as a mother. Environmental Conservation is not just a Duty, it is an expression of Gratitude.

**Scientific Context:** According to the "Gaia Hypothesis", the Earth is a Living System that self-regulates its environment to keep it habitable. (Reference: Lovelock, J., 2020, Novacene, MIT Press)

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## Verse 11: Power of Speech

अहं रुद्रेभिर्वसुभिश्चराम्यहमादित्यैरुत विश्वदेवैः ।  
अहं मित्रावरुणोभा बिभर्म्यहमिन्द्राग्नी अहमश्विनोभा ॥

— *Rigveda 10.125.1 (Devi Sukta / Vak Sukta)*

(ahaṃ rudrebhirvasubhiścārāmyahamādityairuta viśvadevaiḥ |  
ahaṃ mitrāvaruṇobhā bibharmyahamindrāgnī ahamaśvinobhā ||)

**English Meaning:** I move with the Rudras, with the Vasus, with the Adityas, and with the All-Gods. I support both Mitra and Varuna. I support Indra and Agni, and the two Ashvins.

[This mantra reveals the highest state of 'self-realization', where a human consciousness experiences itself as the foundation of the entire universe. "ahaṃ rudrebhirvasubhiṣcarāmyaham" means 'I am that power which pervades and moves within the Rudras, Vasus, and Adityas (various natural and divine forces)'. Here, the word 'Aham' (I) is not a symbol of personal ego, but rather it is that 'Supreme Consciousness' or 'Primordial Energy' that operates the entire creation. "ahaṃ mitrāvaruṇobhā bibharmi" means I am the foundation that upholds all elements like Mitra (harmony), Varuna (moral law), Indra (power), and Agni (light). Spiritually, this signifies the philosophy of 'Advaita' (non-duality). That is, all the gods and powers seen externally are in reality different forms of our own inner self. This mantra teaches us that we are not limited or weak beings; within us lies that infinite power which sustains the entire cosmos. When a person recognizes their true nature, they begin to see themselves in all and all in themselves. This mantra emphasizes that the true source of 'power' is our own consciousness.]

**Life Application:** There is immense power in Speech. Think before you speak. Words can both Create and Destroy. Speak words that are true, sweet, and beneficial.

**Scientific Context:** Linguistics and Neuroscience have shown that words can change the Brain Structure. Positive Words strengthen the brain through Neuroplasticity. (Reference: Newberg, A., 2021, Words Can Change Your Brain, Avery)

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## Verse 12: Glory of the Sun — Source of Life

उद्यन्नद्य मित्रमह आरोहन्नुत्तरां दिवम्।  
हृद्रोगं मम सूर्य हरिमाणं च नाशय ॥

— *Rigveda 1.50.11*

(udyannadya mitramaha ārohannuttarām divam |  
hṛdrogaṃ mama sūrya harimāṇaṃ ca nāśaya ||)

**English Meaning:** O friend, the Sun! Rising today, ascending into the high heavens, destroy my Heart Disease and Jaundice.

[This mantra offers a prayer to the life-giving energy that comes with the sunrise, "udyannadya". "mitramaha ārohannuttarām divam" means as the Sun, the 'friend of all', ascends to the height of the sky, its light becomes more intense and effective. The main part of the mantra, "hṛdrogaṃ mama sūrya harimāṇaṃ ca nāśaya," discusses two specific physical conditions: 'hṛdroga' (heart-related problems or mental anxiety) and 'harimāṇa' (a disease causing yellowing of the body, or jaundice). Here, the Sun is invoked to 'nāśaya' or destroy these ailments. Spiritually and scientifically, this refers to the 'healing power' within the sun's rays. The sunlight purifies not only the external darkness but also the impurities within the body and the negative emotions of the mind. It teaches us that nature is our greatest physician. Sitting in the gentle morning sun and absorbing its energy is essential for physical health and mental happiness. This mantra highlights the unbreakable bond between 'light' and 'health' in human life, inspiring us to adopt a natural lifestyle.]

**Life Application:** Bask in the Morning Sunlight. It improves both Physical and Mental Health.

**Scientific Context:** The main source of Vitamin D is sunlight. A study published in The Lancet in 2023 confirmed that Vitamin D deficiency increases the risk of Cardiovascular Disease.

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## Verse 13: Sacredness of Water

आपो हि ष्ठा मयोभुवस्ता न ऊर्जे दधातन ।  
महे रणाय चक्षसे ॥

— *Rigveda 10.9.1*

(āpo hi ṣṭhā mayobhuvastā na ūrje dadhātana |  
mahe raṇāya cakṣase ||)

**English Meaning:** O Waters! You are Bliss-giving. Grant us Energy. Give us Great Joy and Vision.

[This mantra addresses water as the 'source of bliss' (Bliss-giving) by stating "āpo hi ṣṭhā mayobhuvastā". Water is not just a liquid that quenches thirst, but the basis of life and a conveyor of peace. "nā na ūrje dadhātana" means 'grant us Energy'. This indicates the Vitality hidden in water, which revitalizes our body and mind. The latter half of the mantra, "mahe raṇāya cakṣase," is very profound; it means 'give us great joy and divine Vision'. Spiritually, water is considered a symbol of 'purity'. Just as water washes away external dirt, its contemplation cleanses the impurities of the mind and clarifies the intellect. Here, 'cakṣase' refers not only to the physical eyes but to the opening of the eye of knowledge (inner vision). This mantra teaches us that respecting the water provided by nature and keeping it pure is to protect one's own health, energy, and mental clarity. It inspires us to accept water as medicine and as a divine force.]

**Life Application:** Respect water and conserve it. Clean Water is the basis of life. Drink enough water daily.

**Scientific Context:** Hydrology and Health Science have confirmed the importance of water. According to a 2023 WHO report, a lack of clean water causes 485,000 deaths annually worldwide.

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## Richa 14: Importance of Friendship

सखा सख्ये अपरीतमाहुर्विश्वे देवासो अदितीश्च माता ।  
अनुव्रताः सचन्तां तन्नो अर्यमा देवो नयतु स्वस्ति ॥

— *Rigveda Tradition*

(sakhā sakhye aparītamāhurviśve devāso aditiśca mātā |  
anuvratāḥ sacantām tanno aryamā devo nayatu svasti ||)

**English Meaning:** A friend calls a friend boundless (Friend to Friend). All the gods and Mother Aditi have said this. May the faithful ones (Faithful Ones) remain together. May the god Aryama lead us towards well-being.

[This mantra describes the selfless sacrifice and love of a "sakhā sakhye" or 'friend for a friend' as "aparītam" (Boundless/unlimited). This means that friendship has no limits and is the most sacred relationship in the world. "Viśve devāso aditiśca mātā" is understood to mean that all the gods and the primordial mother Aditi also accept this glory of friendship. Another important aspect of the mantra is "anuvratāḥ sacantām," which means 'May friends bound by the same vow or resolve (Faithful) always stay together.' This emphasizes that a group of people with uniformity in thought and purpose can bring positive change in society. At the end of the mantra, a prayer is made to the god Aryama (who is considered the guardian of ancestors and relationships), saying "tanno aryamā devo nayatu svasti," asking him to always guide us on the path of 'svasti' or well-being and

auspiciousness. Spiritually, this teaches us that having good friends on the journey of life is a great grace of God. This mantra inspires us to be honest in our relationships, maintain mutual trust, and move forward with the well-being of all in mind.]

**Life Application:** True Friendship is a precious asset in life. Build a deep relationship with trustworthy friends.

**Scientific Context:** Social Psychology has shown that strong social bonds increase longevity, mental health, and life satisfaction. (Reference: Holt-Lunstad, J., 2023, Annual Review of Psychology)

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## Richa 15: Self-Strength

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।  
क्षुरस्य धारा निशिता दुरत्यया दुर्ग पथस्तत्कवयो वदन्ति ॥

— Kathopanishad 1.3.14 / Vedic Tradition

(uttiṣṭhata jāgrata prāpya varānnibodhata |

kṣurasya dhārā niśitā duratyayā durgam pathastatkavayo vadanti ||)

**English Meaning:** Arise! Awake! Approach the great teachers and learn! Sharp as a razor's edge and difficult is that path, so the wise ones (Wise Ones) say.

[This mantra gives a 'lion's roar' for human consciousness to emerge from inertia and ignorance. "Uttiṣṭhata jāgrata" means not just getting out of bed, but waking from the sleep of attachment and becoming active by abandoning laziness. "Prāpya varānnibodhata" means to attain the knowledge of truth by approaching the best teachers or wise persons; because this difficult journey cannot be completed without a guide. In the latter half of the mantra, the challenge of the spiritual path is described as "kṣurasya dhārā niśitā duratyayā," meaning 'sharp and difficult

like the edge of a razor.' Just as walking on a sharp razor is risky, similarly, on the path of truth, even a little carelessness can lead a person into delusion. Stating "durgam pathastatkavayo vadanti," the wise have called it a 'very difficult path,' because one has to fight one's own ego and desires. Spiritually, this mantra teaches us the lesson of 'self-discipline' and 'Constant Awareness.' It conveys the message that the purpose of life is not just to eat and sleep, but to reach the pinnacle of self-realization by walking that difficult path. This mantra inspires us to move forward towards our goal without losing courage, remaining awake at every moment.]

**Life Application:** The path of Self-Development is not easy. But with courage and perseverance, any goal can be achieved. Abandon laziness and become active (Active).

**Scientific Context:** "Grit," or passion and perseverance for long-term goals, is the strongest predictor of success. (Reference: Duckworth, A., 2021, Grit: Updated Edition, Scribner)

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## Richa 16: Importance of Learning

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः।  
चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम्॥

— Vedic Tradition / Manusmriti

(abhivādanaśīlasya nityaṃ vṛddhopasevinaḥ |  
catvāri tasya vardhante āyurvidyā yaśo balam ||)

**English Meaning:** For one who is of the nature to always offer greetings (Greeting) and serve the elders, four things increase: longevity (Longevity), knowledge (Knowledge), fame (Fame), and strength (Strength).

[This shloka portrays the nature of a person who carries the sentiment of humility and respect, "abhivādanaśīlasya." To greet is not just to bow one's head, but to abandon one's ego and respect the existence and experience of others. "Vṛddhopasevinaḥ" means to selflessly serve one's parents, teachers, and elders seasoned by experience. The latter half of the mantra discusses the four great fruits obtained from such service and culture: longevity, knowledge, fame, and strength. Longevity means not just age, but a long life obtained due to a peaceful and stress-free life. Knowledge means the practical and deep philosophy of life gained by being in the company of elders. Fame (renown) and strength (mental and spiritual power) naturally come to those who are disciplined and service-oriented. Spiritually, this teaches us that knowledge and power are not obtained merely by reading books or exercising, but by receiving the blessings of elders and valuing the experience they have accumulated. This shloka presents 'humility' as the greatest asset and inspires us to live a cultured and dignified life.]

**Life Application:** Respect your elders, be humble, and always have a learning attitude.

**Scientific Context:** Research in Gerontology has shown that intergenerational relationships improve the mental health of both generations.

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## Richa 17: Prayer for Peace

द्यौः शान्तिरन्तरिक्षं शान्तिः पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः ।  
वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः सर्वं शान्तिः शान्तिरेव  
शान्तिः सा मा शान्तिरेधि॥

— Yajurveda 36.17 / Shanti Mantra

(dyauḥ śāntirantarikṣaṃ śāntiḥ pṛthivī śāntirāpaḥ śāntiṛoṣadhayaḥ  
śāntiḥ|  
vanaspatayaḥ śāntirviśvedevāḥ śāntirbrahma śāntiḥ sarvaṃ śāntiḥ  
śāntireva śāntiḥ sã mā śāntiredhi ||)

**English Meaning:** May there be peace in the sky, may there be peace in space, may there be peace on Earth, may there be peace in the waters, may there be peace in the herbs, may there be peace in the plants, may there be peace in all the gods, may there be peace in Brahman, may there be peace in everything. May that peace come to me.

[This mantra, by stating "dyauḥ śāntirantarikṣaṃ śāntiḥ," prays for stability in the subtle and vast layers from the sky to space. The meaning of "pṛthivī śāntirāpaḥ śāntiṛoṣadhayaḥ śāntiḥ" is that the earth we stand on, the water we drink, the herbs that heal us, and the life-giving plants all remain in their own natural rhythm and balance. Here, 'peace' does not merely mean the absence of war or silence, but rather that every part of nature remains in its 'natural state' and 'balance.' When water, air, and earth become polluted or imbalanced, the peace of nature is disturbed, and calamity ensues. In the latter half of the mantra, "sarvaṃ śāntiḥ śāntireva śāntiḥ," a deep resolve is made that peace may pervade every particle of the universe, and that peace, ultimately, "sã mā śāntiredhi," may also flow into my inner self. Spiritually, this teaches us that without peace in the outer world (Macrocosm), there can never be peace in our inner world (Microcosm). This mantra inspires us not to conflict with nature, to protect the environment, and to live in unity with all existence. It is not just a text but a divine call for 'global well-being' that upholds the beauty and order of the entire creation.]

**Life Application:** Peace is not only external but also internal. Maintain peace in your environment, relationships, and mind.

**Scientific Context:** "Mindfulness" practice reduces stress and increases peace. (Reference: Kabat-Zinn, J., 2023, Mindfulness for All, Hachette)

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## Richa 18: Glory of Giving

मोघमन्नं विन्दते अप्रचेताः सत्यं ब्रवीमि वध इत्स तस्य ।  
नार्यमणं पुष्यति नो सखायं केवलाघो भवति केवलदी ॥

— Rigveda 10.117.6

(moghamannaṃ vindate apracetāḥ satyaṃ bravīmi vadha itsa tasya |  
nāryamaṇaṃ puṣyati no sakhāyaṃ kevalāgho bhavati kevalādī ||)

**English Meaning:** He who eats alone without giving to others, his food is wasted. I speak the truth—it is his death. He who does not nourish others, nor helps a friend, is purely sinful.

[This mantra, by stating "moghamannaṃ vindate apracetāḥ," calls the food obtained by a person of narrow intellect or without wisdom 'wasted.' Here, 'food' refers not only to meals but also to the wealth, knowledge, and power we acquire. With "satyaṃ bravīmi vadha itsa tasya," the Veda proclaims a harsh truth. For one who consumes alone without caring for others, that food is not nourishment but is equivalent to 'death' (spiritual decline). The latter half of the mantra, "nāryamaṇaṃ puṣyati no sakhāyaṃ," states that one who neither offers to the gods (or protectors of society) nor helps his friends and the hungry is the true sinner. The final phrase of the mantra, "kevalāgho bhavati kevalādī," is extremely poignant; it means 'he who eats alone, eats not food, but only sin.' Spiritually, it teaches 'cooperation and coexistence.' It teaches us that the gifts given to us by nature become like nectar only when they are shared and consumed together. This mantra emphasizes that 'altruism' is the true essence of dharma, urging us

to abandon individualism and selfishness. It sends the message that we should not forget that others also have a right to our successes and resources.]

**Life Application:** Make charity and sharing an integral part of life. Give something to others from what you have.

**Scientific Context:** Research has shown that "Prosocial Spending," i.e., spending on others, increases one's own happiness. (Reference: Dunn, E., et al., 2020, Happy Money, Simon & Schuster)

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## 1.4 Life Principles from Rigveda

From the richas of the Rigveda, we can derive many principles applicable to daily life. These principles are not only spiritual but are also practical and scientifically validated.

### Principle 1: Living in Harmony with Cosmic Order (Ṛtam)

The concept of Ṛtam in the Rigveda teaches us that there is an order in the universe, and we must live in harmony with that order.

#### What is its practical meaning?

First, live in sync with the Rhythm of Nature. Wake up with the sunrise, and go to sleep on time at night. Adopt a diet and lifestyle according to the season. Chronobiology has proven that health is optimal when the body's Circadian Rhythm aligns with the rhythm of nature.

Second, adhere to the Moral Order. Speak the truth, be honest, perform just actions. When we do what is morally right, we achieve peace of mind and relationships become stronger.

Third, contribute to the Social Order. Be responsible towards your family, community, and nation. R̥tam teaches that we are all interconnected, and the actions of one person affect everyone.

## **Principle 2: Commitment to Truth (Satya)**

The Rigveda considers truth as the supreme value of life.

### **How to practice truthfulness in daily life?**

First, be honest with yourself. Accept your weaknesses. Avoid self-deception. In psychology, this is called "self-awareness," which is the foundation of emotional intelligence.

Second, speak the truth to others, but with compassion. The truth does not have to be harsh. The Rigveda gives the principle "satyaṃ brūyāt priyaṃ brūyāt" (speak the truth, speak it pleasantly). That is, speak the truth, but speak it in such a way that it does not cause pain to the other person.

Third, maintain intellectual honesty. Be able to say, "I don't know." This is the greatest lesson taught by the Nasadiya Sukta—to accept the limits of knowledge is true knowledge.

Fourth, never stop the Quest for Truth. Ask Questions, do Research, understand different Perspectives. The sages of the Rigveda were Questioners, not Blind Believers.

## **Principle 3: Tapas — Practice of Self-Discipline**

### **How to practice Tapas in daily life?**

Here are some Practical Methods:

First, create a Daily Routine and follow it. Waking up in the morning, meditating, exercising, studying — all these are forms of tapas. Regularity is the basis of tapas.

Second, control Immediate Gratification. Spending excessive time on Social Media, eating unhealthy food, or wasting time in laziness — all these are the Opposite of tapas. Practice Self-Control.

Third, accept Difficulties as a form of tapas. The Challenges that come in life make you stronger. The concept of "Post-Traumatic Growth" shows that after Difficult Experiences, people can become more Mature and stronger.

Fourth, regularly practice Meditation and Breathing Exercises (Pranayama). These are the most Effective forms of tapas. Neuroscience has proven that regular meditation brings positive changes to the Brain Structure.

## **Principle 4: Yajña — Life of Service & Contribution**

The concept of Yajña in the Rigveda teaches us that life is a Continuous Cycle of Giving and Receiving.

### **How to practice this daily?**

First, perform at least one Selfless Act every day. It doesn't have to be big — giving someone a smile, offering help, or speaking a word of encouragement is also a yajña.

Second, share your Knowledge. The sages of the Rigveda did not keep knowledge Secret; instead, they shared it with everyone. Whatever knowledge you have, teach it to others.

Third, be Grateful to Nature. Plant trees, save water, reduce Pollution. This is a yajña towards nature.

Fourth, make your Work itself a yajña. Whatever your Profession, if you do it with Dedication and Honesty, that itself is a yajña.

## **Principle 5: Ekatva — Unity in Diversity**

"एकं सद् विप्रा बहुधा वदन्ति" (Ekaṁ sad viprā bahudhā vadanti) — this message from the Rigveda is extremely Relevant in today's divided world.

### **How to practice this daily?**

First, respect different religions, cultures, and Ideologies. There is not just one path to truth. Every person has their own Journey.

Second, be free from Prejudice and Discrimination. Do not consider anyone Inferior based on caste, gender, religion, or economic status.

Third, abandon the concept of the "Other." The Rigveda teaches that All Beings are an Expression of One Consciousness. When we understand this, Compassion comes naturally.

Fourth, engage in Dialogue, not Argument. Have peaceful conversations with people who have Different Opinions. Try to understand, not to win.

## **Principle 6: Praśnśīlatā — Power of Inquiry**

The sages of the Rigveda were Great Questioners. In the Nasadiya Sukta, they asked profound questions about the origin of creation. This Spirit of Inquiry is the Greatest Gift of the Rigveda.

### **How to practice inquiry in daily life?**

First, do not accept anything without question. Cultivate the habit of asking "Why?". Second, challenge your Assumptions. Third,

gather information from various Sources. Fourth, do not be afraid to say, "I don't know."

Modern Pedagogy has accepted the importance of "Inquiry-Based Learning." The Ability to Ask Questions is the basis of Real Education.

## **Principle 7: Santulan — Balance — The Middle Path**

The Rigveda teaches to avoid Extremes. Neither Excessive Indulgence nor Excessive Renunciation. Balance is the Key to life.

**Physical Balance:** adequate food, adequate sleep, adequate exercise.

**Mental Balance:** balance between Work and Rest.

**Emotional Balance:** the ability to accept both Joy and Sorrow.

**Social Balance:** balance between Individual Freedom and Social Responsibility.

In Modern Psychology, this is called "Well-being," which depends on the balance of various aspects of life. Martin Seligman's PERMA model considers the balance of five elements — Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment — as the basis of well-being.

### **1.5 Scientific Connections**

There are remarkable parallels (Remarkable Parallels) between the concepts of the Rigveda and the discoveries (Discoveries) of modern science. In this section, we will look at those similarities in detail.

## **a) Quantum Physics & Rigvedic Cosmology**

The questions raised by the Nāsadiya Sūkta of the Rigveda about the origin of creation are surprisingly similar to the questions of modern Quantum Physics.

The Nāsadiya Sūkta states: Before creation, there was neither Existence nor Non-existence. In Quantum Physics, the concept of the "Quantum Vacuum" is similar to this—it is not a "Void," but rather a Field of Possibilities from which particles (Particles) arise and dissolve.

The Rigveda says that creation arose from \*tapas\* (Focused Energy). According to the Big Bang Theory, the universe originated from an explosion of Extremely Concentrated Energy. This similarity is noteworthy.

Nobel laureate physicist Roger Penrose, in his book "Cycles of Time" (2020), has presented the theory of the Cyclic Nature of the universe, which aligns with the Rigveda's cycle of Creation-Dissolution-Recreation.

Quantum Entanglement—where two particles (Particles) instantly affect each other despite the distance—aligns with the Rigveda's philosophy that "Everything is Connected." The 2022 Nobel Prize in Physics was awarded for the experimental proof (Experimental Proof) of quantum entanglement (Aspect, Clauser, & Zeilinger, 2022).

## **b) Neuroscience & Vedic Meditation**

In the Rigveda, great importance is given to meditation (Dhyāna / Meditation) and mantra chanting (Mantra Chanting). The Gāyatrī Mantra is its most famous example. Modern neuroscience (Neuroscience) has proven the effectiveness (Effectiveness) of these practices.

A meta-analysis (Meta-Analysis) published in Nature Reviews Neuroscience in 2023 has shown that regular meditation increases the density (Density) of the brain's grey matter (Grey Matter), especially in the prefrontal cortex (Prefrontal Cortex) and hippocampus (Hippocampus). The prefrontal cortex is associated with decision making (Decision Making) and emotional regulation (Emotional Regulation), while the hippocampus is associated with memory (Memory) and learning (Learning).

There has also been remarkable research on the effect of mantra chanting. A study published in Frontiers in Psychology in 2022 showed that the regular chanting of Sanskrit mantras calms the "Default Mode Network"—the part of the brain associated with self-reflection (Self-Reflection) and mind-wandering (Mind-Wandering). This reduces anxiety (Anxiety) and depression (Depression).

The Gāyatrī Mantra of the Rigveda contains the prayer "धियो यो नः प्रचोदयात्" (May it inspire our intellect). Neuroscience has shown that meditation and mantra chanting actually improve intellect (Intellect) and the ability to concentrate (Attention). This is a scientific validation (Scientific Validation) of the Rigveda's prayer.

## **c) Environmental Science & Rigvedic Nature Philosophy**

In the Rigveda, nature (Nature) is revered as divinity (Divinity). Agni, Vayu, Jala, Prithvi, Surya—all are worshipped as deities. This is not just a religious ritual (Religious Ritual); it is an expression of deep respect for nature (Deep Respect for Nature).

Modern environmental science (Environmental Science) confirms this perspective of the Rigveda. According to the concept of

"Ecosystem Services," nature provides us with invaluable services—clean air (Clean Air), clean water (Clean Water), fertile soil (Fertile Soil), and climate regulation (Climate Regulation). The economic value (Economic Value) of these services is estimated at 33 trillion US dollars annually (Costanza et al., 2021, Global Environmental Change).

The Rigvedic verse "माता भूमिः पुत्रोऽहं पृथिव्याः" (The Earth is my mother, I am the son of the Earth) aligns with the "Gaia Hypothesis." This hypothesis, presented by James Lovelock, posits that the Earth is a self-regulating living system (Self-Regulating Living System).

In the current crisis (Current Crisis) of climate change (Climate Change), the Rigveda's philosophy of nature is extremely relevant. The 2023 report (Report) of the IPCC (Intergovernmental Panel on Climate Change) has warned that if we do not improve our relationship with nature (Relationship with Nature), there will be catastrophic consequences (Catastrophic Consequences). The Rigveda delivered this message thousands of years ago.

## 1.6 Chapter Summary

The Rigveda is the oldest and most profound knowledge text of human civilization. Its core message (Core Message) can be summarized in the following five points:

- **ऋतम् (Cosmic Order):** There is an eternal order (Eternal Order) in the universe. Living in harmony with the rhythm of nature (Rhythm of Nature) is the key to a happy life (Key to Happy Life). Modern science confirms this through the laws of nature (Laws of Nature) and circadian rhythm (Circadian Rhythm).
- **सत्यम् (Truth):** Truth is the supreme value (Supreme Value) of life. Be honest with yourself, with others, and with the universe.

Maintain intellectual honesty (Intellectual Honesty) and the humility (Humility) to be able to say, "I don't know."

- **तपस् (Self-Discipline):** No great achievement (Great Achievement) is possible without self-discipline (Self-Discipline). Control immediate gratification (Immediate Gratification) and move towards long-term goals (Long-term Goals).
- **यज्ञ (Mutual Exchange):** Life is a cycle of giving and receiving (Giving and Receiving). Practice yajña through service (Service), giving (Giving), and nature conservation (Nature Conservation).
- **एकत्व (Oneness):** "एकं सद् विप्रा बहुधा वदन्ति" — Truth is one. Seek unity in diversity (Unity in Diversity). Practice tolerance (Tolerance), compassion (Compassion), and universal brotherhood (Universal Brotherhood).

### Reflective Question

The Nāsadiya Sūkta of the Rigveda questions the origin of creation and accepts that some things are beyond the limits of human intellect. What mystery (Mystery) is there in your life for which you have not yet found an answer? And what is your relationship (Relationship) with that mystery—are you afraid of it, or does it make you curious (Curious)?

The Rigveda teaches that mystery (Mystery) is not something to be feared, but rather an invitation to exploration (Exploration). It may not be possible to find answers to all of life's questions, but the journey of questioning (Journey of Questioning) is the most beautiful experience (Most Beautiful Experience) of life.

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## Chapter 2

# Samaveda: Rhythm, Harmony, and Inner Peace

(Samaveda: Rhythm, Harmony, Inner Resonance, Sound Therapy)

ॐ सामवेदाय नमः

### 2.1 Introduction & Background

The Samaveda is the most musical of the Vedas. The word "Sama" itself means "song" or "melody." Therefore, Samaveda means the "Knowledge of Songs." If the Rigveda is the word of knowledge, the Samaveda is the melody of that same knowledge.

The Samaveda contains a total of 1,875 verses (ṛcās), the majority of which (approximately 95 percent) are taken from the Rigveda. However, the specialty of the Samaveda is that these verses are sung with specific musical notations. It uses the seven notes (saptasvaras) — Śaḍja (Sa), Rṣabha (Re), Gāndhāra (Ga), Madhyama (Ma), Pañcama (Pa), Dhaivata (Dha), and Niṣāda (Ni) — which form the basis of modern Sanatan classical music.

The Samaveda is considered the mother of Sanatan classical music. In the Bhagavad Gita, Shri Krishna says: "vedānāṃ sāmavedo 'smi" (Among the Vedas, I am the Samaveda). This shows the high status of the knowledge of melody in the Samaveda.

The modern relevance of the Samaveda is extremely noteworthy. Today's fields like "sound therapy," "music therapy," and "vibrational healing" are confirming the principles of the Samaveda in a modern form.

A study published in the Journal of Neuroscience in 2023 has shown that musical sounds simultaneously activate different regions of the brain, which improves emotional regulation, memory, and creativity. The sages of the Samaveda had recognized this power of sound thousands of years ago.

The structure of the Samaveda is divided into two parts: Pūrvārcika and Uttarārcika. The Pūrvārcika contains 585 verses that are sung in praise of various deities. The Uttarārcika contains 1,225 verses that are sung during rituals (yajña).

## 2.2 Core Philosophy

### a) Nāda Brahma — Sound is the Ultimate Reality

The most profound concept of the Samaveda is "Nāda Brahma" — that is, sound is the ultimate reality of the universe. In the beginning of the universe there was sound, and the entire creation originated from the vibration of sound.

Modern physics confirms this through "String Theory." According to String Theory, the smallest particles in the universe are actually vibrating strings. The specific vibration frequency of each particle determines its properties. This is the modern scientific equivalent of the Samaveda's "Nāda Brahma" concept.

"ॐ" (Om) is considered the most sacred sound in the Samaveda. It is the primordial sound of the universe. Modern acoustics has shown that the chanting of "ॐ" produces specific vibrations in the body that calm the nervous system.

### b) Svara & Laya — Melody & Rhythm

The Samaveda teaches that the universe operates on melody (svara) and rhythm (laya). The orbit of the planets and stars, the

cycle of seasons, the alternation of day and night — all of these have a rhythm. And this rhythm is the basis of life.

This same rhythm exists within the human body. The heartbeat, the breathing cycle, the brain waves — all of these are rhythmic. When this rhythm is balanced, health is good. When this rhythm is disturbed, disease comes.

The seven notes of the Samaveda are believed to be associated with the seven chakras of the body. Although this is a traditional belief, modern "sound therapy" has proven that specific frequencies have a positive effect on different organs of the body.

### **c) Rasa — Aesthetic Experience**

The Samaveda teaches the importance of "Rasa," meaning Aesthetic Experience. The bliss we experience when we listen to Beautiful Music, behold the Beauty of Nature, or immerse ourselves in an Artwork is Rasa.

Neuroscience has shown that listening to music releases "Pleasure Chemicals" like Dopamine and Endorphin in the brain. A study published in the Proceedings of the National Academy of Sciences (PNAS) in 2021 demonstrated that music activates the brain's "Reward System."

### **d) Sāmañjasya — Harmony**

The very name of the Samaveda contains "Sāma" (Harmony). It teaches that maintaining Harmony in life is the most important task. Harmony with Self, Harmony with Others, and Harmony with Nature—these three levels of harmony form the foundation of a Happy Life.

In Modern Psychology, there is a concept called "Coherence," which refers to the Harmony between Physical, Mental, and Emotional Systems. Research from the HeartMath Institute has

shown that when the heart, brain, and respiration are in sync, physical and mental health are optimal (McCraty, R., 2022, Frontiers in Public Health).

## 2.3 Selected Verses

The most important verses of the Samaveda are presented here. Along with each verse, its Musical Significance and Modern Relevance are also provided.

### Verse 1: Glory of Om

ॐ इति ब्रह्म। ॐ इतीदं सर्वम्।  
ॐ इत्येतदनुकृतिर्ह स्म वा अप्यो श्रावयेत्याश्रावयन्ति।

— Samaveda / Chhandogya Upanishad

(om iti brahma | om itidaṁ sarvam | om ityetadanukṛtirha sma vā apyo śrāvayetyāśrāvayanti |)

**English Meaning:** Om is the Ultimate Reality. Om is this entire world. Through this imitation (Anukriti) that is Om, everything is made to be heard.

[This mantra, by stating "ॐ इति ब्रह्म," considers 'Om' as the direct form of that ultimate truth, or Brahman. Although Brahman is formless and ineffable, 'Om' is its verbal expression. "ॐ इतीदं सर्वम्" means that this entire visible and invisible world is an expansion of 'Om'. Just as a single thread weaves all the beads of a necklace, so 'Om' binds the entire universe. The latter part of the mantra, "ॐ इत्येतदनुकृतिर्ह स्म," signifies the mandatory presence of 'Om' in Vedic rituals and daily life. The beginning of any mantra recitation, the permission for a yajna, or spiritual Hearing starts with 'Om'. 'Om' is also considered a word of 'permission' or 'acceptance'; when we say 'Om', we accept the cosmic law. Spiritually, it teaches us that

the original source of our speech and thoughts is 'Om' itself. This mantra teaches us that instead of getting entangled in the chaos of life, concentrating on that original sound 'Om' is the path to attaining true peace and knowledge of Brahman. The chanting of 'Om' has the power to awaken the chakras of the body and lead the mind to a state of emptiness.]

**Life Application:** Practice the Chanting of Om in daily life. Chanting Om for 5-10 minutes in the morning and evening brings Peace and Clarity to the mind.

**Scientific Context:** A study published in the International Journal of Yoga in 2023 showed that Om chanting stimulates the "Vagus Nerve," which activates the Parasympathetic Nervous System and calms the body.

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## Verse 2: Song of Agni — Inner Transformation

अग्र आ याहि वीतये गृणानो हव्यदातये।  
नि होता सत्सि बर्हिषि॥

— Samaveda 1.1.1

(agna ā yāhi vītaye grṇāno havyadātaye | ni hotā satsi barhiṣi ||)

**English Meaning:** O Agni! Come, hearing our praise, to accept the offering. O Invoker! Be seated on the sacred grass (Kushasan).

[This mantra, by saying "अग्र आ याहि वीतये," invites Agni not merely as a physical element but as a conscious 'divine power' into our lives and sacrifices. "गृणानो हव्यदातये" means, "accepting our devotional praise (prayer) and coming to receive the offerings we have made." Here, Agni plays the role of the 'Hotā' (Invoker), who carries human intentions to the divine. The mantra concludes with

"नि होता सत्सि बर्हिषि," which means, "O Agni! Please be seated on the sacred grass seat (barhiṣi) of our hearts." Spiritually, 'Agni' is the symbol of our inner 'willpower' and 'knowledge'. This mantra teaches us that when starting any auspicious work, we must awaken our inner energy and wisdom. Just as Agni is respectfully installed on a seat of Kusha grass in a yajna, we must calm and purify our minds to make a place for divine thoughts. This mantra expresses a deep desire for surrender, hospitality, and connection with the divine light.]

**Life Application:** Awaken your Inner Fire for Inner Transformation. Burn old habits and make a New Beginning.

**Scientific Context:** "Neuroplasticity" shows that the brain can form new Neural Connections throughout life. It is possible to change old habits.

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## Verse 3: Hymn to Indra — Strength & Courage

इन्द्रं विश्वा अवीवृधन्समुद्रव्यचसं गिरः।  
रथीतमं रथीनां वाजानां सत्पतिं पतिम्॥

— Samaveda Purvachika

(indram viśvā avīvṛdhansamudravyacasam girah | rathītamam rathinām  
vājānām satpatim patim ||)

**English Meaning:** All Hymns have magnified Indra, who is as vast as the ocean. He is the Best Charioteer among charioteers, the Lord of the Strong.

[This mantra, by stating "indram viśvā avīvṛdhan," conveys the message that all our praises, thoughts, and positive resolutions strengthen our inner Indra (willpower and self-strength). Here,

Indra is called "samudravyacasam," which means his expanse and power are 'as vast as the ocean.' Just as rivers merge into the ocean, all our virtuous thoughts enhance our spiritual energy. In the latter half of the mantra, Indra is called "rathitamam rathinām," meaning he is the 'best charioteer' among all charioteers.

According to the Upanishadic metaphor, our body is a chariot and the intellect is its charioteer; therefore, calling Indra the best charioteer means he is the supreme power that guides our intellect in the right direction. "Vājānām satpatiṃ patim" means he is the lord of the strong and the protector of truth. Spiritually, this mantra teaches us that if we awaken and expand our inner 'sensory power' (Indra) through our prayers and actions, we can skillfully steer the chariot of life and achieve victory in every challenge. This mantra inspires one to make their mental and spiritual horizons as vast as the ocean.]

**Life Application:** Develop Courage and Strength in life. Have the courage to face Difficulties. Inner Strength is more important than external strength.

**Scientific Context:** "Resilience," the Ability to Bounce Back from Adversity, is a Key Indicator of mental health. (Reference: Southwick, S., 2023, Resilience, Cambridge University Press)

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## Hymn 4: Hymn to Soma — Divine Nectar

पवमानस्य ते रसं स्वादिष्ठं मधुमत्तमम्।  
इन्द्रो मदाय वावृधे॥

— Samaveda / Soma Mandala

(pavamānasya te rasaṃ svādiṣṭhaṃ madhumattamam | indro madāya vāvṛdhe ||)

**English Meaning:** O sacred Soma! Your Juice is the Sweetest and most Honey-like. Indra grows for Bliss.

[This mantra addresses the juice of Soma, which is "pavamānasya," meaning 'continuously being purified.' Here, 'Soma' is not just a plant but a symbol of our inner 'devotion' and 'Bliss.' "Te rasam svādiṣṭhaṁ madhumattamam" means that the happiness derived from devotion to God and self-knowledge is the 'sweetest' and 'most honey-like'; it is a nectar that has the power to turn all bitter experiences of life into sweetness. The latter half of the mantra, "indro madāya vāvṛdhe," is extremely mystical; it means that upon attaining that divine bliss (Soma-rasa), our inner 'Indra,' meaning 'willpower' and 'spiritual strength,' grows even more. Spiritually, when a person experiences peace and joy in their inner self through spiritual practice and meditation, their self-confidence and effectiveness (Indra) also automatically become powerful. This mantra teaches us that true strength comes not just from external struggles, but from inner happiness and mental contentment. When we make our actions and thoughts as pure and sweet as 'Soma,' our personality becomes as radiant and invincible as 'Indra.']

**Life Application:** Seek Inner Bliss in life. Focus on Inner Peace rather than seeking happiness in External Objects.

**Scientific Context:** The "Flow State" — when one is fully immersed in an activity — releases endorphins and dopamine in the brain. (Reference: Csikszentmihalyi, M., 2022, Flow, Harper Perennial)

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## Hymns 5-8: Additional Selected Hymns

उद्गीथमुपासीत। ओमिति ह्युद्गायति।

— Chhandogya Upanishad 1.1.1

(udgīthamupāsita | oṃiti hyudgāyati |)

**English Meaning:** Worship the Udgitha (Sacred Chant). Sing Aloud with "Om."

[This mantra commands the worship of the "Udgitha." Although 'Udgitha' literally means 'the chant of the Samaveda sung in a high pitch,' its true form is "ॐ" (Om). "Oṃiti hyudgāyati" means that any auspicious act or chant begins with 'Om.' Here, 'Om' is considered The Essence of all essences. Just as the ultimate truth of this universe is contained in 'Om,' so too should the worshipper focus their attention on 'Om,' the symbol of the Supreme Being. Worship does not mean merely reciting a mantra, but immersing oneself in that divine sound. This mantra teaches us that uniting our speech, life-force, and mind to take refuge in the Supreme Being through 'Om' is the highest purpose of life. 'Om' is the syllable that liberates the devotee from the noise of the world and leads them towards supreme peace. Therefore, to worship the Udgitha (Om) is to connect with the fundamental energy of the universe.]

**Life Application:** Include Singing and Voice Practice in your daily routine. Singing makes the mind Joyful and reduces Stress.

**Scientific Context:** Group Singing releases Oxytocin, which enhances Social Bonding. (Reference: Keeler, J., et al., 2021, Frontiers in Psychology)

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## स य एषोऽणिमैतदात्म्यमिदं सर्वं तत्सत्यं स आत्मा तत्त्वमसि।

— Chhandogya Upanishad 6.8.7

(sa ya eṣo'ṇimaitadātmyamidaṃ sarvaṃ tatsatyaṃ sa ātmā tattvamasi |)

**English Meaning:** That which is this Subtlest element, this whole world has that as its Soul, that is the Truth, that is the Self — Tattvamasi (Thou Art That) — you are that.

[This mantra clarifies the ultimate truth of the universe and the unity of human existence. "Sa ya eṣo'ṇima" refers to The Subtlest Essence, which cannot be seen by the eyes but which pervades the entire world. Just as a giant tree lies hidden in a subtle form within a seed, the fundamental basis of this entire visible world is that subtle element. "Tatsatyaṃ sa ātmā" means—that element alone is the ultimate truth, and that itself is the 'Self' of all. The most powerful part of the mantra is "Tattvamasi" (Thou Art That), which declares that there is no difference between you and the Supreme Being. This means that the same divine consciousness that moves the sun, moon, and stars is also present within you. You are not just this body, mind, or senses; you are that infinite cosmic power. This realization frees a person from feelings of inferiority and grants limitless self-confidence and self-respect. When we understand the meaning of 'Tattvamasi,' we stop considering ourselves smaller than or separate from others and begin to see the same single divine element in everyone.]

**Life Application:** Do not think of yourself as small. The Cosmic Consciousness of the universe exists within you. Have Self-Respect and Self-Confidence.

**Scientific Context:** "Self-Transcendence," the Feeling Connected to Something Greater than oneself, increases Meaning and Satisfaction in life. (Reference: Maslow, A. / Kaufman, S.B., 2021, Transcend, TarcherPerigee)

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ऋचो अक्षरे परमे व्योमन् यस्मिन्देवा अधि विश्वे निषेदुः ।  
यस्तन्न वेद किमृचा करिष्यति य इत्तद्विदुस्त इमे समासते ॥

— Rigveda 1.164.39 / Samaveda Tradition

(ṛco akṣare parame vyoman yasmindevā adhi viśve niṣeduḥ | yastanna  
veda kimṛcā kariṣyati ya ittadvidusta ime samāsate ||)

**English Meaning:** The hymns (Verses) reside in that imperishable (Akshara) supreme space (Parama Vyoman) where all the gods are seated. For one who does not know that, what will the hymn accomplish? But those who know it, they are sitting here together in harmony.

[The mantra states that the hymns (mantras) are situated in "akṣare parame vyoman," meaning in the imperishable, supreme space. Here, 'space' (vyoman) does not just mean the physical blue sky, but rather 'chidākāśa' (the space of consciousness). The meaning of 'akṣara' is 'imperishable,' i.e., Brahman. The Vedic mantras do not exist merely on paper or in sound; they are eternally vibrant as vibrations in the supreme consciousness of the universe. "yasmindevā adhi viśve niṣeduḥ"—wherein all the gods are based. All the divine forces (Devas) of the universe are founded on that ultimate truth or consciousness. If that 'akṣara' (Brahman) did not exist, the gods too would have no existence. "yastanna veda kimṛcā kariṣyati"—for one who does not know that 'akṣara' (the ultimate element), what can he do by merely memorizing the hymns or mantras? This is aimed at those who read the scriptures but do not experience their essence. If you read about sugar a thousand times but have not tasted it, that reading has no meaning. The power of a mantra lies in its realization, not just in its words. "ya ittadvidusta ime samāsate"—those who know that element are established in supreme peace and unity (sameness).

True knowers do not get entangled in the jargon of scriptures; they abide, merged in that ultimate truth.]

The main message of this mantra is "experience." The hymns of the Veda are like a map, but one cannot reach the destination just by looking at the map; one must undertake the journey. If we do not recognize the 'ultimate truth' or 'Brahman' that the mantra points to, the knowledge of the scriptures becomes merely a burden. The words are external, but their source (akṣara) is within our inner consciousness. This mantra inspires us to rise above pedantry (knowledge of vocabulary) and move towards true knowledge (realization).

**Life Application:** Go into the Depth of Knowledge. Superficial Knowledge is not useful. Try to understand any subject To the Root.

**Scientific Context:** "Deep Learning" creates Strong Neural Connections in the brain, which enhances Long-term Memory and Understanding.

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गायत्रीं छन्दसामहं । मार्गशीर्षोऽहमृतनाम् ।

— Bhagavad Gita 10.35 / Samavedic Tradition

(gāyatrīm chandasāmahaṁ | mārگاśīrṣo'hamṛtūnām |)

**English Meaning:** Among Metres, I am Gayatri. Among Seasons, I am Margashirsha (the Auspicious Month).

[In the science of mantras, 'Gayatri' is considered the mother of metres. Its deeper meaning is that the metre which protects the life force (prana) and guides the intellect towards light is the very form of the Supreme. The Gayatri metre has 24 syllables, representing the 24 elements of the cosmos. The foundation of creation is Prakriti (Primordial Nature), from which Mahat or Intellect

develops. From this intellect, the individual's identity, or Ego (Ahamkara), is born, which in turn activates the Mind (Manas), the power of thinking and decision-making. Along with these internal elements, there are the 5 Sense Organs (Jnanendriyas)—eyes, ears, nose, tongue, and skin—to experience the external world, and the 5 Organs of Action (Karmendriyas)—hands, feet, speech, the generative organ, and the excretory organ—to perform actions. The subtle objects perceived by these senses are called the 5 Subtle Elements (Tanmatras), which include sound, touch, form, taste, and smell. Finally, from these subtle elements arise the 5 Gross Elements (Mahabhutas)—earth, water, fire (tejas), air, and space—that construct this physical world. It is believed that the entire universe and the human body are structured by the proper balance and harmony of these 24 elements.]

By identifying Himself with Gayatri, Shri Krishna implies that He is the divine rhythm and Vibration that removes human ignorance and opens the door to self-realization. Just as the Gayatri mantra purifies the intellect like the light of the sun, so too does the Lord reside in the devotee's heart as the light of knowledge.

There are some special natural and spiritual reasons why the Lord declared the month of Mangsir (Margashirsha) as His form: Symbol of Balance: This time is neither too hot nor too cold. It symbolizes the 'Sattva Guna,' where nature is calm and balanced. In spirituality, balance is yoga. Grain and Prosperity: Mangsir is the time for harvesting and storing crops. The earth is full of grain, and people are content. Here, the Lord presents Himself as 'prosperity' and 'contentment.' The Beginning of Devotion: In ancient times, Margashirsha was considered the first month of the year. "Marga" means path and "Shirsha" means head or chief. That is, this month is considered the best on the path to God.

In essence, Shri Krishna's choice of these two signifies that He is the source of purity, balance, and knowledge. He is the rhythm (Gayatri) that keeps life balanced, and He is the time (Mangsir) when the mind can remain stable and calm. Where there is clarity, peace, and sweetness, there the direct experience of God is possible.]

**Life Application:** Prioritize Quality in life. Seek the Best, whether it is knowledge, action, or relationships.

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## Hymn 9: Hymn to Vayu — Life Force

वायवायाहि दर्शतिमे सोमा अरंकृताः।  
तेषां पाहि श्रुधी हवम्॥

— Samaveda / Rigveda 1.2.1

(vāyavāyāhi darśatime somā aramṛtāḥ | teṣāṃ pāhi śrudhī havam ||)

**English Meaning:** O Beautiful Wind (Vayu)! Come. These Somas are prepared. Drink them, hear our Call.

[In this mantra, Vayu (wind) is called "Darshata" (beautiful/worth seeing). Wind is not a visible object, but calling it 'beautiful' means it is experienceable. In spirituality, Vayu is considered 'Prana' (life force). When we invoke Vayu, we are actually inviting the divine life force into our bodies. The mantra says—"ime somā aramṛtāḥ" (these Somas are prepared). Physical meaning: The Soma juice (a type of sacred elixir) has been prepared in the sacrifice. Spiritual meaning: 'Soma' is the essence of our devotion, love, and concentration. 'Prepared' means we have purified and organized our minds and thoughts, making them ready to be offered to God. "teṣāṃ pāhi śrudhī havam" means "accept this Soma (devotion) of ours and hear our call." Pāhi (drink/protect): This requests the Supreme to witness our actions and devotion and to accept them.

Śrudhī havam (hear the call): This is the earnest cry of a devotee. When the seeker's heart is pure, their 'havam' or call reaches the cosmic power. This mantra explains the relationship between Prana (Vayu) and bliss (Soma). Just as life is not possible without air, our devotion and actions (Soma) are not fruitful without the divine life force. This mantra teaches us to awaken our inner energy and call upon the Supreme with a pure mind. It is a prayer where the devotee says, "O Supreme Self in the form of Prana, come into my heart, accept the essence of devotion I have prepared, and hear the call of my existence."]

**Life Application:** Practice Pranayama (Breathing Exercises) regularly. Breath is the Life Force. Deep Breathing reduces stress and increases energy.

**Scientific Context:** "Diaphragmatic Breathing" reduces Cortisol and increases the Parasympathetic Response. (Reference: Zaccaro, A., et al., 2022, Frontiers in Human Neuroscience)

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## Hymn 10: Song of the Sun

उद्वेति सुभगो भानुः सूर्यस्य चित्रमर्चिषाम्।

- Samaveda Tradition

(udveti subhago bhānuḥ sūryasya citramarcisām |)

**English Meaning:** The bright ray (Bright Ray) of the auspicious sun is rising, the wondrous light (Wondrous Light) of the sun is spreading.

[This mantra interprets the sunrise not just as a celestial event, but as the return of 'good fortune' and 'divine light'. "Udveti subhago bhānuḥ" signifies the rising of that auspicious and prosperous sun, which destroys not only the darkness of the world but also the

ignorance of the mind. "Citramarciṣām" means the sun's rays are 'wondrous' or 'marvelous'; these rays possess life-giving power, the ability to grant health, and the brilliance to awaken intellect. Spiritually, the rising of the sun signifies the awakening of our inner consciousness. Just as the first ray of the sun fills the earth with new hope and energy, this mantra inspires the practitioner to bring novelty, enthusiasm, and clarity into their life. The sun is considered the 'soul of the world,' so to be in its light or to meditate upon it is to connect directly with cosmic energy. This mantra gives us the message to connect with nature every morning, to absorb the sun's brilliance, and to make our lives luminous.]

**Life Application:** Sit in the morning sunlight. This regulates the body's Biological Clock and improves mood.

**Scientific Context:** "Light Therapy" has been proven effective for Seasonal Depression. (Reference: Lam, R.W., 2023, The Lancet Psychiatry)

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## Richa 11: Song of Friendship

सखायं मा विविक्त्यो मा सखीन् ।  
सखिभ्यो मा वि योऽष्टाः ॥

— Samaveda Tradition

(sakhāyaṃ mā viviktho mā sakhīn | sakhibhyo mā vi yoṣṭhāḥ ||)

**English Meaning:** Do not leave a friend (Friend), do not distance yourself from friends. Do not be separated from friends.

[This mantra presents the divine power of "sakha," or friendship, in the form of a prayer. "Sakhāyaṃ mā viviktho" is understood as a deep plea, 'do not separate me from my friend.' Here, 'friend' is not just a physical person, but all those positive relationships that

make our lives complete. "Mā sakhīn" and "sakhibhyo mā vi yoṣṭhāḥ" mean that we should never turn away from our loved ones and society. Spiritually, this mantra explains the principle of 'co-existence'; we cannot live alone, our progress and happiness are inherent in our relationships with others. It teaches us not to abandon our friends and well-wishers due to anger, ego, or selfishness. Friendship is that sacred bond which pulls a person out of the darkness of loneliness and gives a sense of collective strength. This mantra inspires us to protect our relationships, to always stay connected with the community, and to create an environment of love and harmony. The core message of this mantra is that true happiness and peace lie not in 'I,' but in 'we.']

**Life Application:** Preserve True Friendship. Avoid Isolation. Social Connections are a precious asset in life.

**Scientific Context:** Social Isolation causes as much harm to health as smoking 15 cigarettes a day. (Reference: Holt-Lunstad, J., 2023, American Psychologist)

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## 2.4 Life Principles from Samaveda

### Principle 1: Nada Yoga — Use the Power of Sound

Use the Power of Sound in daily life. Chant Om in the morning. Speak Positive Words. Listen to Music that calms and inspires the mind. Avoid Negative Words and Noise. Practice "Sound Bath" or "Singing Bowl" meditation.

## **Principle 2: Rhythmic Living — Live in Nature's Rhythm**

Live in harmony with the body's Natural Rhythm. Wake up with the sunrise, become calm after sunset. Eat meals at regular times. Get 7-8 hours of sleep. Adopt a diet and Lifestyle according to the Season.

## **Principle 3: Harmony — Maintain Balance**

Maintain Balance among the various aspects of life — Work, Family, Health, Spirituality. Focusing excessively on one aspect weakens the others. The Samaveda teaches that Harmony is the Key to life.

## **Principle 4: Rasa — Experience Beauty**

Experience Beauty in life. Go into nature, enjoy Art, listen to music, read Literature. The experience of beauty makes the mind Expanded and adds Meaning to life.

## **Principle 5: Udgitha — Find Your Voice**

The Samaveda teaches that every person has their own Unique Voice. Discover your Talent, Passion, and Purpose. Make your Unique Contribution to the world. Do not be afraid to Express yourself.

## **2.5 Scientific Connections**

### **a) Sound Therapy & Samavedic Nada Science (Sound Therapy & Samaveda)**

Modern "Sound Therapy" improves physical and mental health by using Specific Sound Frequencies. "Binaural Beats," "Singing Bowls," and "Tonal Therapy" are examples of this.

A 2023 study published in the Journal of Clinical Psychology has shown that sound therapy brings significant improvement in anxiety and insomnia. The sages of the Samaveda had recognized this Therapeutic Power of Sound thousands of years ago.

### **b) Music Therapy & the Brain**

"Music Therapy" is a recognized therapeutic method today. A 2022 study published in Nature Neuroscience has shown that music simultaneously activates over 40 regions of the brain, which no other activity does. The musical tradition of the Samaveda is its ancient form.

### **c) Quantum Physics & Vibration**

According to String Theory, the fundamental particles of the universe are vibrating strings. The specific vibration frequency of each particle determines its properties. This is the modern scientific equivalent of the Samaveda's concept of "Nāda Brahman" (Sound is the Ultimate Reality). (Reference: Greene, B., 2020, Until the End of Time, Knopf)

## **2.6 Chapter Summary**

The Samaveda is the Veda of sound, rhythm, and harmony. Its core message can be summarized in the following five points:

- **Nāda Brahman (Sound is Reality):** Sound is the fundamental reality of the universe. The chanting of Om (Aum) and musical practice expand consciousness.
- **Laya (Rhythm):** The universe operates in rhythm. Living in tune with the rhythm of nature is the foundation of a healthy life.
- **Sāmañjasya (Harmony):** Maintaining harmony with oneself, with others, and with nature is the key to life.
- **Rasa (Aesthetic Experience):** The experience of beauty adds meaning and joy to life. Experience the beauty of art, music, and nature.
- **Udgītha (Sacred Chant):** Find your unique voice and make your contribution to the world.

### **Reflective Question**

What sound in your life gives you the most peace? And which sound gives you the most disturbance? How can you improve your sound environment?

## Chapter 3

# Yajurveda: Action, Discipline, and Life Management

(Yajurveda: Action, Discipline, Ritual as System, Ethical Living)

### 3.1 Introduction & Background

The Yajurveda is a combination of "Yajus" (Sacrificial Formulae) and "Veda" (knowledge). It is the Veda of ritual action, but its deeper meaning is the science of action (Karma), discipline, and systematic living.

The Yajurveda has two branches: Shukla Yajurveda (White Yajurveda) and Krishna Yajurveda (Black Yajurveda). In the Shukla Yajurveda, the mantras and the Brāhmaṇa (commentary) are separate, whereas in the Krishna Yajurveda, both are mixed. The Vājasaneyī Saṃhitā of the Shukla Yajurveda has 40 chapters, the last of which is the "Īśāvāsyopaniṣad," one of the most important texts in Upanishadic literature.

[A special scientific and educational methodology is hidden behind the division of the Yajurveda into 'Shukla' (white/pure) and 'Krishna' (black/mixed). The 'Shukla Yajurveda' is considered pure because in it, the mantras and their explanations (Brāhmaṇa) are kept completely separate, thereby preserving the original power and clarity of the mantras. Mantras themselves are specific sounds and vibrations. When mantras are kept in their pure form without any intervening explanation or commentary, their 'meter' (chhanda) and 'phonetics' are not disturbed. This ensures that the energy and impact generated during the mantra's recitation remain intact. When a practitioner chants or performs a ritual,

they can focus their attention solely on the rhythm and meaning of the mantra, without their mental flow being interrupted by explanations.

In contrast, in the 'Krishna Yajurveda,' the mantras and explanations are mixed together, which is considered convenient for understanding and teaching within the Guru-disciple tradition. In the Guru-disciple tradition, when a Guru teaches a mantra, the disciple might immediately ask, "Why and how should this mantra be used?" In the Krishna Yajurveda, since the explanation and application (viniyoga) are given immediately after the mantra, the disciple understands its use instantly. In ancient times, the practice of writing things down was less common. Hearing a story or explanation along with the mantra made it easier for the disciple to remember the context of the mantra (rote memorization) and to grasp its essence. This is why it is called 'Krishna' (mixed).

The Shukla Yajurveda is focused on maintaining the purity of 'theory,' while the Krishna Yajurveda is focused on facilitating 'practical application.' The ultimate goal of both is the same—to transform action into knowledge. The fact that the 40th chapter of the Shukla Yajurveda's 'Vājasaneyī Saṃhitā' is the 'Īśāvāsyopaniṣad' is in itself a great spiritual sign.

It means that the final destination of ritual action (yajña/ceremony) is 'knowledge' or 'self-realization.' The Īśāvāsyopaniṣad teaches that "God pervades every single particle of this world," and therefore, we should enjoy it with a sense of renunciation. Spiritually, the Yajurveda teaches us the balance between action and knowledge. It explains that external actions (rituals) are successful only when they are connected to inner consciousness and the search for truth. This Veda is not just a manual for worship, but a complete roadmap for making life

organized and purposeful, leading a person from action to the pinnacle of divine knowledge (Brahmajñāna).]

The modern relevance of the Yajurveda is extremely broad. The principles it teaches of Karma Yoga (Action as Spiritual Practice), management science, ethical living, and self-discipline are extremely useful in today's busy modern life.

"Management Guru" Peter Drucker said: "Effectiveness is doing the right things." The Yajurveda taught this very same thing thousands of years ago—every action must be conscious, systematic, and purposeful.

### **3.2 Core Philosophy**

#### **a) Karma Yoga — Action as Worship**

The most profound message of the Yajurveda is: Action is Worship. In a ritual (Yajña), every act is performed consciously, methodically, and with dedication. The Yajurveda teaches that every act of daily life—cooking, working, studying—if done consciously and with dedication, is itself a Yajña. In modern psychology, this is called "Mindful Action." When we perform any task with full attention and presence, the quality of that task increases, and we derive satisfaction from it.

#### **b) Vidhi — Systematic Process**

In the Yajurveda, a Detailed Procedure for each yajña is given. When to chant which mantra, how to use which Material, in what Sequence to perform the actions—everything is Systematic. This is the ancient form of the modern "Standard Operating Procedure" (SOP).

In daily life, this means: make your tasks systematic. Make a Plan, follow the Process, and evaluate the Result. This is the Ancient Version of the "Plan-Do-Check-Act" (PDCA) cycle.

### **c) Tyāga — Sacrifice & Surrender**

In a yajña, an Offering is made. That is, something is Sacrificed. The Yajurveda teaches that to make Progress in life, sacrifice is essential. Renouncing Immediate Pleasure to move towards a Long-term Goal, renouncing Selfishness to perform Service, renouncing the Ego to adopt Humility. These are all forms of sacrifice.

### **d) Īśvara Praṇidhāna — Surrender to the Supreme Power**

The final chapter of the Yajurveda, the Īśāvāsyopaniṣad, teaches: "Īśāvāsyamidam sarvam" – this entire world is Pervaded by the Divine. Its practical meaning is: perform every action as a Service to the Divine. Do not have Attachments to the Expectation of Results; focus on the action.

[This philosophy states that when we accept "Īśāvāsyamidam sarvam," meaning 'God is in everything,' our way of performing actions changes completely. To perform 'every action as a service to God' means to consider one's profession, household chores, or social service not just as a means of livelihood, but as a 'sacred offering' or 'worship.' If you are a scientist, your research is a service to God; if you are in the kitchen, preparing food is a service. When work is considered a service to God, then 'Quality' and 'Integrity' automatically follow, because what is offered to God should never be subpar. On the other hand, 'not having attachment to the expectation of results' does not mean not acting or not planning, but rather not being disturbed even if the outcome is not

in our favor. We can only control our 'Effort,' not the 'Result.' When we let go of worrying about the result and 'focus on the action,' our concentration increases, stress decreases, and our Efficiency reaches its peak. Action performed with such detachment does not bind a person; rather, it leads to inner freedom and infinite peace. This mantra teaches us that the true meaning of life lies not in 'consumption,' but in 'enjoyment with renunciation' and 'selfless action.']

### 3.3 Selected Verses

#### Verse 1: Īśāvāsya — God in Everything

ईशावास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्।  
तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम्॥

— Īśāvāsyopaniṣad / Yajurveda 40.1

(Īśāvāsyamidam sarvaṃ yatkiñca jagatyāṃ jagat | tena tyaktena bhuñjīthā mā gṛdhaḥ kasyasviddhanam ||)

**English Meaning:** This Entire World is Pervaded by God. Enjoy With Renunciation. Do not have Greed for anyone's Wealth.

[This mantra brings a radical change to our perspective on the universe and life. "Īśāvāsyamidam sarvaṃ" means that God resides in every particle of this visible and invisible world. If God is everywhere, then no object or person is separate from us. The second part of the mantra, "tena tyaktena bhuñjīthā," is extremely important; it gives the wonderful formula 'enjoy with renunciation.' This does not mean running away from the comforts of the world, but rather enjoying them without holding a personal claim or the ego of 'I' and 'mine.' Just as we enjoy the fragrance of a flower in a garden but do not try to possess it, so too should we live life as a 'Trustee' or guardian. At the end of the mantra, a stern

warning is given against Greed with "mā gr̥dhaḥ kasyasviddhanam." When we understand that everything belongs to God and we are here only for a short time, the tendency to covet others' wealth or success automatically disappears. Spiritually, this inspires us towards 'distribution' rather than 'Hoarding' and 'liberation' rather than 'attachment.' This mantra teaches that true happiness is not hidden in the ownership of things, but in the feeling of non-attachment towards them.]

**Life Application:** Use Material Things but do not become Attached to them. Live a Content life, free from Greed.

**Scientific Context:** The "Minimalism" movement has shown that more satisfaction can be found in fewer things. (Reference: Kondo, M./Millburn, J., 2021, The Minimalists)

[The modern 'Minimalism' movement is, in fact, a practical and scientific rebirth of ancient Vedic philosophy. Scientifically, our brain's Cognitive Load is linked to the number of objects we accumulate around us. Marie Kondo and The Minimalists have argued that the collection of unnecessary physical objects creates mental 'Clutter,' which increases stress and anxiety in people. When we adopt the principle of "Less is More," our focus shifts from objects to 'experience' and 'consciousness.' What the Īśāvāsyopaniṣad says as "mā gr̥dhaḥ" (do not be greedy) and what Minimalism says as "ownership of things does not bring happiness" are one and the same. Psychology has confirmed that 'Experiential Purchases' provide more and lasting satisfaction than 'material purchases.' Therefore, Minimalism is not just a way to clean a room; it is a scientific method of withdrawing one's energy from the flashy external world and investing it in inner peace. It teaches us that true prosperity depends not on "what we have," but on the ability to "be happy without it."]

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## Verse 2: Action & Knowledge

कुर्वन्नेवेह कर्माणि जिजीविषेच्छतं समाः।  
एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे ॥

— Īśāvāsyopaniṣad / Yajurveda 40.2

(kurvanneveha karmāṇi jijīviṣecchataṁ samāḥ | evaṁ tvayi nānyatheto'sti  
na karma lipyate nare ||)

**English Meaning:** While Performing Actions, one should wish to live for a hundred years. In this way, Action does not get Attached to the person.

[This mantra guides human life not towards negativity or Escapism, but towards complete 'activity' and 'optimism.' "Kurvanneveha karmāṇi" means 'while performing actions,' which completely rejects inaction. The Upanishad inspires us by saying "jijīviṣecchataṁ samāḥ," meaning 'desire to live for a hundred years.' Here, living for a hundred years is not just about breathing, but about living a meaningful life by performing useful actions for society and nature. The greatest secret of the mantra lies in its latter half: "na karma lipyate nare." Normally, the actions we perform create impressions and Karma Bondage, but if actions are performed with a sense of 'non-attachment' and as a divine service, they do not bind the person. Just as a lotus leaf remains untouched by water while being in it, a person who performs actions in this world remains free from the fruits and faults of those actions. Spiritually, this teaches us that one does not need to leave the world and go to the forest to attain liberation; rather, living in the world, fulfilling one's duties without worrying about the results, is the true yoga. This mantra teaches us to make work not a 'burden,' but a 'celebration' and a 'spiritual practice.']

**Life Application:** Be Active but do not be attached to the Results of Action. Focus on the Process, and the Result will come on its own.

**Scientific Context:** "Process-Oriented Thinking" reduces Stress and increases Performance. (Reference: Clear, J., 2023, Atomic Habits, Avery). [Modern psychology and Behavioral Science have confirmed that when we focus more on the 'Process' than the 'Goal,' our performance improves dramatically. According to James Clear, a goal gives us direction, but progress is made only through a 'system' or process. 'Process-Oriented Thinking' means enjoying the daily practice (e.g., walking for 20 minutes every day) instead of worrying about the outcome (e.g., losing 10 kg of weight).

Scientifically, when we only think about the result, 'cortisol' (the stress hormone) increases in our brain, causing us to feel fear and pressure. But when we focus on the process, we enter a 'Flow State,' where the work itself becomes enjoyable and stress automatically decreases. This is exactly the modern version of 'Nishkama Karma' mentioned in the Gita and the Upanishads. It teaches us that success is not just an Event, but a By-product of the small, correct actions we repeat daily. Therefore, becoming a master of the process rather than a slave to the result is the formula for mental peace and sustainable progress.]

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### Verse 3: Peace Invocation

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥

— Brhadāranyaka Upaniṣad / Yajurveda Peace Mantra

(om pūrṇamadaḥ pūrṇamidaṃ pūrṇātpūrṇamudacyate | pūrṇasya  
pūrṇamādāya pūrṇamevāvaśiṣyate ||)

**English Meaning:** That (Brahman) is Complete, this (world) is Complete. The Complete emanates from the Complete. When the Complete is taken from the Complete, the Complete remains.

[This mantra expresses the 'Wholeness' and 'imperishable' nature of the universe. "Pūrṇamadaḥ" means 'That' unseen Supreme Being or the root cause is complete, and "pūrṇamidaṃ" means 'this' visible phenomenal world is also complete. Here lies a profound philosophical truth—that which is born from the complete is also complete. "Pūrṇātpūrṇamudacyate" means—from that infinite Brahman, this infinite world has manifested. The most astonishing and powerful part of the mantra is "pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate." This states that if you take the whole from the whole, what remains is also whole. In mathematical terms, if you subtract infinity ( $\infty$ ) from infinity, infinity still remains. Spiritually, this teaches us that when God created this world, there was no reduction in His power or completeness. Also, since our soul is a part of that same completeness, we are complete in ourselves. We do not need to search for anything outside to become complete, but rather, we only need to recognize the 'completeness' that lies within us. This mantra frees us from the inferiority complex of lack and imperfection and makes us realize 'non-duality' and 'infinity'.]

**Life Application:** There is no Deficiency in the universe. Adopt an Abundance Mindset. Free yourself from the thought of "Scarcity."

**Scientific Context:** An "Abundance Mindset" enhances Creativity and Collaboration. (Reference: Covey, S., 2020, The 7 Habits, Simon & Schuster). This mantra aligns perfectly with the

theory of infinity established by Georg Cantor in modern mathematics. No matter how large a number is subtracted from infinity, it remains infinite. "Energy can neither be created nor destroyed." This mantra also illustrates that same indestructible and complete form of energy (Law of Conservation of Energy). Just as the information of the entire picture is hidden in a small piece of a hologram, so too is the whole (completeness) present in every particle (part) of this universe.

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## Richa 4: Importance of Food

अन्नं ब्रह्मेति व्यजानात्। अन्नाद्ध्येव खल्विमानि भूतानि जायन्ते।  
अन्नेन जातानि जीवन्ति। अन्नं प्रयन्यभिसंविशन्तीति॥

— Taittirīya Upaniṣad / Yajurvedic Tradition

(annaṃ brahmeti vyajānāt | annāddhyeva khalvimāni bhūtāni jāyante |  
annena jātāni jīvanti | annaṃ prayantyaabhisamviśantīti ||)

**English Meaning:** Know that Food is Brahman. From food, indeed, all Beings are born. By food, they live. Into food, they return.

[This mantra, by stating "annaṃ brahmeti vyajānāt," considers food (Matter) as the first and direct form of Brahman. Here, 'anna' (food) does not just mean the morsel we eat, but rather the entire 'Matter' and 'Energy'. The sage Bhrigu, at the beginning of his contemplation, discovered that the most tangible and essential basis of life is food. "annāddhyeva khalvimāni bhūtāni jāyante" means—this body and all creatures are formed from the essence of food. "annena jātāni jīvanti" explains that even after birth, food (energy) is necessary to sustain life. And finally, "annaṃ prayantyaabhisamviśantīti" reveals the eternal truth that after death, this body merges back into the soil (food). Spiritually, this

teaches us that our body is the 'Annamaya Kosha' (food sheath) and keeping it pure is the first step to self-realization.

Scientifically, it points to the 'Law of Conservation of Mass' and the 'Biological Cycle'. This mantra inspires us to respect food, not to waste it, and to receive meals not just as a means to fill the stomach but as a form of 'divine energy'.]

**Life Application:** Respect food. Consume a pure (Sattvic) diet. Do not waste food. Perform the process of cooking and eating Mindfully.

**Scientific Context:** "Mindful Eating" improves Digestion and prevents Overeating. (Reference: Kristeller, J., 2023, The Joy of Half a Cookie, Perigee). Modern science also accepts that we become what we eat. The creation and renewal of our Cells depend entirely on the nutrition we take. Plants convert the sun's energy into food, and that same energy flows into us. To call food 'Brahman' means to recognize the infinite cosmic energy hidden within it. Food is not just a chemical element but is both the 'creator and destroyer of life'.

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## Richa 5: Knowledge & Ignorance

विद्यां चाविद्यां च यस्तद्वेदोभयं सह ।  
अविद्यया मृत्युं तीर्त्वा विद्ययामृतामश्नुते ॥

— Īśāvāsyopaniṣad / Yajurveda 40.11

(vidyāṃ cāvidyāṃ ca yastadvedobhayaṃ saha | avidyayā mṛtyuṃ tīrtvā  
vidyayāmṛtamaśnute ||)

**English Meaning:** He who knows both Vidya (Knowledge) and Avidya (Ignorance/Practical Knowledge) together, overcomes Death through Avidya and attains Immortality through Vidya.

[This mantra emphasizes the need for two types of knowledge for the fullness of human life. Here, "Avidya" does not mean darkness or foolishness, but rather the 'Practical/Material Science' needed to live in this world. This includes subjects like science, technology, economics, and physiology. The mantra says—"avidyayā mṛtyum tīrtvā," meaning through material knowledge, we can overcome forms of 'death' such as disease, hunger, and lack, and live happily in this world. On the other hand, "Vidya" means 'Self-Knowledge', which makes us realize our true nature. "vidyayāmṛtamaśnute" means—through self-knowledge, a person is freed from the cycle of birth and death and fear, and attains 'immortality' or supreme bliss. Spiritually, this mantra conveys the message that we should neither just run after the world nor renounce the world and engage only in spirituality. The truly wise is one who moves forward carrying both "saha" (together). This mantra teaches that without a healthy body and an organized material life (Avidya), deep spiritual practice (Vidya) is not possible. It reveals the eternal truth that the complete development of a human being occurs only through the integration of 'science' and 'spirituality'.]

**Life Application:** Both Spiritual Knowledge and Practical Knowledge are necessary. A single type of knowledge does not provide Completeness. 'Avidya' (medical science) saves the body, while 'Vidya' (mental and spiritual peace) saves the mind. Both are essential for complete health. Modern science (Avidya) gives us the means, but the philosophy of the Upanishads (Vidya) gives us the 'wisdom' on how to use those means correctly and for well-being. Laboratory work (Avidya/science) helps with people's physical satisfaction and nutrition, while Vedic thought (Vidya) helps in finding the deeper purpose of life.

**Scientific Context:** "Integrative Learning" leads to Deep Understanding by connecting different fields of knowledge. [In modern Educational Science, 'Integrative Learning' is a method

that connects the interrelationships between different fields of knowledge instead of keeping them in separate 'Compartments'. Scientifically, our brain understands something deeply only when new information is connected with old experiences or another different discipline. For example, when a 'Flavor Scientist' connects Chemistry with the Ayurvedic theory of 'rasa' (taste) or studies Biology by combining it with Psychology, a 'Deep Understanding' is born. This not only teaches 'facts' but also gives a 'vision' of how those facts work in life and society. According to the principle of Neuroplasticity, when we integrate knowledge from different fields, new and strong 'neural connections' are formed in the brain, which elevates our Problem-solving ability and creativity to a higher level. This is exactly what the Upanishad instructed when it said that "Vidya" (spiritual) and "Avidya" (material) must be known 'saha' (together).]

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## Richa 6: Coexistence

सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै॥

— Taittirīya Upaniṣad / Yajurveda Peace Mantra

(saha nāvavatu | saha nau bhunaktu | saha vīryaṃ karavāvahai | tejasvi  
nāvadhītamastu mā vidviṣāvahai ||)

**English Meaning:** May He protect Both of Us together.  
May He nourish us together. May we work together with  
great energy. May our study be Brilliant. May we not bear  
Hatred towards each other.

[This mantra presents the highest ideal of 'collectivity' and  
'collaboration'. "saha nāvavatu" means 'May God protect both of us  
(teacher and student) together'; because on the journey of

knowledge, it is essential for both to be safe and healthy. "saha nau bhunaktu" means—'May we both enjoy the fruit or achievement of the knowledge we have acquired together'. This reflects the spirit of sharing the credit for success and developing together. "saha vīryam karavāvahai" is a resolve to apply the 'collective energy' of both to great works. The second half of the mantra, "tejasvi nāvadhītamastu," is extremely important; it means—'May our study or learning be brilliant and luminous'. That is, what we have learned should not be limited to mere bookish knowledge, but it should illuminate our personality and society itself. Finally, a prayer is made with "mā vidviṣāvahai," meaning 'May there never be any disagreement or malice between us'. Spiritually, it teaches that true knowledge arises only where there is love, harmony, and mutual respect. This mantra gives the message that 'Collaboration & Co-creation' is the real path to progress, instead of 'Competition'.]

**Life Application:** Practice Collaboration and Coexistence. Cooperation is stronger than Competition.

**Scientific Context:** "Collaborative Learning" yields better results than individual study. (Reference: Johnson, D.W., 2021, Cooperative Learning, Routledge) [In modern educational psychology, 'Collaborative Learning' is a method where two or more individuals work together to solve a problem or learn something new. D.W. Johnson and other researchers have proven that when we learn with others, our brain processes information more deeply. There are several scientific reasons behind this: First, explaining to others clarifies our own concepts (this is called the 'protégé effect'). Second, working in a group gives us the opportunity to hear different Perspectives, which enhances our 'Critical Thinking'. Third, social interaction releases hormones like 'oxytocin' and 'dopamine' in the brain, which makes the learning process enjoyable and memorable. The Upanishadic saying "saha

vīryaṃ karavāvahai" (May our collective energy increase) is precisely the 'Synergy' that arises from this collaboration, where the result of "1 + 1" can be not just "2" but up to "11". This teaches us that walking together is more fruitful, both intellectually and mentally, than running alone.]

If one person has a new idea and another person has another new idea, when they come together, there are not just two ideas. From the collision and discussion of those two ideas, a third, fourth, or even tenth new and more powerful idea is born. Here, the result of "1 + 1" conceptually becomes "11" or even more. Suppose you have an excellent product (Product) but no skill in selling. Another person has excellent marketing (Marketing) skills but no product to sell. When they are alone, the progress of both is zero or limited (1 and 1). But when these two unite, a great empire can be established. The result of this collaboration is many times more powerful than the sum of their individual abilities. When a little carbon is mixed with iron, it becomes 'steel' (Steel).

The strength of steel is many times greater than the sum of the individual strengths of iron and carbon. When two forces become 'complementary' (Complementary) to each other, the result is not addition (Addition), but multiplication (Multiplication). This multiplicative effect is symbolically referred to as "11".

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## Richa 7: Self-Knowledge

यो वै भूमा तत्सुखम्। नाल्पे सुखमस्ति।  
भूमैव सुखम्। भूमा त्वेव विजिज्ञासितव्यः॥

— Chhandogya Upanishad / Yajurvedic Tradition

(yo vai bhūmā tatsukham | nālpe sukhamasti | bhūmaiva sukham |  
bhūmā tveva vijijñāsītavyaḥ ||)

**English Meaning:** That which is vast (Infinite), that is happiness (Happiness). There is no happiness in the small (In the Small). The vast alone is happiness. One must inquire (Inquiry) into the vast.

[This mantra reveals a psychological and spiritual truth about happiness that is even more relevant in today's consumerist age. "yo vai bhūmā tatsukham" means that which is infinite, vast, and expansive is the true source of happiness. 'Bhūmā' means that consciousness or state where there are no limits. The next part of the mantra, "nālpe sukhamasti," says there is no lasting happiness in 'alpa' (small, limited, or perishable) things. The happiness we seek in the material world (like wealth, status, or objects) is 'alpa'; although we feel happy for a while upon attaining them, a sense of lack is immediately felt. "bhūmaiva sukham" means that happiness is not in external objects, but in the realization of one's own inner infinite nature. As long as we seek happiness in limited things, we will always remain unsatisfied. Therefore, "bhūmā tveva vijijñāsitavyaḥ" means we must always have the curiosity and quest to know that infinite and vast truth. Spiritually, this inspires us to rise above narrow thinking and selfishness and connect with the 'cosmic consciousness'. It teaches that true joy is attained only when we break the 'limits' and enter into 'infinite'.]

**Life Application:** Rise above small thinking. Think Big, dream big. Do not waste time on petty (Petty) matters.

[The essence of this life application is that the quality of our life depends on the 'volume of our thought'. 'Small thinking' means being entangled in only one's own self-interest, petty jealousies, criticism of others, and immediate small gains. Such thinking always traps a person in a narrow circle of stress, fear, and confinement, where real joy (happiness) is impossible. To 'Think Big' does not just mean earning a lot of money, but rather expanding one's potential, thinking for the welfare of humanity,

and setting goals that seem impossible. When we dream 'big dreams', our brain experiences 'bhūmā' (vastness), and new energy, creativity, and courage are born within us. Wasting time on 'petty' things—like what someone said, minor wins and losses, or ego battles—is to waste the precious energy of one's life. Spiritually and psychologically, this message calls us to become 'extraordinary' from 'ordinary'. It teaches that if your goal is vast, the small troubles on the path cannot distract you. A vast goal alone provides a person with vast happiness and contentment.]

Laziness, fear, and the limited thought that "I can only do this much" are like a prison. To think big is to break down the walls of that prison. When you expand your limits, the opportunities of the universe also expand for you. Great people never get entangled in 'petty' disputes or minor complaints. They know that their time and energy are for building a great 'legacy' (Legacy). The focus of a person who thinks big is always on the 'solution', not the 'problem'. The more the welfare of people is connected to your dream, the more 'bhūmā' (vast) it becomes. Personal self-interest is 'alpa', but altruism is 'bhūmā'. And the Upanishad says—happiness is only in 'bhūmā'.

**Scientific Context:** "Self-Expansion Theory" shows that when people connect with something larger than themselves, they are more satisfied. [In modern psychology, the 'Self-Expansion Theory' (developed by Arthur Aron) states that a fundamental human motivation is to expand one's 'self'. 'Self-expansion' means acquiring new knowledge, learning new skills, or connecting with an ideal, group, or cosmic force larger than oneself. Scientifically, when we step out of the circle of our small 'ego' (Ego) and identify with a vast goal or community, our brain feels a high level of satisfaction and meaning (Meaning). The Upanishadic saying "bhūmaiva sukham" (vastness is happiness) is the very foundation of this principle. When we consider ourselves to be just a limited

individual, we live in small fears and lacks. But when we connect with 'vastness'—be it deep love, social service, or scientific discovery—the boundary of our 'self' expands. This expanded consciousness makes a person more confident, creative, and happy. This theory proves that real happiness is not hidden in 'getting', but rather in 'expanding' oneself and feeling a part of the vast existence.]

When one learns something new or masters a complex subject (like Vedic science or flavor chemistry), one's self-concept expands, which gives deep joy. Moving from the feeling of "only me" to "we" and from "we" to "this entire living world is my family" (vasudhaiva kuṭumbakam) is the highest self-expansion. This principle teaches that staying in a 'safe' and 'small' circle can make a person a victim of depression or a boring lifestyle. For satisfaction, one must always accept new challenges and keep 'pushing' (Push) one's limits.

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### **3.4 Life Principles from Yajurveda**

#### **Principle 1: Karma Yoga — Make Every Action a Form of Worship**

Whatever work you do, do it with full attention (Full Attention), dedication (Dedication), and excellence (Excellence). Whether it is washing dishes or running a company, every action is a yajña (Sacred Act). Practice "Mindfulness" (Mindfulness). Be fully present in the present moment (Present Moment).

## **Principle 2: Systematic Life — Create a System**

The Yajurveda teaches that every action must have a method (Method). Create a daily routine (Daily Routine). Set goals (Goals). Set priorities (Priority). Manage your time (Time Management). According to the principle of "Atomic Habits" (Atomic Habits), small habits (Small Habits) bring about great change.

## **Principle 3: Renunciation — Let Go of the Unnecessary**

To progress in life, some things must be let go. Toxic relationships (Toxic Relationships), harmful habits (Harmful Habits), negative thinking (Negative Thinking). These are all things to be renounced. Both physical and mental "decluttering" (Decluttering) bring clarity (Clarity) and peace (Peace) to life. [This is a strong bridge between "nālpe sukhamasti" (there is no happiness in small or petty things) and modern "minimalism". "Decluttering" is not just about cleaning a room, but a scientific process of removing unnecessary burdens to free up life's 'space'. Physical Decluttering organizes our external environment. According to neuroscience, when there are too many unnecessary objects around us, our visual system (Visual System) remains stimulated, which reduces the brain's efficiency and increases stress. A clean room or workspace signals to the brain that "everything is under control," which immediately brings 'clarity' (Clarity).

On the other hand, mental decluttering (Mental Decluttering) is even more powerful. It means removing old jealousies, unnecessary worries, the burden of past failures, and imaginary fears of the future from the mind. Only when we remove 'petty' thoughts does space become available in our minds for 'peace'

(Peace) and new creative ideas. In the language of the Upanishads, only when we renounce 'alpa' (small and useless) things are we able to experience 'bhūmā' (vastness). This process teaches us that "what to let go" is more important in life than "what to add".]

When the options before us are few and clear, the brain does not feel 'decision fatigue' (Decision Fatigue). This allows us to make quick and correct decisions on important tasks. Too many possessions and too many thoughts keep us entangled in either the 'past' (Past) or the 'future' (Future). Decluttering connects us with the 'present' (Present), which is the true source of peace. A great deal of our energy is spent on managing unnecessary items and churning over useless thoughts. When we declutter, we can use that saved energy to pursue our 'passion' or achieve great goals.

## **Principle 4: Balance — The Middle Path of Enjoyment and Renunciation**

The Isha Upanishad teaches: "Enjoy with Renunciation". Neither excessive indulgence (Excessive Indulgence), nor excessive renunciation (Excessive Renunciation). Adopt the middle path (Middle Path). Use material comforts (Material Comforts) but do not become attached (Attached) to them. [This philosophy states that life is neither just 'enjoyment' (Indulgence) nor just 'renunciation' (Renunciation). Excessive indulgence makes a person a slave to objects, which ultimately destroys both health and mental peace. On the other hand, renouncing all worldly comforts and running away is not a complete solution either, because physical resources are essential for the functioning of the body and society.

The meaning of 'enjoy with renunciation' is "to use objects, but to remain 'detached' (Detached) so that one's happiness is not destroyed when those objects are lost or destroyed". This is called the 'middle path' (Middle Path). Just as a boat must be in the water (enjoyment), but water must not enter the boat (attachment). Similarly, we must live in this material world, but the world must not enter our minds. Spiritually, this teaches us to live as a 'trustee' (Trustee), where we use the facilities we have as gifts from God, but do not hold the ego of 'mine' in them. This approach helps a person to be stress-free, content, and stable in all circumstances.]

If you drive an expensive car or live in a nice house, enjoy it (enjoyment). But, if your mind becomes disturbed by a small flaw in those objects, then you are 'attached' to them. 'Enjoyment with renunciation' considers the object as a means, not an end. Excessive enjoyment gives birth to 'greed', and excessive renunciation can give birth to 'ego' (the pride of being a renunciant). The middle path saves one from both these mental disorders and makes a person balanced and free. In today's psychology, this is seen as a way to avoid 'hedonic adaptation' (Hedonic Adaptation). When we become too attached to an object, the happiness it provides gradually decreases. But by using it with detachment, we can understand its true value and always remain content.

An 'excessive intake' of any medicine or food element can become poison, and a 'complete lack' weakens the body. Exactly the same rule applies to our life and thoughts. Today's 'consumer culture' (Consumer Culture) is distracting us from the middle path and pushing us towards 'excessive indulgence', which is causing an increase in mental illnesses.

### **3.5 Scientific Connections**

#### **a) Management Science & Yajurvedic Method**

Many principles of modern management science (Management Science) align with the method (Method) of the Yajurveda. "Total Quality Management" (TQM), "Six Sigma" (Six Sigma), and "Lean Management" (Lean Management) all emphasize a systematic process (Systematic Process), continuous improvement (Continuous Improvement), and zero waste (Zero Waste). The yajña ritual method (Ritual Method) of the Yajurveda is an ancient form of this.

[The Yajna procedure of the Yajurveda is, in fact, the 'Standard Operating Procedure' (SOP) of ancient times. "Total Quality Management" (TQM) states that quality is not the responsibility of a single department but of the entire system; similarly, in the Yajurveda, for a yajna to be successful, there must be perfect alignment of the Ritvij (priests), Yajamana (patron), mantras, and materials. The main objective of "Six Sigma" is 'Error Reduction'; the Yajurveda warns that if even a single vowel or consonant is incorrect, the fruit of the yajna is destroyed, hence there is a strong emphasis on 'Zero Defect'. "Lean Management" emphasizes 'Zero Waste' and the simplification of processes; in a yajna as well, the specific quantity and timing of each samit (firewood), ghee, and grain are determined so that no energy or resource is wasted. The concept of 'Continuous Improvement' (Kaizen) is addressed by 'Prayashchit Karma' or 'correctional methods', where one moves towards greater purity by correcting mistakes. Spiritually, the yajna teaches that the more pure and systematic the 'Process', the more excellent the 'Product/Result'. This ancient 'Yajna-Engineering' is the foundation of today's 'Industrial Management'.]

## **b) Positive Psychology & Karma Yoga**

Martin Seligman's Positive Psychology considers "Meaningful Work" a major pillar of Well-being. The Karma Yoga of the Yajurveda aligns with this. When work has Meaning, that work becomes Joyful. (Reference: Seligman, M., 2021, Flourish, Atria Books).

[According to Martin Seligman's research, a person's true happiness depends on the 'Meaning' hidden in their work. When we do something that is connected to a goal larger than ourselves (such as society, the nation, or humanity), the brain experiences deep satisfaction. The 'Karma Yoga' of the Yajurveda teaches exactly this. Turn your actions into a 'Yajna.' The meaning of Yajna is "a selfless act performed for the welfare of the world." When the feelings of 'service' and 'dedication' (Meaning) are mixed into work, that work becomes 'Joyful' rather than a 'burden.' Positive Psychology emphasizes the state of 'Flow', where a person is so immersed in their work that they have no concern for time or results. This is the modern psychological form of the 'Nishkam Karma' mentioned in the Gita and Yajurveda. Spiritually, this teaches us that if we begin to consider our profession as a 'divine service,' the workplace itself becomes a temple. And our efficiency automatically increases qualitatively. Thus, 'Meaningful Work' is the true path that frees a person from mental stress and leads them towards Flourish.]

## **c) Neuroscience & Mindful Action**

Neuroscience has shown that "Mindful Action," or work done with full attention, activates the brain's "Task-Positive Network" and calms the "Default Mode Network." This increases Performance and reduces Mind-Wandering. (Reference: Brewer, J., 2022, Unwinding Anxiety, Avery).

[According to neuroscience, our brain exists in two main states. When we are sitting idle or our mind is wandering (Mind-Wandering), the brain's "Default Mode Network" (DMN) is active. This network is associated with anxiety, old memories, and fear of the future. In contrast, when we are fully engaged in a task with complete concentration, the "Task-Positive Network" (TPN) becomes active. 'Mindful Action' means "uniting both body and mind in the work being done in the present moment." When we perform actions with full awareness, the 'Task-Positive Network' automatically calms the 'Default Mode Network,' which stops unnecessary mind-wandering. The discipline of 'Yajna' or 'Karmakanda' taught by the Yajurveda is actually a practice to bring the brain into this 'Flow State.' Spiritually, this teaches us that if we bring the work of our hands and the thoughts of our mind to a single point, not only does our Performance increase, but we also attain mental peace and joy. This method frees us from the stress of 'multitasking' and grants us the power of 'monotasking' (one task at a time).]

According to Judson Brewer, when we are 'mindful' in our present work, the part of the brain that generates anxiety (Posterior Cingulate Cortex) becomes calm. When the brain is in 'Task-Positive' mode, our attention goes to minute details, which is essential for quality systems like ISO or Six Sigma. When the mind does not wander, the brain's energy is not spent on unnecessary things, allowing us to work for a long time without getting tired. When performing a small chemical mixture in a laboratory or analyzing data, the brain is in 'Task-Positive' mode. A kind of 'spiritual rhythm' is felt in the work. The 'concentration' of full attention achieved in work, free from 'notifications' and 'distractions,' is 'Samadhi.'

### 3.6 Chapter Summary

- **Karma Yoga:** Make every action a form of worship. Perform your work consciously, with dedication and excellence.
- **Method:** Make life Systematic. Adopt a System and Process.
- **Sacrifice:** Let go of the unnecessary. Embrace Simplicity.
- **Balance:** Follow the middle path between indulgence and renunciation. Enjoy without Attachment.
- **Coexistence:** Believe in collaboration and cooperation. Cooperation is stronger than competition.

### Reflective Question

In your daily life, which Action can you perform as a "Yajna" (Sacred Act)? And what changes must you make to render that act Conscious and Dedicated? By finding the answer to that, you can make your life meaningful.

## Chapter 4

# Atharvaveda: Healing, Ecology, and the Science of Daily Life

(**Atharvaveda**: Healing, Ecology, Mind-Body, Practical Wisdom)

### 4.1 Introduction & Background

The Atharvaveda is the most Practical and Directly Related to Daily Life among the four Vedas. The word "Atharvan" means "Fire Priest" or "Knowledge of Daily Life." It includes knowledge concerning Health, Medicine, Natural Science, Household Management, and Social Life.

The Atharvaveda contains a total of 730 Hymns and approximately 6,000 Verses, which are divided into 20 Books. It includes subjects such as Pharmacology, Surgery, Psychotherapy, Botany, and Astronomy.

The Atharvaveda is considered the Mother of Ayurveda. The fundamental principles of Ayurveda: Tridosha (Three Doshas: Vata, Pitta, Kapha), Prakriti (Constitution), and Rasayana (Rejuvenation) have their Root in the Atharvaveda.

In terms of Modern Relevance, the Atharvaveda is extremely important. In 2023, the WHO (World Health Organization) issued the "Traditional Medicine Global Strategy 2025-2034," which recommends the scientific study and Integration of traditional medical systems. The ancient source of that medical knowledge is the Atharvaveda.

## **4.2 Core Philosophy**

### **a) Mind-Body Unity**

The most Revolutionary concept of the Atharvaveda is Mind-Body Unity. The Atharvaveda understood thousands of years ago that the living Mind and the living Body are not separate entities. Rather, they are a co-existence Deeply Connected with each other. The Mental State affects Physical Health, and the physical state affects mental health.

Modern Medicine calls this "Psychoneuroimmunology" (PNI). PNI studies how the Psychological State affects the Nervous System and the Immune System. A study published in Nature Reviews Immunology in 2023 proved that Chronic Stress weakens the immune system.

### **b) Nature-Based Healing**

The Atharvaveda contains detailed descriptions of Medicinal Plants. The names, Properties, and Method of Use of hundreds of Herbs are given in it. The Atharvaveda considers nature to be the Greatest Healer.

Modern "Pharmacognosy" (Plant-based Drug Science) has confirmed the medicinal properties of many plants mentioned in the Atharvaveda. For example, the anti-inflammatory properties of Turmeric (*Curcuma longa*), the immunomodulatory properties of Holy Basil (*Ocimum sanctum*), and the adaptogenic (stress-reducing) properties of Ashwagandha (*Withania somnifera*) are scientifically proven.

### **c) Bhūmi Sūkta — Hymn to Mother Earth**

The Bhūmi Sūkta of the Atharvaveda (Atharvaveda 12.1) is the world's oldest Environmental Manifesto. It contains 63 verses that

address the Earth as a mother and call for its conservation. The ancient ancestor of the modern environmental movement is the Atharvaveda.

## **Environmental Manifesto**

[Based on the 'Bhūmi Sūkta' of the Atharvaveda]

### **1. Non-dual Relationship: "mātā bhūmiḥ putro ahaṃ pṛthivyāḥ"**

The Earth is not just a pile of rocks and soil, but a living organism. It is our 'Mother' and we are its 'children'. The relationship between a mother and child should not be based on consumption, but on 'respect and protection'.

### **2. Ecological Balance**

The Earth provides us with food, water, minerals, and vegetation. It is our duty to adopt the principle of 'Give and Take', not exploitation of the Earth. Let us resolve to give back as much as we take.

### **3. Respect for Diversity (Biodiversity & Inclusivity)**

On this Earth, people of different languages, cultures, and ideologies, as well as countless creatures, live together. This is the most ancient concept of a 'Global Village', where the existence of all is equally important.

### **4. Vow of Purity (Cleanliness & Purity)**

We must not pollute the forests, considered the lungs of the Earth, the rivers, considered its blood, and the air, considered its life force. "O Earth! May that part of you which we dig up be quickly replenished; may we never strike your heart or your vital core."

## 5. Future Security (Sustainability)

Our development should not curtail the natural rights of future generations. This manifesto provides the formula for 'Sustainable Development', stating— "O Mother Earth! Give us such strength that we may be able to protect you so that our children too can live happily on this beautiful Earth."

This manifesto inspires us to move from 'Ego' to 'Eco' (Ecological Consciousness). It teaches that only when the Earth is safe, will human civilization be safe.

### 4.3 Selected Verses

#### Verse 1: Hymn to Mother Earth

माता भूमिः पुत्रोऽहं पृथिव्याः ।

पर्जन्यः पिता स उ नः पिपर्तु॥

— *Atharvaveda 12.1.12*

(mātā bhūmiḥ putro'haṃ pṛthivyāḥ | parjanyaḥ pitā sa u naḥ pipartu ||)

**English Meaning:** The Earth is my mother, I am the son of the Earth. Parjanya (Rain/Sky) is the father, may he nourish us.

[This mantra presents the highest peak of environmental consciousness by stating "mātā bhūmiḥ putro'haṃ pṛthivyāḥ". This means that the Earth is not merely a 'Commodity' to be consumed, but the 'Mother' (Source) of our existence. When we consider the Earth as a mother, we cannot exploit it, because a son does not exploit his mother. By stating "parjanyaḥ pitā", the sky or clouds (rain) are accepted as the father. Just as a father provides protection and a mother provides nourishment, this entire living world is born from the union of the sky and the Earth. The prayer "sa u naḥ pipartu" says, "May they nourish us." Spiritually, this

teaches us that we are not separate from this universe; we are members of this vast family. This mantra advocates for an 'Eco-centric' lifestyle, where man sees himself not as the master of nature, but as a humble and responsible child. It teaches us that protecting the Earth is a sacred duty, just like protecting one's own mother.]

**Life Application: Respect nature as a mother. Make Environmental Conservation a daily practice.**

**Scientific Context:** According to the "Biophilia" hypothesis, humans have an Innate Connection to Nature. Spending time in nature improves mental health. (Reference: Bratman, G., et al., 2021, Science Advances). [In modern biology and psychology, 'Biophilia' means "the innate and biological need of humans to connect with nature and other living beings." This hypothesis, popularized by Edward O. Wilson, states that because our evolution occurred over millions of years alongside nature, a deep attachment to nature is hidden in our 'DNA'. Research by Graham Bratman and other scientists (2021) has proven that spending time in nature (e.g., walking in a forest or 'forest bathing') calms the 'rumination' part of our brain (the part that worries unnecessarily) and brings dramatic improvement in mental health. It reduces the stress-inducing hormone 'Cortisol' and increases the happiness hormone 'Serotonin'. The mother-son relationship mentioned in the Atharvaveda is scientifically confirmed by biophilia. It teaches that being away from nature is like being away from one's roots, which has led to increased anxiety and depression in modern humans. Therefore, closeness to nature is not just recreation, but an essential condition for our biological and mental existence.]

When we are in nature, our brain's 'Pre-frontal Cortex' gets to rest, which increases our Attention Span and creativity. Neurological Calm is achieved. Biological compounds called 'Phytoncides'

released by trees and plants activate the 'Natural Killer' (NK) cells in the human body, which help fight cancer and viruses. It brings an Immune System Boost. In today's medical science, 'contact with nature' is being recommended as a major Eco-therapy medicine for the treatment of mental illness.

Modern 'Deep Ecology' is based on this very concept. If we consider the Earth a living 'Mother', pollution and destruction will automatically decrease. Scientifically, life is not possible without the balance of Earth (soil) and Rain (water). This mantra teaches us to respect these two fundamental elements. If the Earth is the mother of all, then all beings living on this Earth are our brothers and sisters. This lays the foundation for 'Vasudhaiva Kutumbakam'. As long as 'Mother Earth' is not healthy and pollution-free, the 'food' her children receive can never be completely pure.

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## Verse 2: Hymn to Medicinal Plants

या ओषधीः पूर्वा जाता देवेभ्यस्त्रियुगं पुरा।  
मनै नु बभ्रूणामहं शतं धामानि सप्त च॥

— Atharvaveda 8.7.1

(yā oṣadhīḥ pūrvā jātā devebhyastriyugam purā | manai nu babhrūṇāmahaṁ śataṁ dhāmāni sapta ca ||)

**Nepali Meaning:** I know the one hundred and seven abodes (107 Abodes) of those brown/potent (Babhrū) medicinal plants (Medicinal Plants) that were born three ages (Three Ages) before the gods.

[This mantra, by stating "yā oṣadhīḥ pūrvā jātā," expresses reverence for the ancient origin of medicinal plants. The phrase "devebhyastriyugam purā" means that these plants

have existed on this earth long before the development of human civilization and divine consciousness (devebhya). Modern science also confirms that it was plants that prepared the foundation for oxygen and life on Earth. The latter half of the mantra, "śataṃ dhāmāni sapta ca" (107 places or forms), is extremely mysterious and scientific. In Ayurveda, this is linked to the '107 marma points' (Vital Points) of the human body, where these medicines have a direct effect. The word "babhrūṇām" indicates the mature, 'golden-brown' form of the plants, full of medicinal properties. Spiritually, it teaches us that medicines are not merely chemical elements, but are the most ancient gifts of nature, possessing the hidden power to rejuvenate life. It inspires us to acquire the subtle knowledge of plants (Knowledge of Potency) and to be grateful for this ancient pharmacy of nature.]

### **Scientific & Practical Aspect:**

**Evolutionary Biology:** Plants originated millions of years before humans. The 'Secondary Metabolites' they developed to combat the environment are what have become medicines for us today.

**Pharmacodynamics:** The number 107 indicates that the ancient sages had a deep knowledge of which subtle centers of the body were affected by plants. This was the ancient concept of 'Targeted Drug Delivery'.

**Pharmacognosy:** This mantra encapsulates the identification of a medicine, its history, and the breadth of its use in a single formula.

## How do medicines have a direct effect on marma points? (High-Level Insight)

[Marma points are considered the switchboard of the body's 'Prana energy' (Prana). When we apply specific medicines to these 107 points (especially in the form of oils, pastes, or extracts), they are directly absorbed through the skin's surface into the 'nadi' and 'nerve' systems.]

**1. Effect on Sira Marma:** Medicines like Arjuna or Guggulu exert a direct 'vasodilation' effect on the marmas related to the heart and blood vessels.

**2. Effect on Snayu Marma:** Brahmi and Jatamansi work to balance 'neurotransmitters' in the marmas of the brain and nerve centers.

**3. Zero-Waste Effect (Efficiency):** When medicine is applied to a marma point, its 'bio-availability' is high because it directly activates the body's vital centers. This is the natural and ancient form of 'Targeted Drug Delivery'.

### Summary of 107 Marma Points and Direct Medicinal Effects : (Marma Science with Pharmacological Effects)

| Marma Type (by Structure) | Count | Primary Anatomical Locations | Nature of Pharmacological Effect                             | Example Herbs / Treatments             |
|---------------------------|-------|------------------------------|--------------------------------------------------------------|----------------------------------------|
| 1. Mamsa Marma (Muscle)   | 11    | Arms, Legs, Chest            | Muscle relaxation and pain relief (Analgesic / Relaxant)     | Mahanarayan Oil, Ashwagandha, Shallaki |
| 2. Sira Marma (Vascular)  |       | Neck, Head,                  | Improving circulation and oxygen flow (Circulatory / Cardio- | Arjuna, Guggulu, Punarnava             |

|                                            |     |                                       |                                                                                             |                                              |
|--------------------------------------------|-----|---------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------|
|                                            | 41  | Heart,<br>Umbilicus                   | protective)                                                                                 |                                              |
| <b>3. Snayu Marma<br/>(Ligament/Nerve)</b> | 27  | Joints,<br>Spine,<br>Testicles        | Calming the nervous<br>system and nerve<br>strengthening<br>(Neuro-protective /<br>Nervine) | Brahmi,<br>Jatamansi, Bala<br>Oil            |
| <b>4. Asthi Marma<br/>(Bone)</b>           | 8   | Elbows,<br>Knees, Hips                | Enhancing bone<br>density and calcium<br>absorption (Osteo-<br>protective)                  | Laksha, Hadjod,<br>Praval Pishti             |
| <b>5. Sandhi Marma<br/>(Joint)</b>         | 20  | Joint<br>junctions<br>(articulations) | Increasing lubrication<br>(Synovial fluid) and<br>reducing swelling<br>(Anti-inflammatory)  | Rasna,<br>Dashmoola,<br>Simhanada<br>Guggulu |
| <b>TOTAL</b>                               | 107 | Entire Body                           | Systemic Balance<br>(Homeostasis)                                                           | Panchakarma &<br>Marma Therapy               |

In Marma therapy, medicinal oils and pastes are applied to these specific points because they act as high-conductivity portals. Stimulating these points while applying herbal compounds enhances the localized absorption and systemic signaling, effectively acting as a natural "Transdermal Delivery System" that bypasses standard metabolic degradation to reach the vital organs faster.

**Life Application:** Possess knowledge of natural medicines. Use herbs like turmeric, tulsi, ginger, and ashwagandha in daily life.

**Scientific Context:** "Ethnobotany" is the scientific study of Traditional Plant Knowledge. (Reference: Patwardhan, B., 2023,

Journal of Ethnopharmacology). ['Ethnobotany' is a discipline that scientifically studies the reciprocal relationship between humans and plants and the traditional knowledge thereof. It analyzes how a particular culture (like the Vedic culture) used plants for medicine, food, or religious rituals. Scientists like Bhushan Patwardhan have linked this to 'Reverse Pharmacology'. This means "instead of searching for new molecules in the laboratory, study the plants already proven successful in the Atharvaveda or Ayurveda to develop modern medicines from them." Scientifically, this reduces both the time and cost of drug discovery. Ethnobotany validates the 'thousands of years of human experience' that the Atharvaveda speaks of as "triyauga purā" (three ages old) with laboratory 'data'. This teaches that ancient texts are not just religious books, but are invaluable repositories of 'proto-science'.]

Most of today's modern medicines (e.g., Aspirin, malaria drugs) are products of ethnobotany. By studying the chemical profiles of the 'babhru' (powerful) plants mentioned in the Atharvaveda, new 'drug molecules' can be discovered. Ethnobotany states that we must preserve not only the plants but also the traditional cultures that protect them. The 'Bhumi Sukta' of the Atharvaveda also links the conservation of plants with dharma. Ethnobotany does not only look at the chemical elements of a plant but also the 'method' (Method/Ritual) of its use. The 'ethnobotanical' heritage (Vedic Heritage) is hidden in the 'base' (e.g., ghee, oil, or water) with which a plant is mixed and consumed.

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### Richa 3: Mental Health

यत्ते मनसो मनस्तत्ते चित्तस्य चित्तम्।  
तत्त आत्मन आत्मा तत्ते प्राणस्य प्राणः॥

— Atharvaveda / Kenopanishad Tradition

(yatte manaso manastatte cittasya cittam | tatta ātmana ātmā tatte  
prāṇasya prāṇaḥ ||)

**Nepali Meaning:** That which is the Mind of your mind, the Consciousness of your consciousness, the Soul of your soul, the Life of your life.

[This mantra points to the 'meta-layer' or subtle foundation of our personality. "Manaso manah" (Mind of the mind) refers to the power that gives the mind the ability to think. Our mind is inert by itself; only when illuminated by consciousness can it engage in thought and decision. "Cittasya cittam" refers to the ultimate source of our memory and consciousness. Similarly, "prāṇasya prāṇaḥ" means "that without whose presence even life force (Oxygen/Energy) cannot keep the body alive." Spiritually, it teaches us that we are not just this body, mind, or life force; we are the 'Observer Consciousness' that operates them all. Just as a bulb does not light up without electricity, our existence is not possible without this 'Soul of the soul'. This mantra inspires us to free ourselves from our external identity (Ego) and recognize that 'infinite source' within.]

### **Scientific & Psychological Context:**

**Hard Problem of Consciousness:** This question, raised by David Chalmers in modern neuroscience, is based on this exact principle. How do the neurons of the brain produce 'experience' or 'consciousness'? This mantra says that consciousness is not a product of neurons, but is the 'source software' that runs the neurons.

**Quantum Observer:** In quantum physics, the role of the 'Observer' is crucial. This mantra refers to that ultimate observer as the "Soul of the soul," which is witnessing the entire universe.

**Meta-cognition:** In psychology, thinking about one's own thoughts (Thinking about thinking) is called meta-cognition. To know the "Mind of the mind" is this higher level of awareness.

Until modern science can measure this "Life of life" (The source of life force) in the laboratory, the mystery of life will remain incomplete.

**Life Application:** Practice Self-Observation. Watch your thoughts as a witness. This is the core principle of meditation.

**Scientific Context:** "Metacognition," the ability to think about one's own thinking, is a key indicator of mental health. (Reference: Flavell, J., 2022, Developmental Psychology).

[The literal meaning of 'Metacognition' is 'thinking above thinking.' This concept, established by John Flavell, refers to the human ability to observe, control, and evaluate one's own cognitive processes. Scientifically, it is linked to our brain's 'Executive Function.' When we say, "I am observing that I am getting angry," instead of "I am angry," we are using metacognition. This helps us to become a 'witness' by being slightly detached from our emotions and thoughts. According to neuroscience, this ability activates the brain's 'prefrontal cortex,' which enhances impulse control and mental flexibility. Therefore, metacognition is considered a key indicator of mental health, because one who can recognize and change their thoughts does not easily get trapped in a cycle of mental stress and negativity. This is precisely the practice mentioned in the Upanishads of knowing the "mind of the mind," where we rise above the waves of thought and experience the calm ocean (consciousness).]

Once we understand our thinking patterns, we can correct our reactions. This helps reduce unnecessary anxiety because we stop considering 'anxiety' as a 'fact' and start treating it as just 'a thought.' For a student or researcher, the ability for deep learning

is a boon. Learning becomes effective when one analyzes, "Why am I not understanding this?" or "Where is the error in my learning process?" It is essential for complex problem-solving. When we become the 'observer' of our thoughts, the crowd of thoughts does not disturb us. This reduces 'clutter' in the brain and speeds up the decision-making process.

In today's age of 'information overload,' people think a lot, but it is found that mental stress is increasing because they do not get the leisure to 'think about their own thinking' (Metacognition).

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#### Richa 4: Longevity

जीवेम शरदः शतम्। पश्येम शरदः शतम्।  
शृणुयाम शरदः शतम्। प्रब्रवाम शरदः शतम्॥

— Atharvaveda / Yajurveda 36.24

(jīvema śaradaḥ śatam | paśyema śaradaḥ śatam | śṛṇuyāma śaradaḥ  
śatam | prabravāma śaradaḥ śatam ||)

**English Meaning:** We shall live for a hundred autumns. We shall see for a hundred autumns. We shall hear for a hundred autumns. We shall speak for a hundred autumns.

[This mantra makes a resolve for a lifespan of a hundred years by saying "jīvema śaradaḥ śatam." Here, the 'Sharad' (Autumn) season is considered a symbol of the year because this season is regarded as challenging for health and mental balance. The main feature of the mantra is that it does not consider mere survival as sufficient; words like "paśyema" (to see), "śṛṇuyāma" (to hear), and "prabravāma" (to speak) convey the message that our sensory and motor organs must remain healthy and active for a hundred years. This means we wish to live for 'a hundred years' not in a dependent state, but able to see clearly with our eyes, hear distinctly with our

ears, and speak with discerning speech. Spiritually, it inspires us to care for our body, considering it a 'temple of God.' Scientifically, this mantra aligns with the concept of 'Healthspan,' where the quality of life is given more importance than the number of years lived. It calls on us to make old age not a state of 'helplessness,' but a state of 'experience and energy.']

Modern medical science has increased human lifespan, but most of the final years are spent in illness and on medication. This mantra seeks a perfect balance between 'Lifespan' (a hundred years) and 'Healthspan' (capable senses). The phrase "prabravāma śaradaḥ śatam" (may we be able to speak for a hundred years) means that our brain and memory should remain active until the very end. For this, continuous learning and positive social engagement are essential. The desire to see and hear for a hundred years implies that we must keep our lifestyle (diet, activities, and thoughts) natural and balanced.

**Life Application:** For longevity, adopt a healthy lifestyle: regular exercise, a balanced diet, adequate sleep, and positive thinking.

**Scientific Context:** "Blue Zones" research has shown that long-lived communities have active lifestyles, social connections, and purposeful living. (Reference: Buettner, D., 2023, The Blue Zones, National Geographic).

[The term 'Blue Zones' refers to five geographical regions in the world (e.g., Okinawa-Japan, Ikaria-Greece, Sardinia-Italy, etc.) where people not only live much longer than average but are also fully healthy and active even at the age of 100. Dan Buettner's research has shown that the secret to their longevity is not some expensive medicine or technology, but a few fundamental lifestyle pillars. First, a 'Plant-based Diet,' which reduces inflammation in

the body and gives meaning to the essence of 'annam brahmeti' (food is Brahman). Second, 'natural physical activity,' where they do not go to the gym but are active throughout the day walking, gardening, or doing household chores. And third, the most important, 'strong social connections,' which reduce loneliness and provide mental peace. Scientifically, this protects the body's 'telomeres' from shortening and slows down the cellular aging process. This study proves that if we live connected to 'nature' and 'community,' achieving the 'radiant life of a hundred years' envisioned by the Vedas is not an impossible thing.]

## The Bio-Vedic Lifestyle

### 1. Eat Wisely: 'Mita Āhāra' and 'Plant-Based Innovation'

**Blue Zones:** 80-95% plant-based diet and the rule of stopping eating when the stomach is 80% full.

**Ayurveda:** This is called 'mitabhuk' (eating in moderation) and 'hitabhuk' (eating what is beneficial to the body). According to Ayurveda, one-third of the stomach should be left empty for solids, one-third for liquids, and one-third for air.

**Relevance:** The true 'Food Science' is to maintain the 'prana' (vitality) and 'digestibility' of plant-based ingredients when using them. This is not just food, but 'preventive medicine' that protects the body from 'oxidative stress.'

### 2. Move Naturally: 'Dinacharya' and the Active Workplace

**Blue Zones:** A natural habit of moving every 20 minutes.

**Ayurveda:** This is called 'dinacharya' (daily routine) and 'vyayama' (exercise). Ayurveda advocates for 'ardhashakti' exercise, which energizes the body without tiring it.

**Relevance:** Even in busyness, 'nature-aligned movement' is necessary. Just as in Quality Management Systems (QMS), the

body's 'system' also needs continuous flow. 'Ergonomics' and small 'breaks' at the workplace keep your 'metabolism' active, which helps to concentrate during long periods of busyness.

### **3. The Right Outlook:** 'Ikigai' and 'Swadharma' (Purpose-Driven Science)

**Blue Zones:** A clear purpose in life (Ikigai), which provides motivation to wake up in the morning.

**Ayurveda:** This is called 'swadharma' or 'purushartha' (dharma, artha, kama, moksha). When a person engages in work according to their nature (Vata/Pitta/Kapha), they find mental satisfaction.

**Relevance:** Your focused engagement is your Ikigai. When science and spirituality merge, work becomes 'yoga' rather than a 'burden.' This transforms corporate or domestic stress into 'creative energy.'

### **4. Social Connection:** 'Satsang' and 'Kutumb' (Social Capital)

**Blue Zones:** Prioritizing family and healthy social circles (Moai).

**Ayurveda:** This is called 'Sadvritta' (social ethics) and 'Satsanga'. The company of positive people increases Ojas (Ojas/Immunity).

**Relevance:** The 'collaborative learning' and teamwork you engage in are excellent examples of this. In 'collaborative learning', a healthy relationship with colleagues not only yields better results, but it also reduces 'human clutter' in tasks and increases 'emotional intelligence'.

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## Richa 5: The Sacredness of Water

शं नो देवीरभिष्टय आपो भवन्तु पीतये।  
शं योरभि स्रवन्तु नः॥

— *Atharvaveda / Rigveda Tradition*

(śaṃ no devīrabhiṣṭaya āpo bhavantu pītaye | śaṃ yorabhi  
sравantu naḥ ||)

**English Meaning:** May the Divine Waters be drinkable for our happiness. May they flow with peace and welfare.

[This mantra, by stating "śaṃ no devīrabhiṣṭaye," addresses water as a 'Devi' or divine power. Here, 'Sham' means welfare, and 'Abhishtaye' means the fulfillment of our desires or needs. "Āpo bhavantu pītaye" means may the water be 'drinkable' (Potable) and 'beneficial' to quench our thirst. The latter half of the mantra, "śaṃ yorabhi sравantu naḥ," prays that the flow of water in our lives may bring disease prevention (Peace) and happiness (Welfare). Spiritually, it teaches us that water has the wonderful power to purify both body and mind. Scientifically, it reflects an ancient warning against 'water pollution' and highlights the importance of 'Hydration'. It inspires us to accept every drop of water as 'prasād' (a sacred offering) and to keep its source pure.]

**Life Application:** Respect water. Drink clean water. Do not waste water. Conserve water sources.

The essence of "Āpo bhavantu pītaye" (drinkable water) is extremely important. It signifies the chemical purity and 'microbiological' safety of water. "Śaṃ yorabhi sравantu" confirms the scientific fact that the touch and flow of water reduce the body's stress and calm the nervous system. 70% of our body is water. When we drink water with the 'positive energy' of this mantra, it makes the 'metabolic' process within the cells more

effective. Some research (e.g., Masaru Emoto) has shown that human emotions and words can affect the "Water Memory" and crystal structure of water. Although this is still a subject of study, psychology agrees that water drunk with a "positive intention" increases mental peace.

**Scientific Context:** The Water Crisis is one of the world's greatest challenges. According to the UN Water report of 2023, 2.2 billion people do not have access to safe drinking water.

[In the modern world, the water crisis is no longer just an environmental problem; it has become a serious crisis linked to the very existence of human civilization. The statistic from the UN Water (2023) report, showing that 2.2 billion people lack access to safe drinking water, confirms that we have completely ignored the respect and conservation of water that we spoke of in the Vedic mantra, where water was considered a 'goddess', in the name of modern development.

Scientifically, only 2.5% of the water available on Earth is freshwater, and most of it is frozen in glaciers. Due to a growing population, industrial pollution, and climate change, this limited resource is shrinking further. The Upanishads consider water as 'amrita' (nectar), but in today's situation, millions of people die annually from diseases like cholera and typhoid due to unsafe water. This crisis teaches us that without 'Quality Management' and 'Sustainable Use' of water, the resolution of "jīvema śaradaḥ śatam" (a life of one hundred years) can never be fulfilled. Therefore, the conservation of water is no longer just a religious ritual; it is also a scientific and legal imperative.]

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## Richa 6: Peace in Home

शं नो वातः पवतां शं नस्तपतु सूर्यः ।  
शं नः कनिक्रददेवः पर्जन्यो अभि वर्षतु ॥

— Atharvaveda / Rigveda Tradition

(śaṃ no vātaḥ pavatām śaṃ nastapatu sūryaḥ | śaṃ naḥ kanikradaddevaḥ  
parjanya abhi varṣatu ||)

**English Meaning:** May the wind (Wind) blow, giving us peace. May the sun shine, giving peace. May the thundering Parjanya (Thunder Rain) rain, giving peace.

[This mantra, by stating "śaṃ no vātaḥ pavatām," wishes for the flow of wind to be clean, pollution-free, and cooling. The wind is not just a source of oxygen; it is also the carrier of 'prana' (life force). "Śaṃ nastapatu sūryaḥ" means may the sun's heat be life-giving for us, not destructive. Scientifically, without sunlight, 'photosynthesis' and Vitamin D are not possible, but its excessive heat (Global Warming) is harmful; this mantra speaks of that balanced heat. At the end of the mantra, "kanikradaddevaḥ parjanyaḥ," meaning the thundering cloud, is asked to bestow beneficial rain. This also indicates 'Nitrogen Fixation' from thunder and lightning, which makes the soil fertile. Spiritually, it teaches us that natural forces cannot be controlled, but only by living in harmony with them can we achieve true peace. It gives the highest priority to the 'co-existence' between humans and nature.]

This mantra envisions a world free from 'air pollution'. In a modern context, this mantra can also be taken as a sign to use the energy of the sun and wind in a 'beneficial' way (Solar and Wind Power). "Thundering Parjanya" refers to that form of rain in which lightning flashes. According to science, when lightning flashes, atmospheric nitrogen mixes with the soil, which is the 'food' (nutrition) for plants. Due to "Climate Change," today the wind

(Hurricane), sun (Heatwaves), and rain (Floods) are becoming 'destructive' instead of 'peace-giving'. According to the IPCC (2023) report, the Earth's average temperature has already risen by 1.1°C, which has disturbed the natural balance. The ancient mantra, through the "thundering cloud," also hints at the 'natural fertilization' that occurs in organic farming.

**Life Application:** Create a peaceful environment at home. Allow natural air and light to enter.

**Scientific Context:** "**Biophilic Design**" shows that people are more productive and happier in homes and offices that incorporate natural elements. (Reference: Kellert, S., 2023, Nature by Design, Yale University Press).

['Biophilic design' is an innovative concept that uses humanity's innate connection with nature in building construction and workplace decoration. According to Stephen Kellert's research, if natural light (sun's heat), clean air flow (wind), living plants, and water sources (rain or water fountains) are included in a workplace or home, the mental stress of the people living there decreases, and productivity increases by up to 15%. Scientifically, it activates the brain's 'parasympathetic nervous system', providing relaxation and concentration. The 'peace' (śham) of wind and sun that the Veda speaks of, biophilic design brings that same natural peace within the walls of cement and concrete. It teaches that the closer we are to nature, the more pronounced our efficiency and creativity become. This is not just decoration, but an 'engineering' that centers on human health and happiness.]

Sunlight balances our body's 'Circadian Rhythm', which improves sleep and energy levels. A natural view from a workplace window reduces eye strain and mental burden. Plants kept inside the office not only provide oxygen but also absorb harmful chemicals (VOCs) from the air, making the air "śam no vātaḥ" (beneficial air). The

use of wood, stone, and nature-like 'fractal' patterns keeps the mind calm. This gives a person the feeling of being in a 'natural jungle' even within a 'concrete jungle'.

**Biophilic Design and Vedic Vastu Shastra** both have the same ultimate goal: to re-establish the deep connection between humans and nature. Biophilic design is based on modern 'neuroscience' and 'psychology', while Vastu Shastra is based on the energy balance of the 'Panchamahabhuta' (five elements).

A comparative analysis between **Biophilic Design and Vedic Vastu Shastra** disciplines and its relevance for you is presented below:

| Basis of Comparison   | Biophilic Design                                                                            | Vedic Vastu Shastra                                                                            |
|-----------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Core Philosophy       | Based on "Biophilia"—the innate biological connection between humans and nature.            | Based on "Cosmic Energy" and the balance of the Five Elements (Panchamahabhuta).               |
| Key Elements          | Direct presence of natural light, fresh air, vegetation, and water.                         | Alignment of Directions, Deities, and the Five Elements (Earth, Water, Fire, Air, Space).      |
| Scientific Foundation | <b>Neuroscience:</b> Evidence-based results in reducing stress and increasing productivity. | <b>Geophysics:</b> Influence of Geomagnetic energy, Solar radiation, and planetary alignment.  |
| Method of Application | Integrating indoor plants, living walls, and natural materials like wood and stone.         | Zoning of rooms, orientation of entrances, and management of the "Flow of Prana" (Life Force). |
| Primary Goal          | Enhanced mental health, physical well-being, and cognitive performance.                     | Spiritual peace, prosperity, and synchronization with the rhythms of the universe.             |

[Biophilic design emphasizes 'what' to place (e.g., light and plants), whereas Vastu Shastra guides 'where' and 'how' to place them. For example, biophilic design emphasizes 'natural light' (Sunlight); Vastu Shastra says to bring that same light in from the 'Ishan

Kona' (northeast), because the morning sun's rays have more disinfectant power and positive energy (UV-rays & Vitamin D). What Vastu calls the "Vayu Kona" (northwest) for proper air ventilation is the "clean air flow" of biophilic design. When these two combine, a workplace is created where both scientific concentration and spiritual tranquility are achieved. This is not just 'engineering', but a modern practical form of co-existence with 'Mother Earth' as envisioned by the Atharvaveda's 'Bhumi Sukta'.]

According to Vastu, creating a workspace in the Agneya Kona (southeast - fire element) increases efficiency. Placing a small 'indoor plant' there as a biophilic element reduces odors and 'chemical stress'. Facing north or east while working daily (according to Vastu) and having some natural elements or greenery in front (biophilic design) activates the brain's 'task-positive network'. Vastu says to keep the central area (Brahmasthan) empty. In a digital workplace, keeping the 'desktop' and 'files' clutter-free is modern biophilic simplicity.

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## Richa 7: Disease Prevention

यक्ष्मं च सर्वं नाशय हृद्रोगं च नाशय ।  
शीर्षामयं च नाशय यच्च मे विद्यते रपः ॥

— *Atharvaveda*

(yakṣmaṃ ca sarvaṃ nāśaya hṛdrogaṃ ca nāśaya | śīrṣāmayam ca nāśaya  
yacca me vidyate rapaḥ ||)

**Nepali Meaning:** Destroy all wasting diseases (Tuberculosis). Destroy heart disease (Heart Disease). Destroy head/brain diseases (Headache/Brain Disease). And whatever disease (Disease) I have, destroy it.

[This mantra, by stating "yakṣmaṃ ca sarvaṃ nāśaya," resolves to eradicate debilitating wasting diseases (Tuberculosis or any Wasting Disease) that weaken the body from within. "hṛdrogaṃ ca nāśaya" indicates the functionality of the heart and the purity of the circulatory system. Similarly, "śīrṣāmayaṃ" refers to everything from headaches (Migraine) to complex brain diseases and mental disorders. The final part of the mantra, "yacca me vidyate rapaḥ" (whatever flaws or diseases I have), presents a 'holistic' (Holistic) perspective, meaning the destruction of all visible and invisible (Subtle) disorders in the body. Spiritually, this mantra is a powerful 'sankalpa' (Affirmation) that mentally strengthens the 'immune system' (Immunity) to fight against disease. Scientifically, it gives the highest priority to the health of the three main 'vital systems' of the human body (Respiratory, Circulatory, and Nervous systems).]

**Life Application:** Practice prevention (Prevention) before a disease arrives, rather than seeking treatment after. A healthy lifestyle (Healthy Lifestyle) is the best medicine.

### **Three Major Health Pillars and Modern Science:**

**1. Yakṣma (Wasting/Respiratory Health):** In today's era of 'air pollution' and infections, lung health is challenging. The Atharvaveda considers it the gateway of 'Prana' (life force). This is a field of research for 'anti-bacterial' and 'immuno-modulator' medicines.

**2. Hṛdroga (Cardiac Health):** Heart disease is the number one cause of death in the world today. The mantra emphasizes keeping the heart calm and healthy. Modern science also considers 'stress' (Stress) to be the main enemy of the heart. Chanting this mantra helps to calm the 'vagus nerve' (Vagus Nerve) and balance the heart rate.

**3. Śīrṣāmaya (Neurological/Mental Health):** The quality of life is determined by brain health. The goal of modern psychology is to eliminate brain disorders through 'metacognition' and 'mindfulness', which aligns with the essence of this mantra.

### **Vedic and Modern 'Preventive Medicine' (Preventive Medicine):**

**Power of Affirmation:** According to neuroscience, positive affirmations promote 'neuroplasticity' in the brain and accelerate the healing process (Healing Process).

**Root Cause of Disease:** The word "rapaḥ" (flaw) refers not just to the symptoms of a disease, but to eliminating its root cause (Root Cause), which is the core principle of Functional Medicine.

From the perspective of 'Quality Management' (ISO/FSSC), this mantra is like a 'Human Quality Assurance' (Human QA). Just as we talk about 'Zero Defect' in industry, this mantra sets a goal of 'Zero Disease' in the body.

**Scientific Context:** "Preventive Medicine" has shown that more than 70% of chronic diseases (Chronic Diseases) can be prevented through lifestyle changes. (Reference: WHO, 2023, Global Health Report).

['Preventive Medicine' is the branch of modern health science that focuses on methods to prevent diseases from occurring rather than treating them after they arise. A report from the World Health Organization (WHO, 2023) has revealed a frightening yet hopeful fact: more than 70% of the world's chronic diseases (such as Type 2 diabetes, high blood pressure, heart disease, and some types of cancer) can be prevented simply by changing our lifestyle (Lifestyle).

Scientifically, this means that a proper diet, regular physical activity, stress management, and adequate sleep control 'inflammation' and 'oxidative stress' in our cells. The Atharvaveda's call to destroy 'Yakṣma' (wasting disease), 'Hṛdroga' (heart disease), and 'Śīrṣāmaya' (brain disease) is provided with a practical 'lifestyle protocol' by preventive medicine. It teaches that our body has a 'natural ability' (Innate Immunity) to fight disease, and keeping it active through right conduct and diet is the real medicine.]

Preventive measures often discussed have four main pillars that align with Ayurvedic concepts. For instance, the concept that 'diet itself is medicine' (Nutritional Medicine). Instead of 'processed food', 'whole food' and plant-based nutrition balance the body's metabolism. Yoga and exercise for an active lifestyle (Physical Activity) release chemicals like 'endorphins' and 'myokines' in the body, which bring the heart and brain to the state of "hṛdrogaṃ ca nāśaya." The mantras of the Atharvaveda can be an alternative for stress management (Stress Mitigation).

For example, positive affirmations and 'metacognition' reduce mental stress, which helps prevent 'śīrṣāmaya' (Neurological issues). Similarly, environmental purity (Environmental Hygiene), including the purity of 'air', 'water', and 'land', is the first step in disease prevention. The policies adopted by modern scientific standards to ensure purity in production and the environment, and to protect individuals, are all 'preventive measures' for society.

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## Richa 8: Love & Relationships

यथा वृक्षं लिबुजा समन्तं परिष्वजे ।  
एवा परि ष्वजस्व मां यथा मां कामिनी भुवः यथा मन्नापगा असः ॥

— *Atharvaveda 6.8.1*

(yathā vṛkṣaṃ libujā samantaṃ pariṣasvaje | evā pari ṣvajasva mām yathā  
mām kāmīnī bhuvah yathā mannāpagā asaḥ ||)

**English Meaning:** Just as a creeper (Creeper) embraces a tree (Tree) from all sides, so embrace me. So that you may be loving (Loving) towards me, so that you may be inseparable (Inseparable) from me.

[In this mantra, "yathā vṛkṣaṃ libujā" means just as a creeper (Creeper) gently envelops a tree from all sides and finds its existence in it, so too is love and surrender expected in a mutual relationship. The meaning of "pari ṣvajasva mām" is not just 'embrace me,' but rather to be emotionally absorbed in one another. The phrase "mannāpagā asaḥ" (do not be separate from me) signifies the unbreakable trust and stability (Stability) that should exist in a relationship. Spiritually, it portrays the 'creeper and tree' relationship as the union of the soul and the supreme soul, or the organic and spiritual unity between two souls. It teaches that in true love, there is no 'space' or distance; there is only the feeling of losing oneself in each other's existence and becoming complete. This mantra serves as a resolve to eliminate the 'fear of being alone' (Insecurity) that can arise in relationships and to deepen mutual attraction and love.]

**Life Application:** Nurture love (Love) and relationships (Relationships). Express love (Express Love). Invest time and attention (Time and Attention) in your relationships. "Human Intimacy" and social connections activate the brain's 'reward

system' (Reward System), which reduces the risk of depression and increases life satisfaction. (Reference: Holt-Lunstad, J., 2023, Trends in Cognitive Sciences)

### **Psychology of Relationships and Modern Science:**

1. **Attachment Theory:** According to modern psychology, humans have a strong desire for 'attachment'. Just as a creeper envelops a tree, a secure relationship (Secure Attachment) plays a major role in a person's mental health and stress management.
2. **Oxytocin - The Cuddle Hormone:** When talking about 'hugging' or physical closeness, science discusses the hormone 'oxytocin'. It increases mutual trust, lowers blood pressure, and makes people feel secure.
3. **Biological Co-existence (Symbiosis):** The relationship between a creeper and a tree is a form of 'symbiosis' (Symbiosis), where being together enhances the beauty and strength of life. In relationships too, complementing each other is the key to its success.

**Scientific Context:** "Attachment Theory" has shown that secure relationships (Secure Relationships) increase mental health and life satisfaction. (Reference: Levine, A., 2022, Attached, TarcherPerigee).

[The core essence of 'Attachment Theory' is that humans have a biological need from birth to form deep and secure emotional bonds with other people. According to the research of Amir Levine, when we are in a 'secure relationship' (Secure Relationship), our brain perceives the world as a safe place. This calms our 'limbic system' (Limbic System), thereby reducing stress and anxiety. The metaphor of the creeper enveloping the tree used by the Atharvaveda is actually a symbol of a 'secure base'. Scientifically, when we know that there is someone behind us who loves and

supports us, our brain's 'reward system' is activated, and hormones like 'oxytocin' enhance our mental health and life satisfaction. Conversely, an insecure relationship constantly keeps a person in 'fight or flight' (Fight or Flight) mode, which damages health in the long run. Therefore, being emotionally 'enveloped' or connected to someone is not a weakness, but rather a natural path to being mentally strong and happy.]

### **Three Main Scientific Pillars of Secure Relationships:**

1. **Co-regulation:** When two individuals are in a secure relationship, they help calm each other's nervous systems. Just as a vine gains height with the support of a tree, a person can also achieve their 'Potential' with the support of a secure relationship.
2. **Oxytocin and Trust (The Biology of Trust):** A secure relationship increases the level of oxytocin in the brain. This reduces social fear in people and strengthens 'immunity' (disease resistance).
3. **Mental Flexibility (Resilience):** Just as a vine wrapped around a tree remains safe even in a storm, people in secure relationships can easily face life's major problems and stresses.

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## **4.4 Life Principles from Atharvaveda**

### **Principle 1: Holistic Health**

The Atharvaveda teaches that Health is not just Physical, but a Balance of all four dimensions—Physical, Mental, Emotional, and Spiritual. Practice all four: daily Exercise, a Pure Diet (Sattvic आहार), Meditation, and Positive Thinking.

## **Principle 2: Nature Conservation**

Respect nature as a mother. Plant trees, save water, reduce Pollution, and lessen the use of plastic. Practice "Reduce, Reuse, Recycle." Spend time in nature—it improves both physical and mental health.

## **Principle 3: Prevention**

"Prevention is Better than Cure"—this message from the Atharvaveda is just as relevant today. Adopt a healthy lifestyle, get Regular Health Checkups, and do not ignore the Symptoms of illness.

## **Principle 4: Mind-Body Dialogue**

Listen to your Body's Messages. Fatigue, Pain, and Discomfort are the body's Signals. Understand that Mental Stress can lead to Physical Disease. Maintain a Mind-Body Dialogue through meditation, pranayama, and yoga.

## **4.5 Scientific Connections**

### **a) Ayurveda & Modern Medicine**

Modern scientific studies are being conducted on the Medicinal Plants described in the Atharvaveda. A 2023 Review published in the Journal of Ethnopharmacology has confirmed the Medicinal Properties of more than 50 plants mentioned in the Atharvaveda. The "Curcumin" in turmeric, "Eugenol" in holy basil, and "Withanolides" in ashwagandha are important Compounds in Modern Pharmacology.

## b) Psychoneuroimmunology and the Mind-Body Connection

"Psychoneuroimmunology" (PNI) studies the relationship between the mind, nervous system, and immune system. A 2023 study published in Nature Reviews Immunology has shown that Chronic Stress increases "Inflammation" and weakens the immune system. The Atharvaveda understood the Mind-Body Connection thousands of years ago.

## c) Environmental Science & Bhūmi Sūkta

The Bhūmi Sūkta of the Atharvaveda is the world's oldest environmental manifesto. It discusses Biodiversity, Soil Health, Water Conservation, and Air Purity. The 2023 report from IPBES (Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services) considers Biodiversity Loss as one of the world's greatest threats.

## 4.6 Chapter Summary

- **Mind-Body Unity:** The mind and body are not separate. Mental health affects physical health and vice versa.
- **Nature-Based Healing:** Nature is the greatest healer. Natural medicines and a healthy lifestyle are the basis of disease prevention.
- **Earth Hymn (Bhūmi Sūkta):** The Earth is our mother. Environmental protection is our duty.
- **Holistic Health:** Maintain a balance of physical, mental, emotional, and spiritual health.
- **Prevention:** Prevention is better than cure. A healthy lifestyle is the best medicine.

**Reflective Question :** What Message is your body giving you that you have been ignoring? And how is your Mental State affecting your Physical Health? This regular contemplation of nature will always be necessary for you to stay healthy.

## Part 2

### Vedic Core Essence + Modern Science Support

(Part 2: Vedic Core Essence + Modern Science Support)

In this part, six fundamental concepts of the Vedas are presented in connection with modern scientific research (Modern Scientific Research). Each topic includes a Vedic Foundation, Nepali Explanation, Scientific Evidence, and Daily Practices.

#### Topic 1: Energy & Vibration

##### Vedic Foundation

The Vedas teach that the entire universe is made of Energy and Vibration. The concept of "नाद ब्रह्म" (Sound is the Ultimate Reality) from the Samaveda and the principle of "एकं सद्" (One Truth) from the Rigveda express the fundamental unity and energetic nature of the universe.

##### English Explanation

Everything we see, touch, and hear—all are actually different forms of energy (Different Forms of Energy). Even solid objects (Solid Objects) are made of vibrating molecules (Vibrating Molecules) at a microscopic level (At Microscopic Level). Our body, thoughts (Thoughts), and emotions (Emotions)—all are energy.

##### Scientific Evidence

Quantum Physics has proven that matter (Matter) and energy (Energy) are two forms of the same thing ( $E=mc^2$ ). According to String Theory, the fundamental particles of the universe are

vibrating strings. (Reference: Greene, B., 2020, Until the End of Time, Knopf; Aspect, A., et al., 2022, Nobel Prize in Physics)

## Daily Practices

- Chanting Om (ॐ) — daily for 5-10 minutes
- Practice of speaking positive words (Positive Words)
- Listening to nature sounds (Nature Sounds) — the flow of water, the song of a bird
- "Sound Bath" or "Singing Bowl" meditation

## Topic 2: Consciousness and Mind-Body Unity

### Vedic Foundation

The Atharvaveda presents the concept of Mind-Body Unity. The Rigveda's "तत्त्वमसि" (Thou Art That) explains the universal nature of consciousness (Universal Nature of Consciousness).

### English Explanation

The mind (Mind) and body (Body) are not separate. When the mind is stressed (Stressed), the body becomes ill. When the body is healthy, the mind is joyful. Consciousness (Consciousness) is the basis of both.

### Scientific Evidence

Psychoneuroimmunology (PNI) has proven the mind-body connection. A study published in Nature Reviews Neuroscience in 2023 showed that meditation (Meditation) brings about measurable changes (Measurable Changes) in the brain's structure (Brain Structure) and function (Function). (Reference: Tang, Y., et al., 2023, Nature Reviews Neuroscience)

## Daily Practices

- Practice meditation (Meditation) for 15-20 minutes daily
- Practice Yoga — it strengthens the mind-body connection
- Write down your emotions (Emotions) (Journaling)
- Spend time in nature — it improves mental health

## Topic 3: Ecological Harmony

### Vedic Foundation

The Bhūmi Sūkta of the Atharvaveda is the world's oldest environmental manifesto. The concept of the Pañcamahābhūta (Five Great Elements — Earth, Water, Fire, Air, Ether) in the Rigveda explains the interconnection of all elements of nature.

### English Commentary

Nature is our mother, and we are the children of nature. To harm nature is to harm ourselves. Rivers, mountains, forests, air—all these are the foundation of our life. It is our duty to protect them.

### Scientific Evidence

According to the 'Gaia Hypothesis', the Earth is a single Living System in which all living and non-living elements are interconnected. The 2023 report of the IPCC (Intergovernmental Panel on Climate Change) has identified Climate Change as the greatest challenge to humanity. Vedic Ecology is its ancient solution.

### Daily Practice

- Plant trees and increase Greenery
- Reduce the use of plastic—use cloth bags
- Conserve water and electricity
- Eat Local & Seasonal Food
- Spend time in nature at least one day a week

## **Topic 4: Karma and Causality & Action**

### **Vedic Foundation**

The principle of Karma Yoga from the Yajurveda teaches that every Action has a Consequence. The concept of Rta (Cosmic Order) from the Rigveda states that the law of Cause and Effect is omnipresent in the universe.

### **English Commentary**

As we sow, so shall we reap. Good actions bring good results, and bad actions bring bad results. This is not a Punishment, but the Law of Nature. To understand this Chain of cause and effect is knowledge.

### **Scientific Evidence**

Behavioral Economics has shown that human Decisions have Long-term Consequences. The 'Butterfly Effect' shows that even a small action can lead to a large result. (Reference: Kahneman, D., 2021, Noise, Little Brown; Lorenz, E., Chaos Theory)

### **Daily Practice**

- Before performing any action, think about its Consequence
- Adopt the principle of 'Atomic Habits'—small positive habits bring about great change
- Learn from mistakes, do not repeat them
- Perform daily Self-Evaluation

## **Topic 5: Rhythm & Cycles**

### **Vedic Foundation**

The concept of Rhythm from the Samaveda and the principle of the Seasonal Cycle from the Rigveda teach that the universe operates

in a rhythm. Creation (Srishti), Preservation (Sthiti), and Dissolution (Pralaya)—this cycle is continuous.

## English Commentary

It is natural for life to have Ups and Downs. After day comes night, and after night comes day. After winter comes summer, and after summer comes winter. To understand this Cycle is knowledge. Have Patience during Difficult Times—good times will come. Do not be filled with Arrogance in good times—difficult times can also come.

## Scientific Evidence

Chronobiology has proven that the human body has a 'Circadian Rhythm', a 24-hour Biological Clock. In 2017, its discoverers were awarded the Nobel Prize. Living in harmony with the body's natural rhythm leads to optimal health. (Reference: Roenneberg, T., 2023, Internal Time, Harvard University Press)

## Daily Practice

- Rise with the sunrise and become calm after sunset
- Create a regular routine (Routine)
- Adopt a diet and lifestyle according to the season (Season)
- Take one day of complete rest (Complete Rest) a week
- Accept the cycles of life (Life Cycles) — everything is temporary (Temporary)

## Topic 6: Truth & Self-Mastery

### Vedic Foundation

The concepts of 'Ekam Sat' (Truth is One) and 'Ṛta' (Cosmic Truth/Order) from the Rigveda, 'Satyameva Jayate' (Truth Alone Triumphs) from the Yajurveda, and 'Ātmānam Viddhi' (Know

Thyself) from the Upanishads—all these explain the importance of truth and self-discipline.

### **English Interpretation**

To speak the truth (Truth), live the truth, and seek the truth—this is the foundation of Vedic life. Self-discipline (Self-Discipline) means to control (Control) oneself—the senses (Senses), thoughts (Thoughts), and emotions (Emotions). One who conquers oneself, conquers the world.

### **Scientific Evidence**

'Self-Regulation', or self-control, is considered the most important skill in psychology. The 'Marshmallow Experiment' has shown that self-control in children predicts their future success. (Reference: Mischel, W., 2014/2023, The Marshmallow Test, Little Brown; Duckworth, A., 2023, Grit, Scribner)

### **Daily Practice**

- Practice daily self-reflection — review your day in the evening
- Practice speaking the truth — avoid even small lies
- Practice sense control — avoid unnecessary indulgence
- Set aside a time for silence daily — at least 15 minutes
- Keep your promises — maintain trustworthiness

## Part 3

# Veda Sutra: The Practical Essence of the Four Vedas

In this part, ten (10) fundamental principles derived from the teachings of the Vedas are presented. These principles are not limited to any religion or sect; rather, they are universal and timeless truths that every person can practice in their daily life.

This Vedic Manifesto is a philosophy of life — a guide that shows the way to practically apply ancient wisdom in modern life.

### Principle 1: Practice of Truth

**"एकं सत्विप्रा बहुधा वदन्ति"**

**Truth is one, the wise call it by various names.  
(Rigveda 1.164.46)**

Truth (Truth) is the first and most important principle of Vedic life. To speak the truth (Speak Truth), live the truth (Live Truth), and seek the truth (Seek Truth)—the practice of truth must be done on these three levels.

Speaking the truth is not just about not telling lies. It means maintaining consistency in one's thoughts, words, and actions. What we think, we speak; what we speak, we do. This is "Integrity".

Living the truth means living an authentic life. Living according to one's own values and principles, not according to the expectations of others. This is "Authenticity".

Seeking the truth means being curious. Asking questions, exploring, and going into the depths of knowledge. Seeking objective truth, free from blind faith and prejudice.

## Daily Practice

- ☐ Did I speak the truth today? Did I not mislead anyone?
- ☐ Is there uniformity in my thoughts, words, and actions?
- ☐ Did I learn a new truth today?
- ☐ Did I challenge any prejudice?

## Principle 2: Rhythmic Living

"ॐ इति ब्रह्म। ॐ इतीदं सर्वम्।"

**Om is Brahman, Om is all this.**  
**(Samaveda / Chhandogya Upanishad)**

The universe operates in rhythm. The revolution of planets and stars, the cycle of seasons, the alternation of day and night — all have a rhythm. In our body too, the heartbeat, respiration, and brain waves — all are rhythmic. When we live in harmony with the rhythm of nature, we attain both health and happiness.

Rhythmic living means adopting a regular routine. Waking up with the sunrise, eating at regular times, getting enough sleep, and adopting a lifestyle according to the seasons. This corresponds with the 'Circadian Rhythm'.

## Daily Practice

- ☐ Do I wake up and sleep at a regular time?
- ☐ Is my food at a regular time?
- ☐ Do I adopt a lifestyle according to the season?
- ☐ Do I take a full day of rest once a week?

## Principle 3: Action as Worship

**"कुर्वन्नेवेह कर्माणि जिजीविषेच्छतं समाः"**

**One should wish to live a hundred years, performing actions.**

**(Isha Vasya Upanishad / Yajurveda 40.2)**

The Yajurveda teaches that if every action is performed consciously, with dedication, and with excellence, then that action itself is worship. Whether it is washing dishes or running a company, every act is a sacred act (Yajna).

Do not be attached to the results of your actions. Focus on the process. When the action itself becomes the goal, then stress decreases and quality increases. This is 'Mindful Action'.

### Daily Practice

- ☐ Which task did I perform with full attention today?
- ☐ Was I not attached to the fruits of my labor?
- ☐ Did I seek excellence in every task?
- ☐ Did I not neglect any task by considering it 'small'?

## Principle 4: Mind-Body Dialogue

**"यत्ते मनसो मनस्तत्ते चित्तस्य चित्तम्"**

**That which is the mind of the mind, is the consciousness of the consciousness.**

**(Atharvaveda / Kenopanishad)**

The Atharvaveda teaches that the mind and body are deeply interconnected. Mental stress brings physical illness, and physical illness affects mental health. Maintaining a mind-body dialogue

means listening to the body's messages and keeping the mind calm.

Meditation, breathing exercises (Pranayama), and Yoga are excellent means of mind-body dialogue. These practices activate the 'Parasympathetic Nervous System', which calms and heals the body.

## Daily Practice

- ☐ Did I meditate or do pranayama today?
- ☐ Did I pay attention to my body's messages (fatigue, pain)?
- ☐ Did I manage my mental stress?
- ☐ Did I get enough sleep?

## Principle 5: Debt to Nature

"माता भूमिः पुत्रोऽहं पृथिव्याः"

**The Earth is my mother, I am the son of the Earth.  
(Atharvaveda 12.1.12)**

The Vedas address nature as a mother. We are indebted to nature—air, water, food, shelter—all are given by nature. It is our duty to repay this debt.

Nature Conservation should be a daily practice. Planting trees, saving water, reducing pollution, and minimizing the use of plastic—these small actions make a big difference.

## Daily Practice

- ☐ Did I not harm nature in any way today?
- ☐ Did I save water and electricity?
- ☐ Did I reduce my use of plastic?
- ☐ Did I spend some time in nature?

## Principle 6: Inner Silence

**"शान्तिः शान्तिः शान्तिः"**  
**Peace, Peace, Peace.**  
**(Vedic Peace Mantra)**

The peace invocations (Peace Invocations) of the Vedas ask for three levels of peace: Adhidaivika (Cosmic), Adhibhautika (Physical), and Adhyatmika (Spiritual). Inner Silence is the experience of one's inner peace by freeing oneself from external noise.

In today's Digital Age, the constant flood of information (Information Overload) makes the mind restless. The practice of daily silence is extremely necessary. It enhances Mental Clarity, Creativity, and Emotional Balance.

### Daily Practice

- ☐ Did I sit in silence for at least 15 minutes today?
- ☐ Did I avoid unnecessary Social Media?
- ☐ Did I experience the peace of nature?
- ☐ Did I calm my mind before sleeping?

## Principle 7: Share Knowledge

**"सह नाववतु। सह नौ भुनक्तु।  
सह वीर्यं करवावहे।"**  
**(Taittiriya Upanishad / Yajurveda)**

In the Vedic tradition, knowledge is never hidden. In the Guru-Disciple Tradition, knowledge is shared openly. The peace mantra 'Saha Navavatu' (Let us learn together) explains the importance of Collaboration and Knowledge Sharing.

In today's world, Sharing Knowledge is the greatest service. Teach others what you have learned. Become a Mentor. Contribute to the Community.

## Daily Practice

- ☐ Did I teach someone something today?
- ☐ Did I share my knowledge openly?
- ☐ Did I learn something new from someone?
- ☐ Did I collaborate (Collaboration)?

## Principle 8: Boundaries & Restraint

"ईशावास्यमिदं सर्वं... तेन त्यक्तेन भुञ्जीथा"

**Enjoy with renunciation.**

**(Isha Vasya Upanishad / Yajurveda 40.1)**

The Isha Vasya Upanishad teaches: 'Enjoy with Renunciation'. This means: use Material Comforts, but do not be Attached to them. Maintain Boundaries and Restraint.

In today's Consumerist world, this principle is extremely relevant. 'Minimalism' and 'Conscious Consumerism' are modern forms of Vedic restraint. It is possible to find more satisfaction in fewer things.

## Daily Practice

- ☐ Did I avoid making an Unnecessary Purchase today?
- ☐ Did I practice restraint in my diet?
- ☐ Did I limit my Screen Time?
- ☐ Did I understand the difference between 'need' and 'want'?

## Principle 9: Community & Service

"सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः।"

**May all be happy, may all be free from illness.  
(Vedic Prayer)**

Vedic prayers are never solely Individual — they are always Collective. The prayer 'Sarve Bhavantu Sukhinah' (May all be happy) wishes for the Welfare of All. This Community Spirit is an integral part of Vedic life.

Service (Seva) is an important principle of Vedic life. The saying 'Seva Paramo Dharmah' (Service is the Highest Duty) explains the importance of service. Actively participate in the Community, help the Needy, and fulfill your Social Responsibility.

### Daily Practice

- ☐ Did I help someone today?
- ☐ Did I contribute to the community?
- ☐ Did I try to alleviate someone's Suffering?
- ☐ Did I wish for the welfare of all?

## Principle 10: Ultimate Goal: Liberation

"असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय।"  
**(Brihadaranyaka Upanishad 1.3.28)**

The Ultimate Goal of the Vedas is Liberation (Moksha). Liberation means freedom from Ignorance, freedom from Suffering, and freedom from the Limited Ego. This is not just a state after death; it is a state that can be achieved in this very life.

'Asato Ma Sadgamaya' (From falsehood to truth), 'Tamaso Ma Jyotirgamaya' (From darkness to light), 'Mrityorma Amritam

Gamaya' (From death to immortality) — this is the ultimate prayer of Vedic life. It means to continuously move towards truth, light, and immortality.

In modern psychology, 'Self-Transcendence', or the feeling of being connected to something greater than oneself (Feeling Connected to Something Greater), provides deep meaning and satisfaction in life. The highest level of Maslow's 'Hierarchy of Needs' is 'Self-Transcendence', which corresponds to Vedic liberation (Mukti).

## Daily Practice

- ☐ Did I do something for a greater purpose today?
- ☐ Did I try to reduce my ego?
- ☐ Did I think about the deeper meaning of life?
- ☐ Did I feel gratitude?

## Appendix

### a) Verse Index

List of major verses used in this book:

**Rigveda 1.1.1:** अग्निमीळे पुरोहितम्... [Praise of Agni]

**Rigveda 1.164.46:** एकं सद्विप्रा बहुधा वदन्ति... [Oneness]

**Rigveda 10.129:** नासदासीन्नो सदासीत्... [Nasadiya Sukta / Creation]

**Rigveda 10.191.2:** संगच्छध्वं संवदध्वम्... [Unity]

**Rigveda 3.62.10:** तत्सवितुर्वरेण्यम्... [Gayatri Mantra]

**Samaveda / Chandogya Upanishad:** ॐ इति ब्रह्म... [Omkaara]

**Samaveda 1.1.1:** अग्न आ याहि वीतये... [Song of Agni]

**Samaveda / Chandogya 6.8.7:** तत्त्वमसि... [Tat Tvam Asi]

**Isha Upanishad / Yajurveda 40.1:** ईशावास्यमिदं सर्वम्... [God is Omnipresent]

**Isha Upanishad / Yajurveda 40.2:** कुर्वन्नेवेह कर्माणि... [Karma Yoga]

**Brihadaranyaka Upanishad:** ॐ पूर्णमदः पूर्णमिदम्... [Completeness]

**Taittiriya Upanishad:** अन्नं ब्रह्मेति... [Importance of Food]

**Taittiriya Upanishad:** सह नाववतु... [Coexistence]

**Atharvaveda 12.1.12:** माता भूमिः पुत्रोऽहम्... [Earth, the Mother]

**Atharvaveda 8.7.1:** या ओषधीः पूर्वा जाता... [Praise of Herbs]

**Atharvaveda / Yajurveda 36.24:** जीवेम शरदः शतम्... [Long Life]

**Brihadaranyaka Upanishad 1.3.28:** असतो मा सद्गमय... [Prayer for Liberation]

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# The Vedic Manifesto: An Eternal Philosophy of Life

## Preamble

This manifesto is not limited to any religion, sect, geography, or culture. It is the essence of the eternal wisdom of human consciousness, which is timeless, universal, and practical. Connecting the philosophy of life propounded by the Vedas with the challenges of the modern era—such as mental health, environmental balance, digital unrest, and inner emptiness—it has been compiled into ten fundamental principles.

This is not merely a subject to be read, but a method to be lived. We accept these principles, integrate them into our daily conduct, and will pass them on, unaltered, to future generations.

This manifesto is the essence of a book, but its true expression is in your daily life. We declare it:

## **10** Ten Core Declarations

### **1. We practice Truth in our conduct.**

“एकं सत् विप्रा बहुधा वदन्ति।” Truth is not merely speech; it is the uniformity of thought, word, and deed. We renounce superstition, prejudice, and delusion to seek objective truth. Authenticity is our identity.

## **2. We live in rhythm with nature.**

The universe, the seasons, the body, and the mind are all rhythmic. We adopt a regular daily routine, circadian rhythm, and a lifestyle according to the seasons. A life without rhythm is disease; a life in rhythm is health.

## **3. We consider action as worship.**

“कुर्वन्नेवेह कर्माणि जिजीविषेच्छतं समाः।” Every action, when performed with consciousness, dedication, and excellence, is a yajna (sacrifice). We renounce attachment to the fruits and focus on the process. Action itself is sadhana (spiritual practice).

## **4. We listen to the dialogue between mind and body.**

Mind and body are not separate; they are mirrors of each other. We maintain internal balance through meditation, pranayama, and yoga. We do not ignore the body's messages; we manage mental stress scientifically.

## **5. We remember that we are indebted to nature.**

“माता भूमिः पुत्रोऽहं पृथिव्याः।” Air, water, food, and shelter are gifts of nature. We repay this debt through conservation, moderation, and a sustainable lifestyle. The relationship with nature is not exploitation, but coexistence.

## **6. We practice inner silence.**

“शान्तिः शान्तिः शान्तिः।” Amidst the flood of information and digital noise, we practice daily silence. Silence brings clarity, creativity, and emotional balance. Outer peace begins from within.

## **7. We share knowledge, we do not hide it.**

“सह नाववतु। सह नौ भुनक्तु।” Knowledge is a shared asset. We teach, we learn, we become mentors, and we ensure the flow of knowledge in the community. To increase knowledge, it must be shared, not hoarded.

## **8. We consider limits and moderation as strength.**

“तेन त्यक्तेन भुञ्जीथाः।” Our policy is not attachment to enjoyment, but consumption with renunciation. We practice moderation in unnecessary consumption, digital addiction, and materialism. Satisfaction in less, freedom in moderation.

## **9. We are dedicated to community and service.**

“सर्वे भवन्तु सुखिनः।” Our prayers and actions are always directed towards collective well-being. Service is the highest dharma. We hold the hands of those in need, fulfill our social responsibilities, and move from 'I' to 'we'.

## **10. Our ultimate goal is liberation.**

“असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय।” Liberation is not a post-mortem state, but an inner freedom

to be attained in this life. We move from ignorance, suffering, and the limited ego towards truth, light, and immortality.

## **Closing Declaration**

This manifesto is not the final word, but a beginning. It is the essence of the book, but the journey of practice is in your hands. Implement these principles in daily life through discipline, experience, and self-examination. Sanatana knowledge is not just history; it is the foundation of the future. We live it, share it, and move forward.

ॐ तत् सत्।

## c) Glossary: Nepali-English-Sanskrit

### Meanings of the major terms used in this book:

**अग्नि (Agni)** = Fire / Inner Fire [अग्निः]

**अथर्ववेद (Atharvaveda)** = Fourth Veda - Healing & Practical Wisdom [अथर्ववेदः]

**अहिंसा (Ahimsa)** = Non-violence [अहिंसा]

**आत्मा (Atma)** = Soul / Self [आत्मन्]

**ऋग्वेद (Rigveda)** = First Veda - Knowledge & Cosmology [ऋग्वेदः]

**ऋत (Rita)** = Cosmic Order / Truth [ऋतम्]

**कर्म (Karma)** = Action / Deed [कर्म]

**चेतना (Chetana)** = Consciousness [चेतना]

**ध्यान (Dhyana)** = Meditation [ध्यानम्]

**धर्म (Dharma)** = Duty / Righteousness / Cosmic Law [धर्मः]

**नाद (Nada)** = Sound / Vibration [नादः]

**प्रकृति (Prakriti)** = Nature / Material World [प्रकृतिः]

**प्राण (Prana)** = Life Force / Breath [प्राणः]

**ब्रह्म (Brahma)** = Ultimate Reality / Absolute [ब्रह्मन्]

**मन्त्र (Mantra)** = Sacred Chant / Verse [मन्त्रः]

**मुक्ति (Mukti)** = Liberation / Freedom [मुक्तिः]

**योग (Yoga)** = Union / Discipline [योगः]

**यजुर्वेद (Yajurveda)** = Third Veda - Action & Discipline [यजुर्वेदः]

**ऋचा (Richa)** = Verse / Hymn [ऋक्]

**सत्य (Satya)** = Truth [सत्यम्]

**सामवेद (Samaveda)** = Second Veda - Music & Harmony [सामवेदः]

**सूक्त (Sukta)** = Hymn (Collection of Verses) [सूक्तम्]

**वेद (Veda)** = Knowledge / Sacred Text [वेदः]

ॐ शान्तिः शान्तिः शान्तिः

~ The End ~

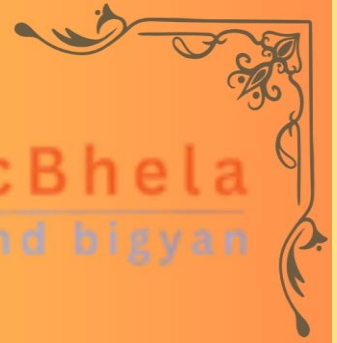
"ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं  
गमय।"

**[Lead me from falsehood to truth. Lead me from  
darkness to light. Lead me from death to immortality.]**

— Brihadaranyaka Upanishad 1.3.28

May this book bring peace, knowledge,  
and light into your life.

**Victory to the Veda! Victory to Knowledge! Victory to  
Truth!**



Vedic Bhela  
Veda and bigyan

*The Back to Basics*

# *Vedic Manifesto*

*Veda Sutra: The Practical  
Essence of the Four Vedas*



**Canadian Vedic Heritage**

*(A Modern Renaissance of Eternal Wisdom)*

*Atharvavedacharya Narayan Ghimire  
Food and Drug Scientist, Canada.*

