

SAIVA SIDDHANTA – MADE EASY
A SIMPLE SESSION IN SIMPLE LANGUAGE
IN A SINGLE DAY

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1. **FOUR THINGS IS SPIRITUALITY:** Spiritual knowledge, Spiritual faith, Spiritual practice, Spiritual Experience

Exercise: Explain and explore your own spiritual knowledge, spiritual faith, spiritual practice and spiritual experience

2. **FOUR STEPS IN SPIRITUAL PATH: Chariyai, Kiriya, Yogam, Jnanam**

Exercise: Explore the application of these in our day to life in modern world

3. **FOUR TYPES OF SPIRITUAL PERSONS: Bhakta** - Devotee, **Muni** - seeker, **Rishi** - seer, **Jnani** – Engulfer/ Enjoyer,

Exercise: Who is Siddhar?

4. **FOUR GURUS - Samaya Achcharyas** – Sambandhar, Appar, Sundarar, Manikka vaasagar
FOUR GURUS - Sandhana Achcharyas – MeikaNdar, Arunanthi sivam, Marai jnana sambandhar, Umapathi sivam

Exercise: Who is Guru? Who is our Guru?

5. FOUR GOALS OF HUMAN LIFE – **Aram** – righteous life, **PoruL** – Resource Management, **Inpam** – Enjoyments of life, **Veedu** – Realization by reaching your fullest potential – **Mukti**

Exercise: What is the goal of your life?

6. FOUR SCRIPTURES: Vedas – General Texts about these four – for general public. Section on **veedu** – Upanishats (Vedanta)
Agamas – Special Texts on veedu – Expounding the matter described in Upanishats - for spiritually inclined (**sakti-nipaata**)

Exercise: What do we mean by Vedas and Agamas? What is their application in our day-to-day life?

7. FOUR TYPES SINS: Paavam, Pazhi, Paathakam, Maa- paathakam
Three types of Judgement: **Loga dharma** – egocentric life style, **Vaidiga Dharma** – sociocentric lifestyle, **Siva Dharma** – theocentric lifestyle – the way to mukti

Exercise: What is Sanadhana Dharma? What is Vaideegam? What is Saivam?

8. THREE – TRINITY OF SAIVAM – Story of Vivekananda saying Ignorance three times
- Soccer field example

9. DEFINING THE TRINITY OF SAIVAM – **Sat-cit-ananda**
PATHI/PASU/PAASAM

10. PASU - SPIRIT SOULS: - souls are infinite in number
- Spirit Souls are not created
- What is separating the soul
- Souls can't be slayed by fire, air, water, ocean
- Souls are eternal – no beginning, no end
- Has the innate potency to know, potency to enjoy
- But completely restrained by the engulfing fetter ANAVA

Exercise: Cause of all the problems is ANANA – How and why?

11. PATHI - GOD: Sentient force behind the existence and operations of this insentient world and perviscent living beings.

It is Omniscient/Complete/ Perfect/ Full/TRUTH

Bhagavan – Beauty/ wealth/ fame/ power/Knowledge/Detachment

Eight Attributes: Omniscience – supreme knowledge/ Omnipotent – supreme power/ Supreme Bliss/ By nature he knows everything/ Self dependent – Supreme freedom/ Infinite LOVE – Supreme love/ By nature free from fetters – effortlessly supreme pure / Pure form – Supreme form

Dimensions of the God: Real/ **soruba** and official/ **thadaththa**

Functions of the God: Creation, sustenance, dissolution, obscuration and grace. UNIQUENESS OF OBSCURATION in Saivam

Exercise: What is the role of Freewill in God's creation?

12. PAASAM - THREE FETTERS:

ANAVA – The Prime fetter –

ATTRIBUTES OF ANAVA – SEVEN: **Moham/ madham/ Ragam/ kavalai/ dhaapam/ vaaddam/ visiththiram**

POWERS OS ANAVA - TWO: 1. DIRECTING INTO WORLDLY AFFAIRS 2. OBSCURING THE TRUE NATURE OF YOURSELF AND THE WORLD.

KARMA:

MAYA: Not the delusion as Vedanti says; it's the material source for the creation.

Exercise: Why not one? Why not two? Why not four or five?

Exercise: Why do bad things happen to good people?

Exercise: Is all the bad happens to us is our karma?

13. Mukti – Soul reaching its fullest potential – Bliss/ Knowledge/ Freedom/ Love/ Nature

Exercise: Discuss the nature of Mukti – the liberation

Discuss the nature of **Jeevan-mukta** – liberated while alive

Dr. Lambotharan, the founder of Saiva Siddhanta Peedam and its wing Knowing Our Roots, is committed to sharing the wisdom of Saiva Siddhanta, the choicest theology of Tamils. He is doing this by conducting Sunday classes for kids and youth, weekly Satsang meetings, radio talk shows, speeches, writings, regular pilgrimages and field visits. He has written many articles in Tamil and English on this subject. He is carrying this out as directed by his Jnana Guru Chidamparam A. Krishnamurti (Deeksha name - Kunchithapaatha naathan) of Sivakkudil tradition in 2005. He was furnished further by Saiva scholar S. Shanmugavel of Thiruvaavaduthurai Adheenam. It is worth to mention that he is also the grandson of Saiva Siddhanta Viddhagar V. Nagalingam JPUM of Vaddukoddai who presided the Saiva Siddhanta Maha Samajam conference in 1953 in Chennai.

Dr. Lambotharan is also the Founder and former President of the International Medical Health Organization – Canada (IMHO- Canada) www.imhocanada.org, a worldwide charity mostly working among the Tamils in Sri Lanka, and Co-founder of the Toronto Tamil Sangam www.torontotamilsangam.ca. He is also one of the founders and board of directors of the Tamil Community Centre project www.tamilcentre.ca in Toronto. He can be reached on weekly zoom meetings every Saturday 7.30 pm EST Toronto time on the following link. Meeting ID: 984 429 0374; Passcode: satsang.



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