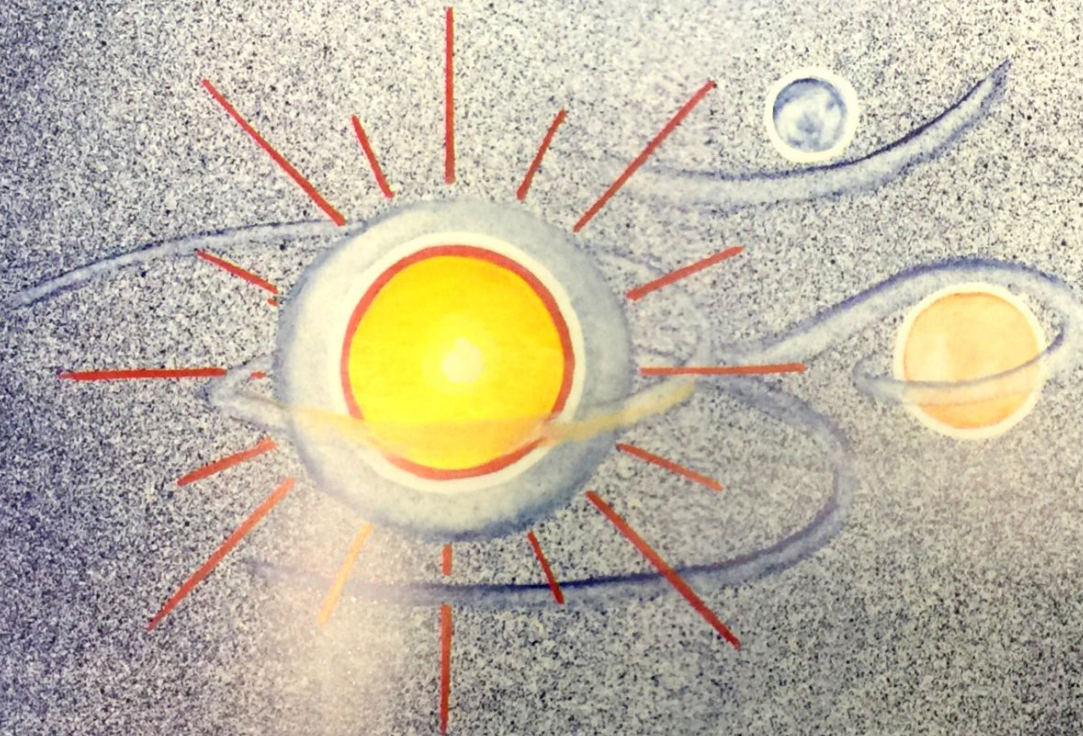


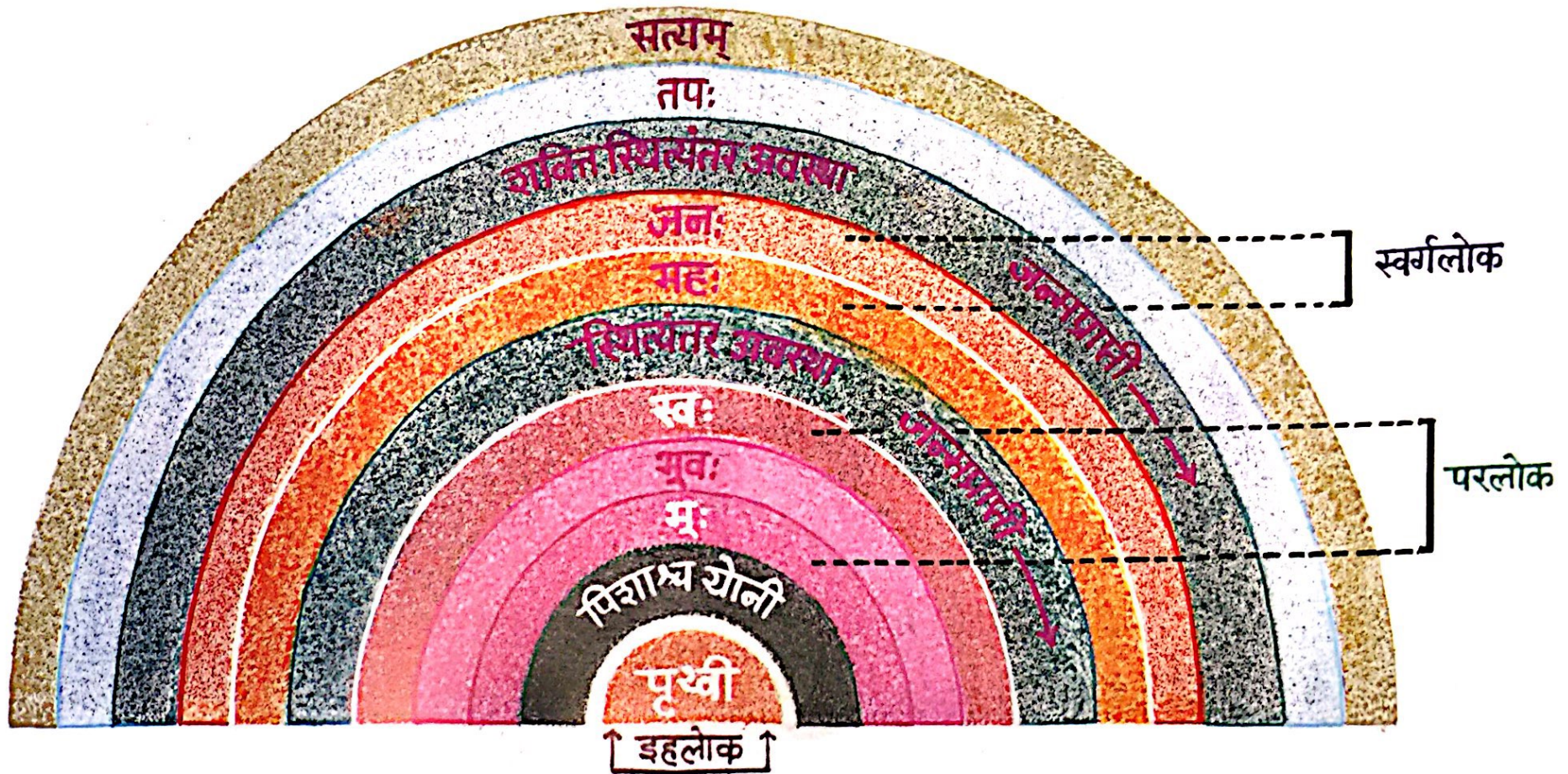
SHRI SAI ADHYATMIK SAMITI, PUNE



ATMANEVEDAN
GURUPRASAD

विश्व UNIVERSE

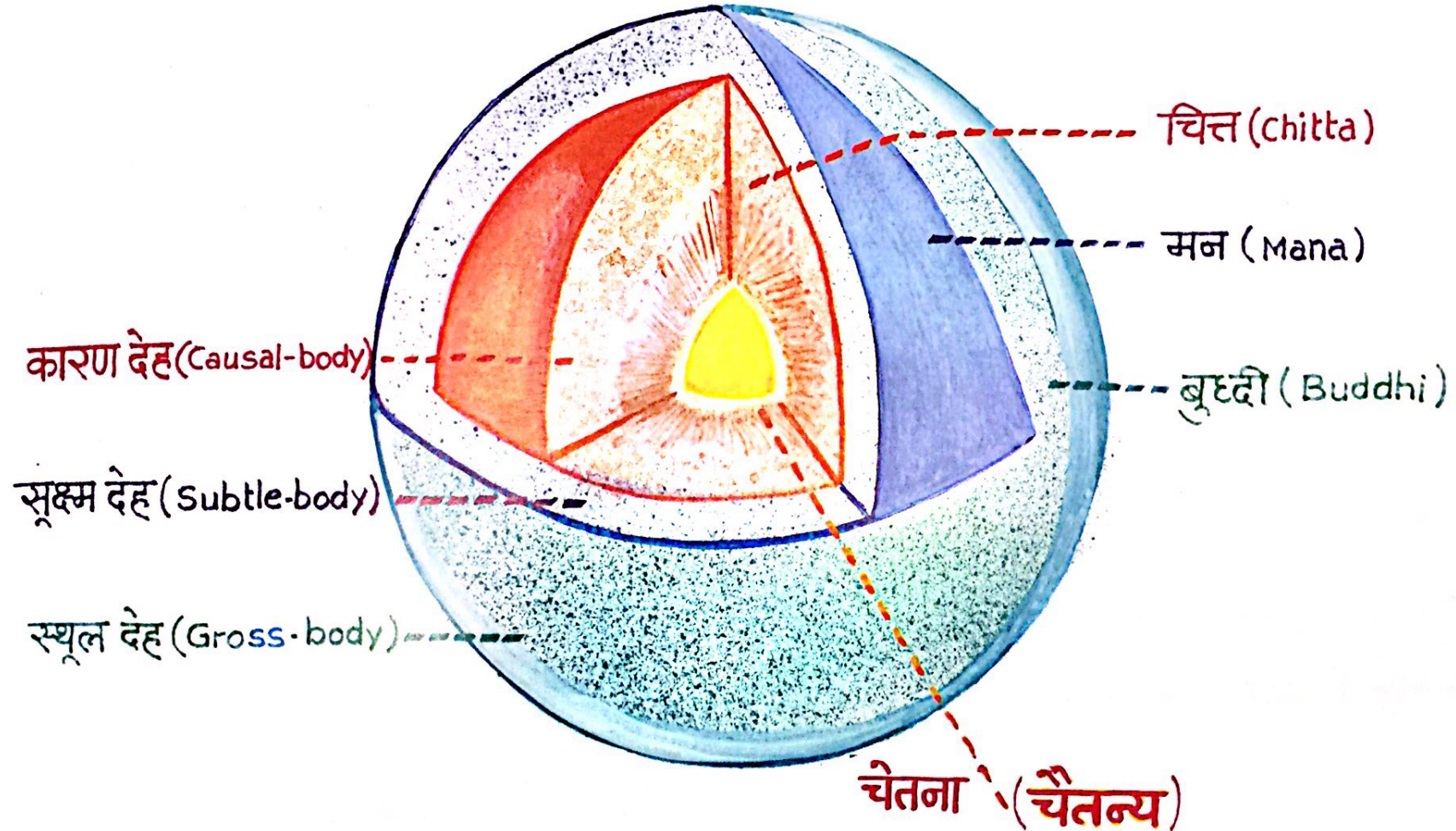




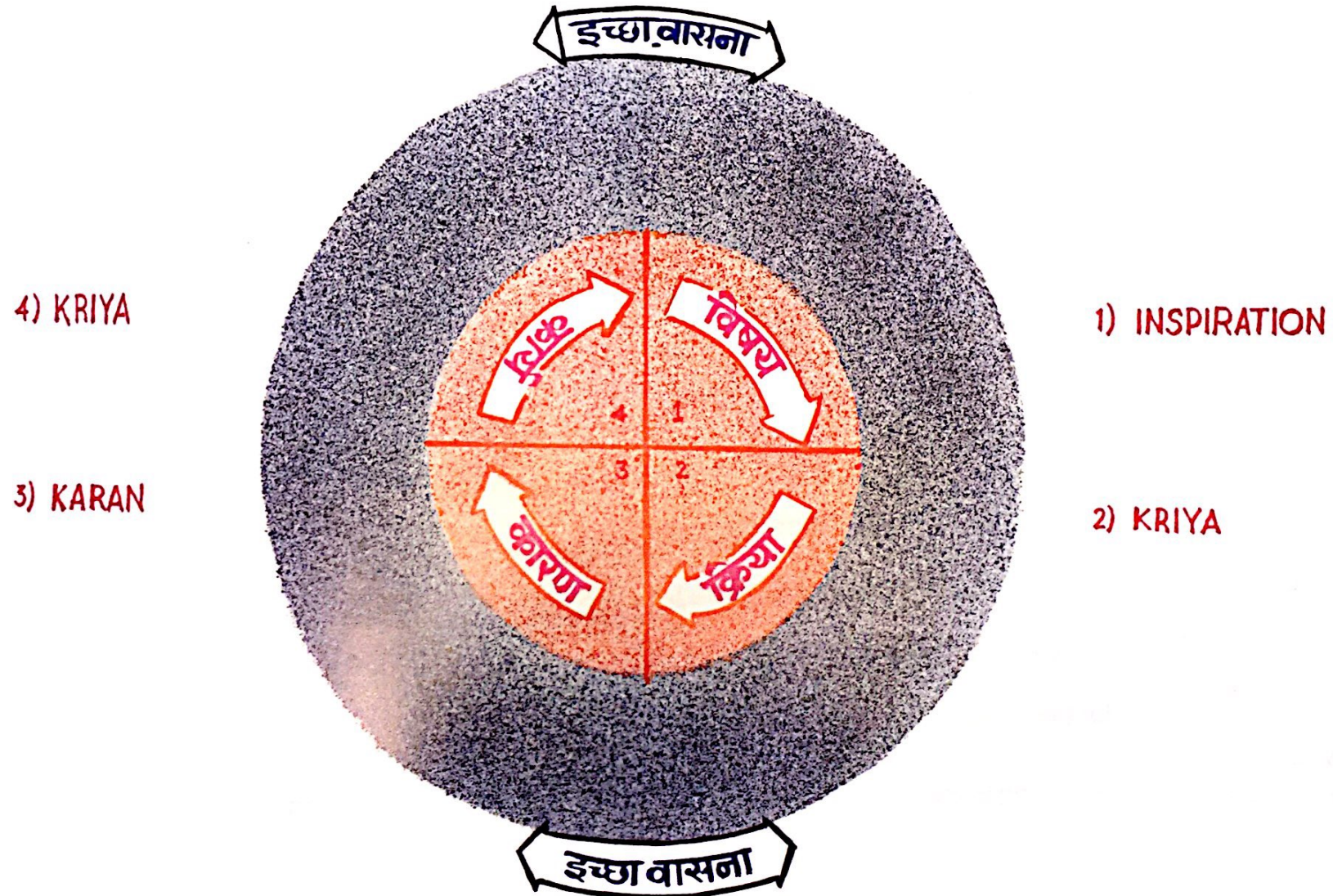
	SATYAM		TAPHA		TRANSFORMATION STAGE & BIRTH
	JANHA		MAHA		SWAHA
	BHUVA		BHU		EARTH BOUND SPRIT
			EARTH		

मानवी जीवन

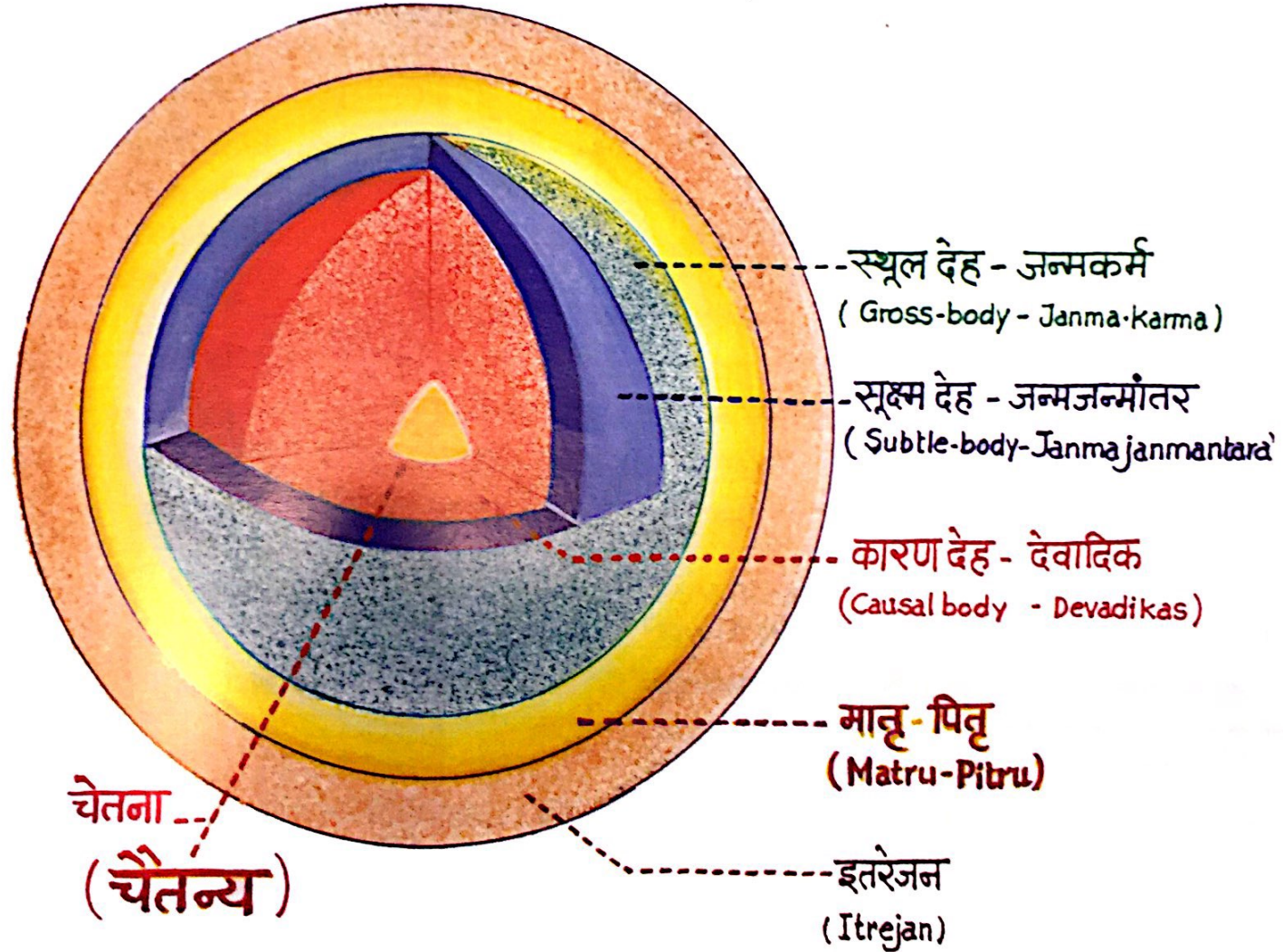
HUMAN LIFE



कर्म मीमांसा (KARMA-ESTIMATION)



मानवी जन्म व ऋणानुबंध (HUMAN BIRTH AND RINANUBANDHA)



मानवी देह धारणा A

१ पंचमहाभूत तत्वे 1 Natural Elements गुणधर्म Qualities	१ पृथ्वी 1 Earth गंध Odour	२ आप 2 Water रस Taste	३ तेज 3 Fire रूप Form	४ वायू 4 Air स्पर्श Touch	५ आकाश 5 Ether शब्द Sound
२ पंचज्ञानेंद्रिय 2 Five Organs	१ नाक 1 Nose	२ जीभ 2 Tongue	३ डोळे 3 Eyes	४ त्वचा 4 Skin	५ कान 5 Ears

पंचकर्मेन्द्रिय Five Senses	१ उपस्था, शिस्न जन्म देणे Power of Procreation	२ पय, गुद मल-मूत्र विसर्जन Power of Excretion	३ पाद, पाय हालचाल Power of Movement	४ पाणी, हात ग्रहण करणे Power of Grasp	५ वाणी, वाक, वाचा बोलणे Power of Speech
--------------------------------	--	--	---	--	---

प्रकृति धर्म -	पृथ्वी (Earth) + आप (Water) कफ (Phlegm)	आप (Water) + तेज (Fire) पित्त (Bile)	वायू (Air) + आकाश (Ether) वात (Wind)
----------------	---	--	--

मानवी देह धारणा

B

पंचप्राणकोश
5 Vital Air Vesture
OR
Seath Of Innerbody
OR
Subtle body

प्राण
Heart
Faculty Of
Perception

अपान
Anus
Faculty Of
Excreation

समान
Navel
Faculty Of
Digestion

व्यान
Wholebody
Faculty Of
Circulation

उदान
Throat
Faculty Of
Thinking



Downward
Movement
OF Air



Downward
Movement
OF Air



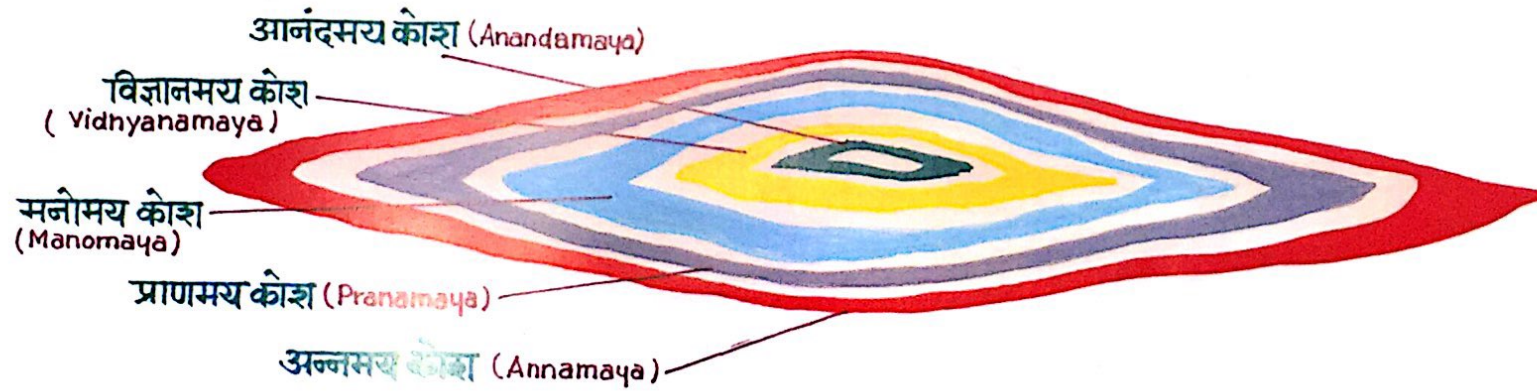
Diaphragm
To Navel



Air
Throughout
The Body



upward
Movement
of Air



बुद्धि
(Intelligence)
- Perception
- Comprehension

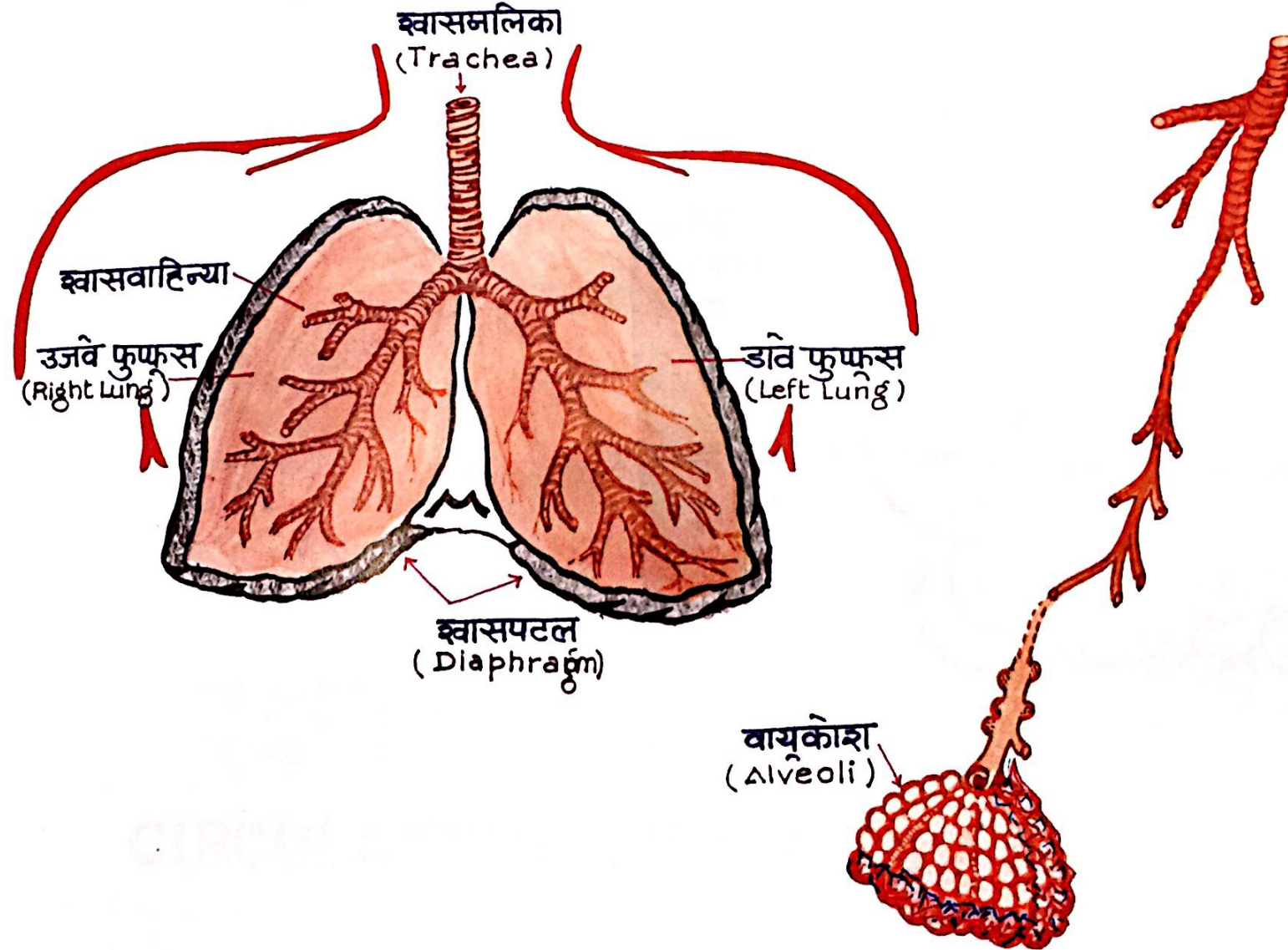
मन
(Mind)

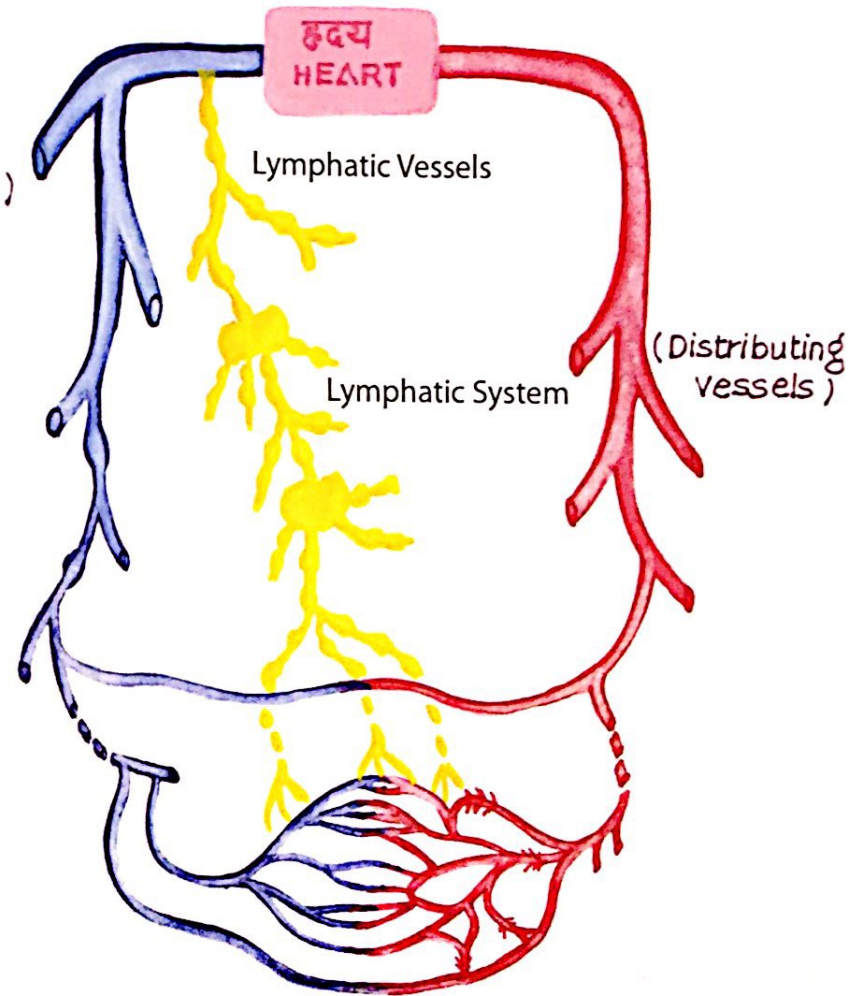
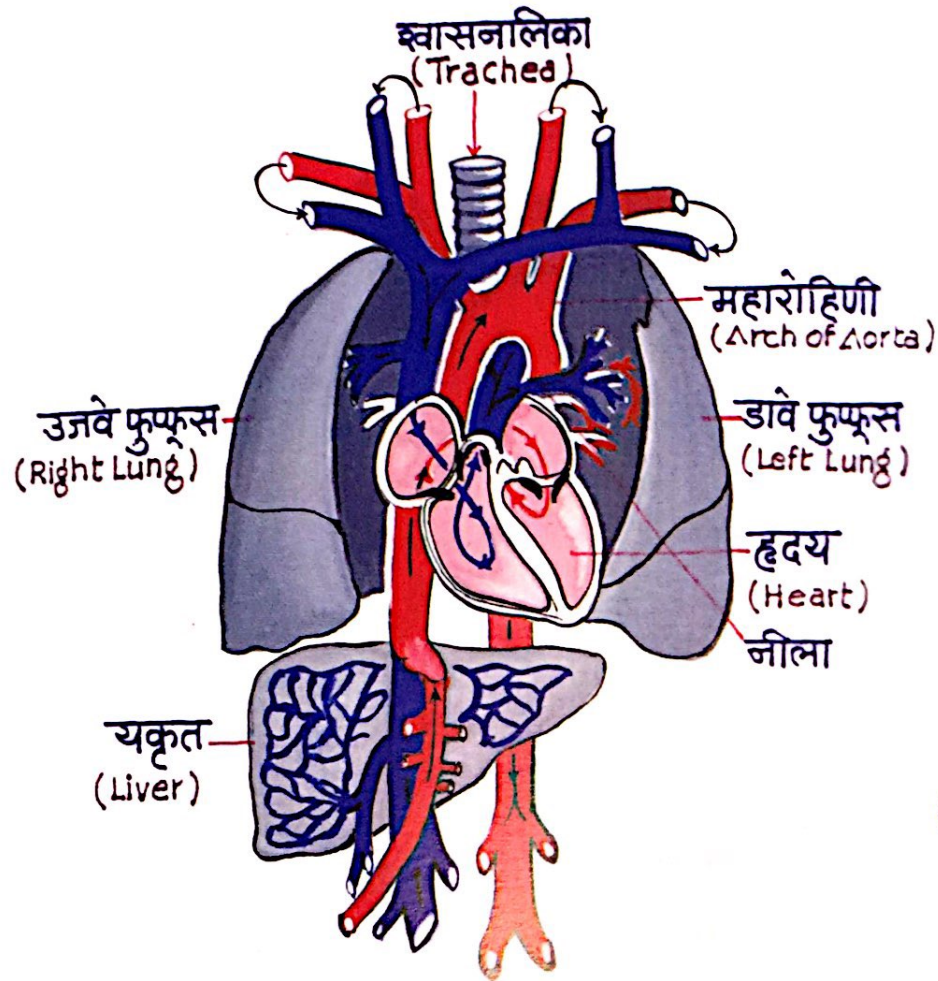
चित्त
(Thinking mind)
- The Thought
- The Attention the
mind does

अहम् आकार



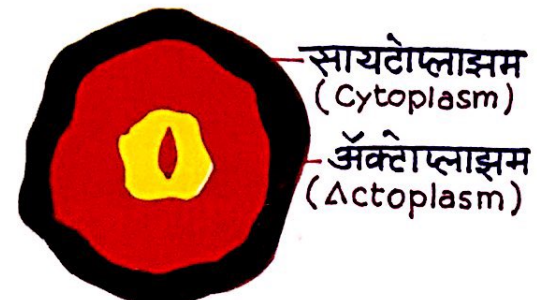
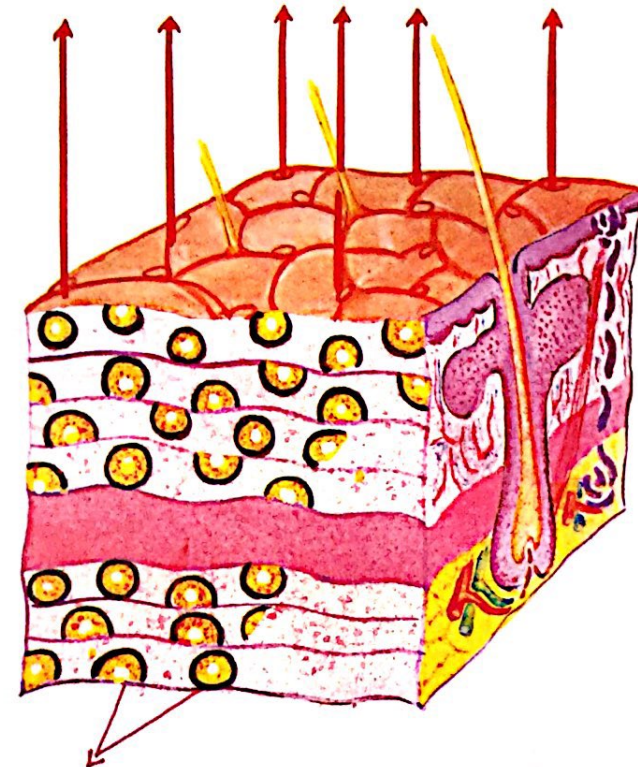
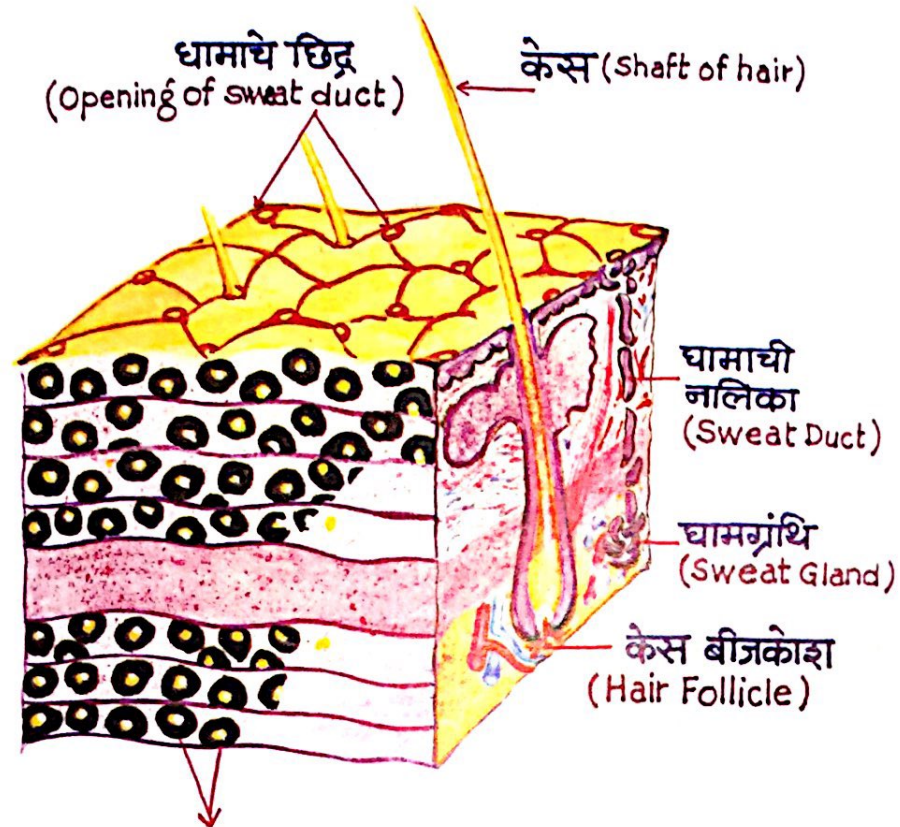
श्वसन (RESPIRATORY SYSTEM)



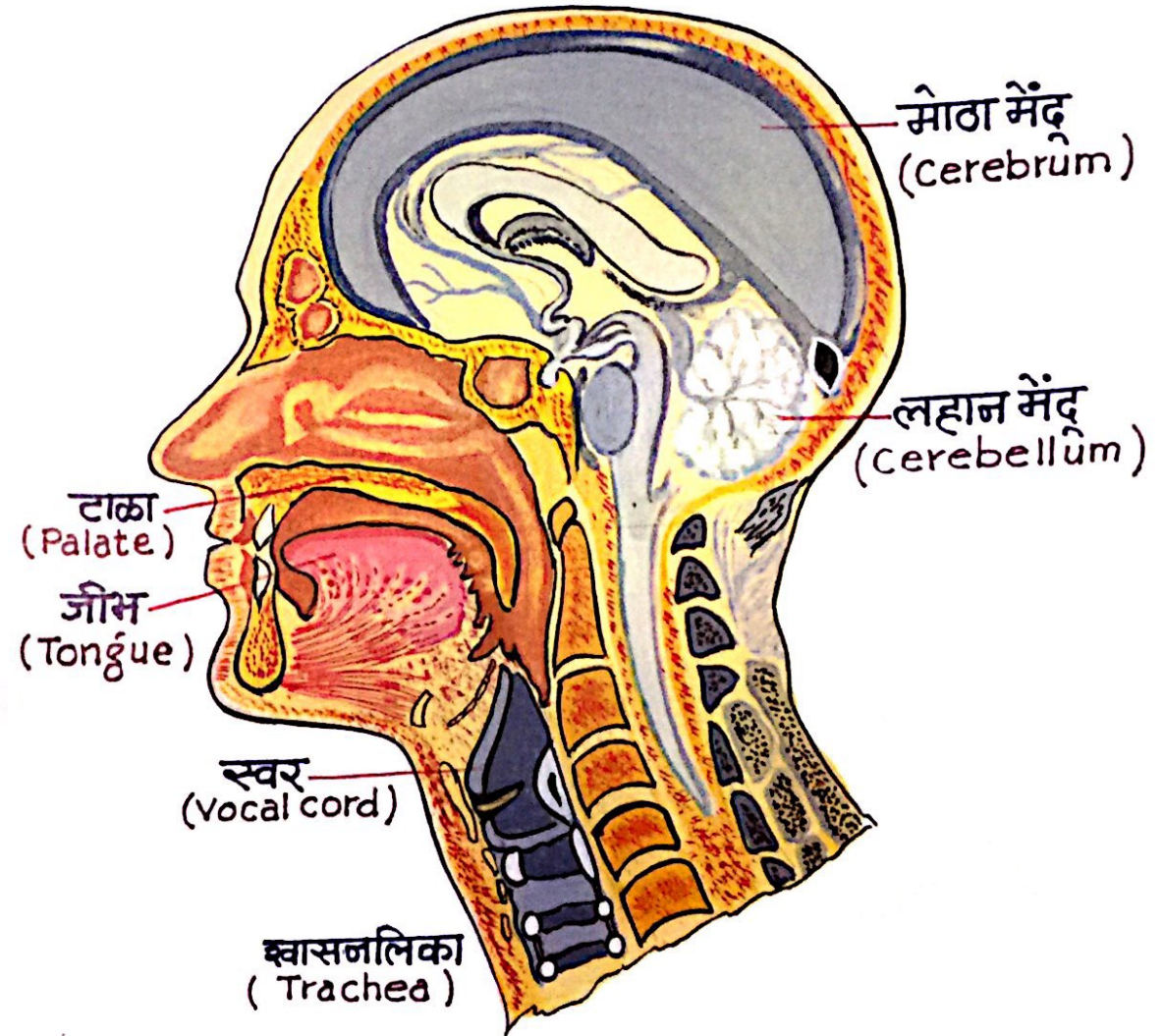
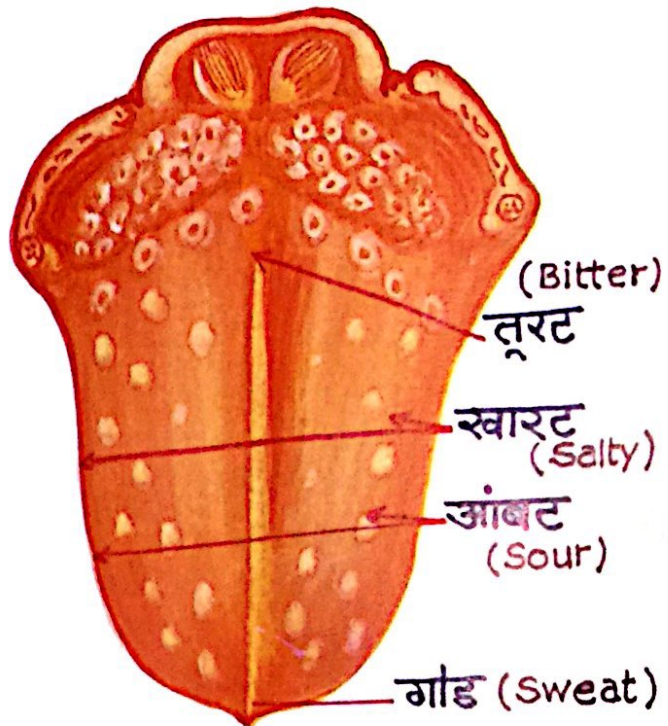


रक्ताभिसरण CIRCULATORY SYSTEM

त्वचा (SKIN)



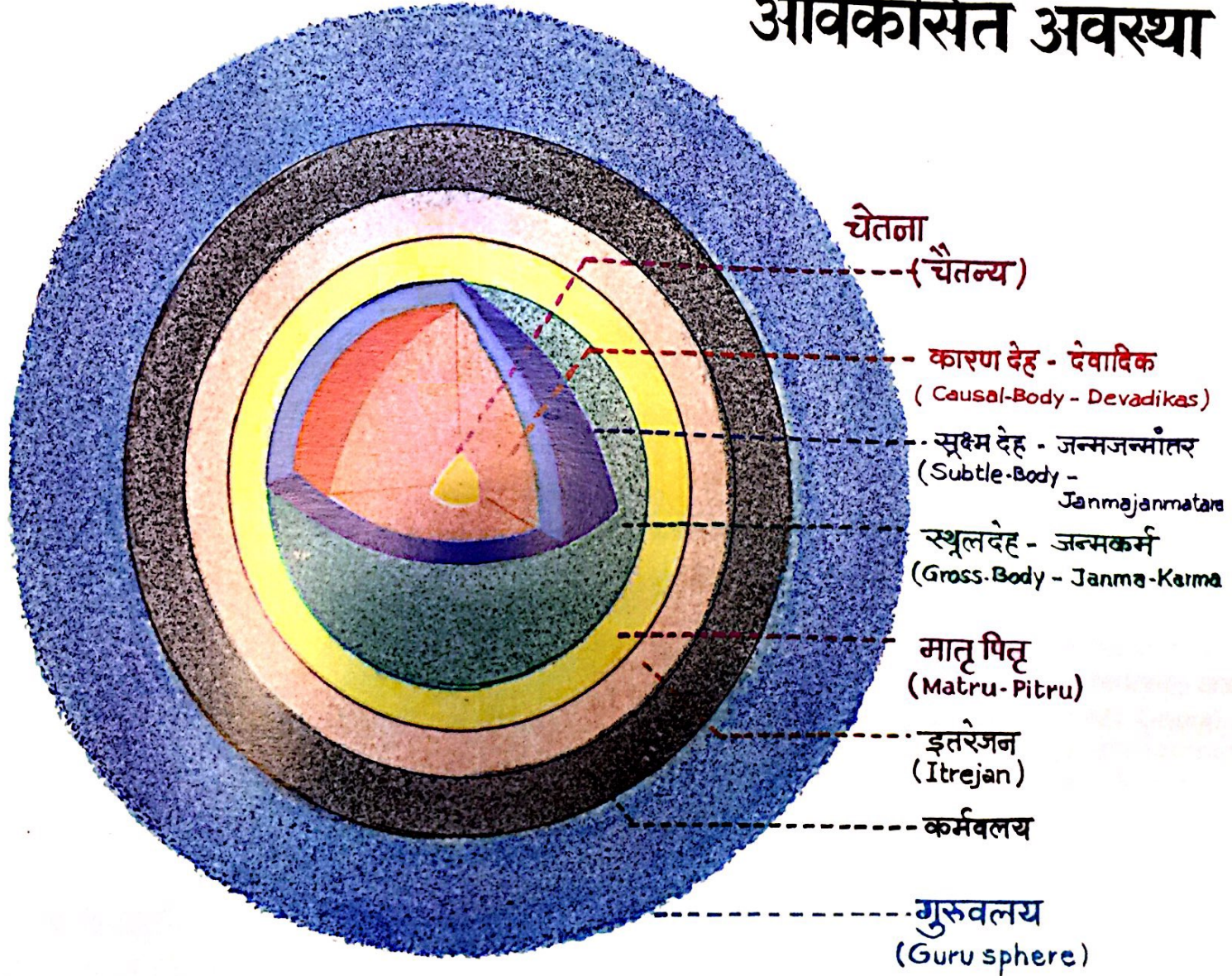
जीभ (TONGUE)



मानवी जीवन

HUMAN LIFE

अविकसित अवस्था



वंशविमोचन (VANSHAVIMOCHAN)

प्राप्तजन्म (इहलोक)
(Ihalokā)



परलोक
(Paralokā)



कृपाशिर्वाद (Kṛpāśhīrwād)

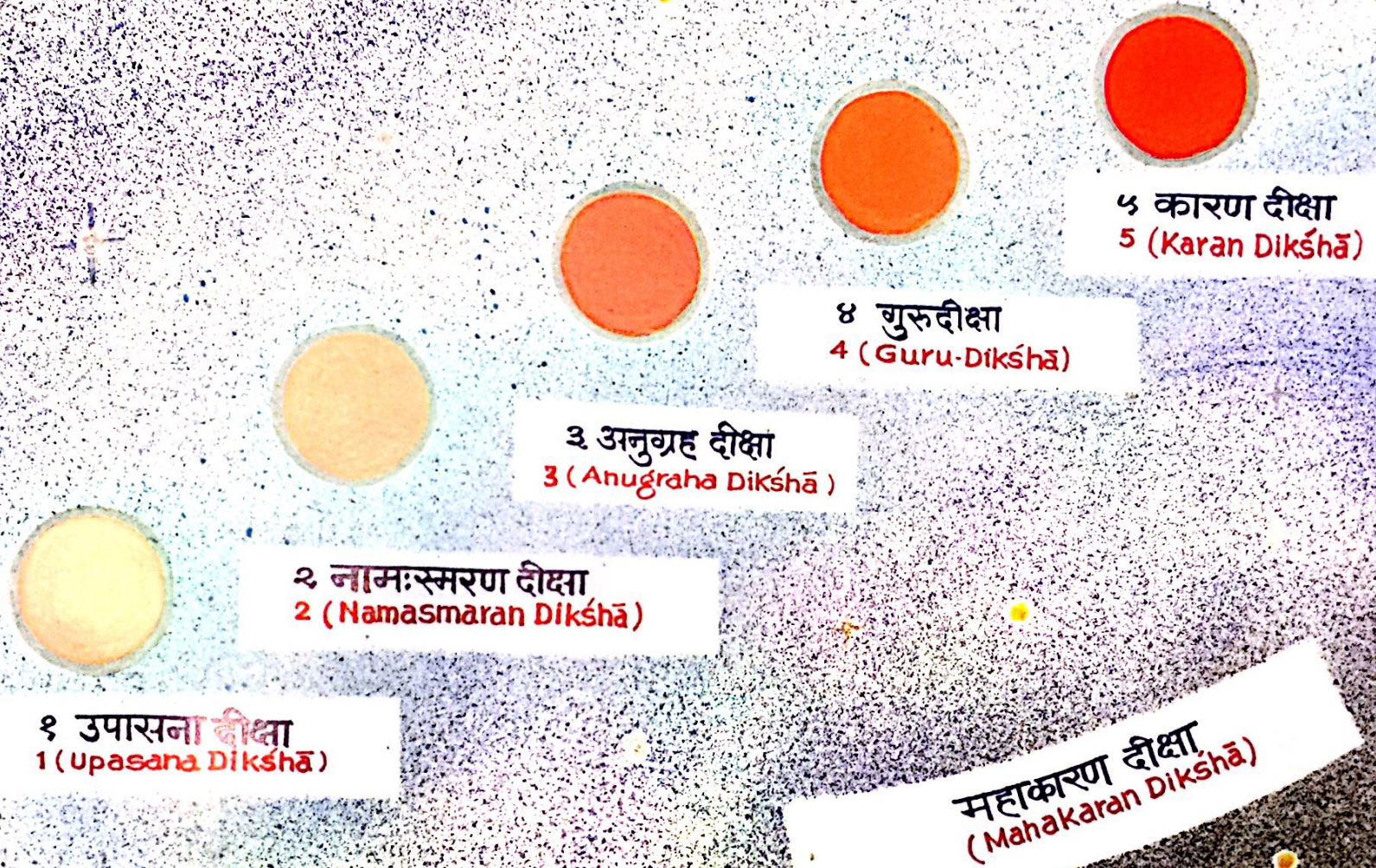
- १) विद्या (Wisdom)
- २) संपत्ती (Wealth)
- ३) संतती (Progeny)
- ४) दीर्घायुष्य (Long-Life)

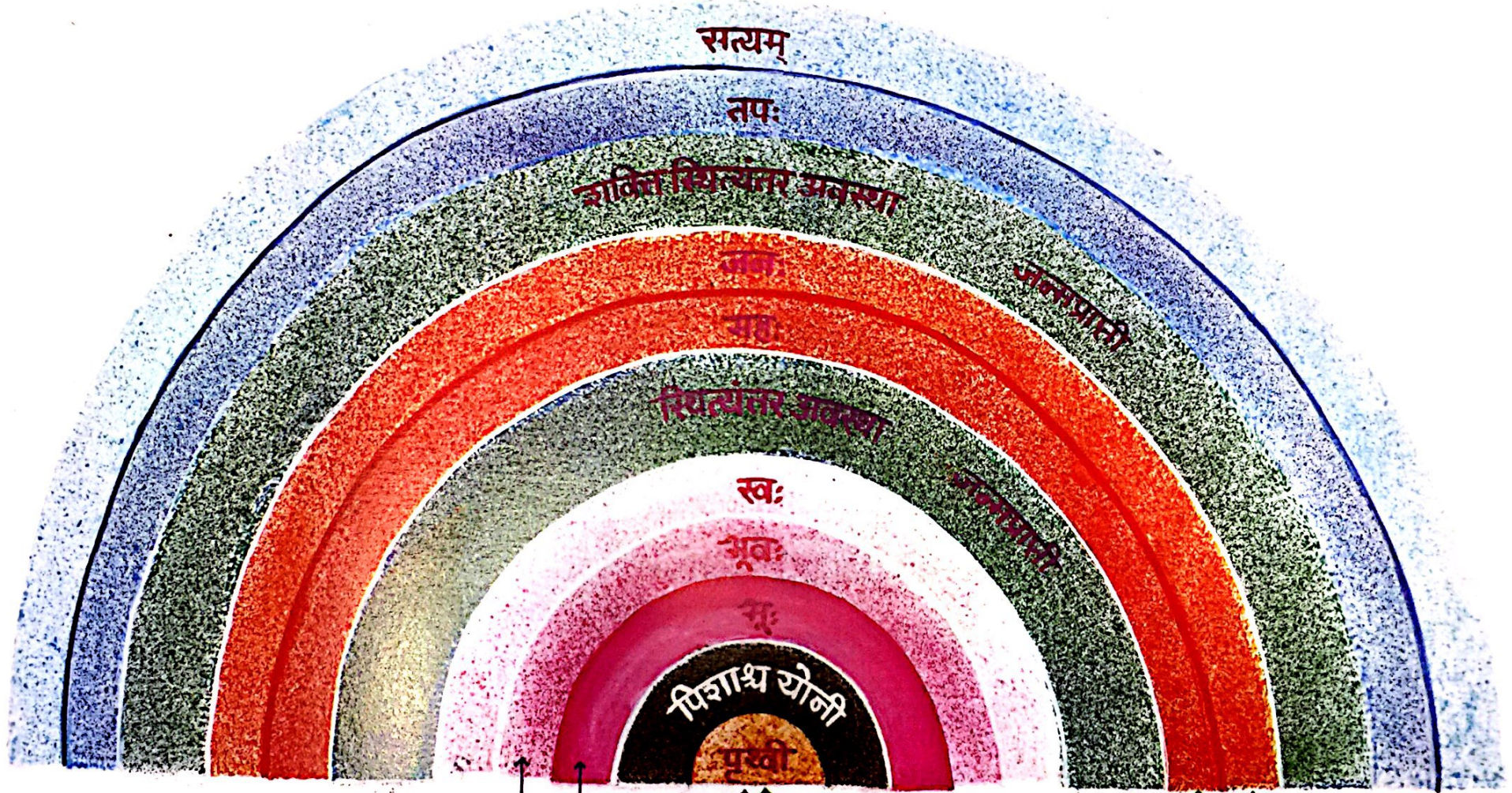


1 2 3 4 5 6 7 8 9 10 11

- 1 पृथ्वी (Earth)
- 2 पित्राच्य योनी (Earth Bound Spirit)
- 3 भूः (Bhu)
- 4 भुवः (Bhuva)
- 5 स्वः (Swaha)
- 6 स्थित्यंतर अवस्था (Transformative stage & birth)
- 7 महः (Maha)
- 8 जनः (Janha)
- 9 शक्ति स्थित्यंतर अवस्था
- 10 तपः (Tapha)
- 11 सत्यम् (Satyam)

गुरुतत्त्व (GURUTATWA)





वंश विमोचन (Vamsha-Vimōchan) - उपासना दीक्षा
(Upasana Diksha)
कर्म विमोचन (Karma-Vimōchan) - नामःस्मरण दीक्षा
(Namasmāran Diksha)
ऋण-मोचन (Rinamochan) - अनुग्रह दीक्षा
(Anugraha Diksha)

→ गुरु दीक्षा (Guru-Dikshā)

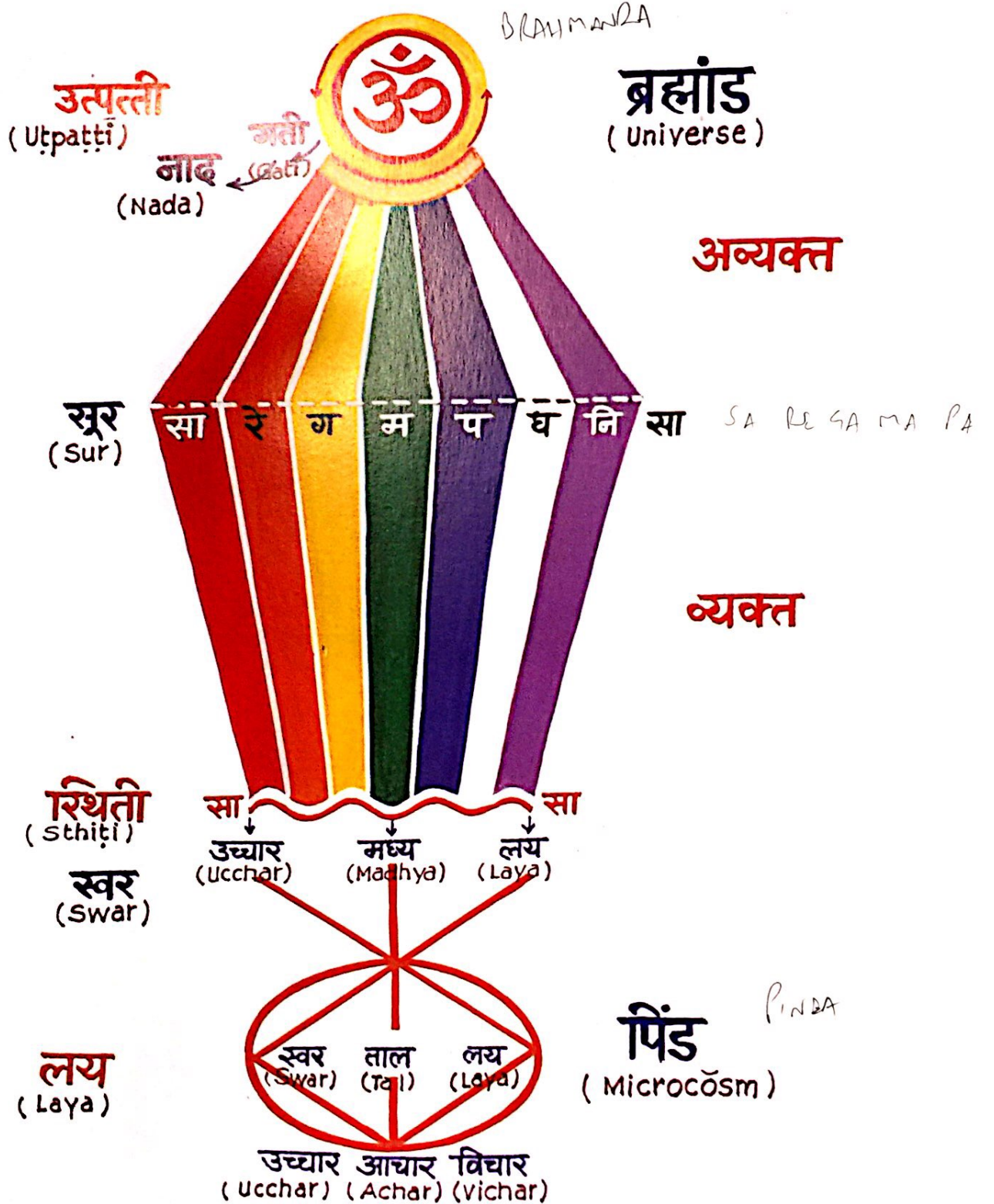
→ कारण दीक्षा (Karan-Dikshā)

→ महाकारण दीक्षा (MahaKaran-Dikshā)
(ॐ नमः शिवाय)

ॐ कार साधनेचे रूप

APPEARANCE - AUMKAR SADHANA

ब्रह्ममंडळ



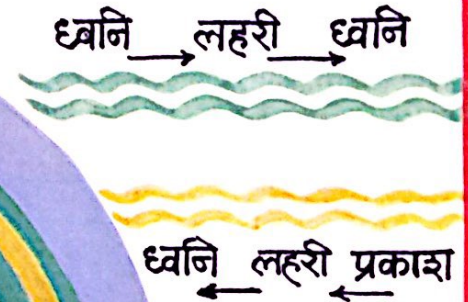
ब्रह्मांड शक्ति (BRAHMA-SHAKTI)



उत्पत्ती
स्थिती
लय

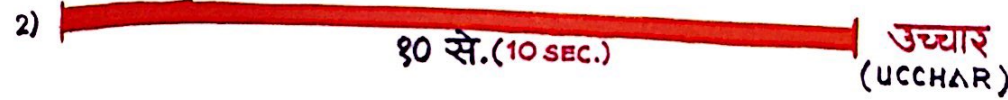
ॐ कार धारणा AUMKAR - RECEPTION

- ब्रह्म (Bregma)
- ललाट (Lalat)
- कंठ (Kanth)
- हृदय (Hridaya)
- नाभी (Nabhi)



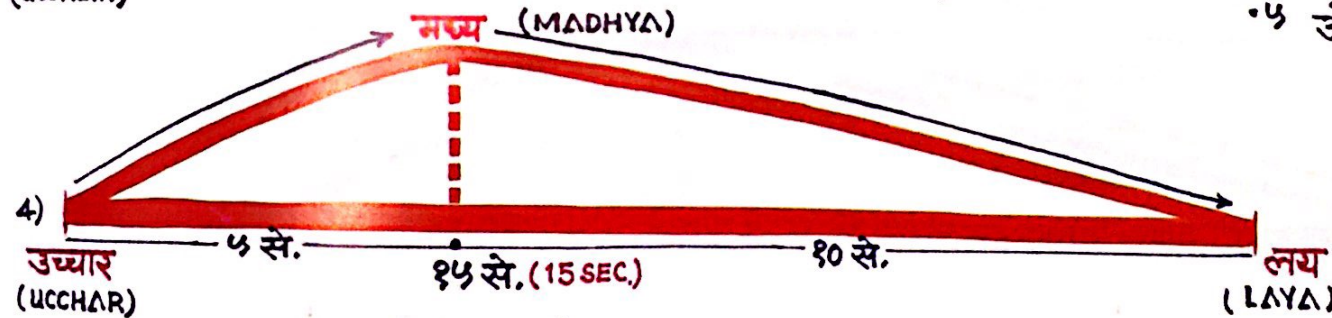
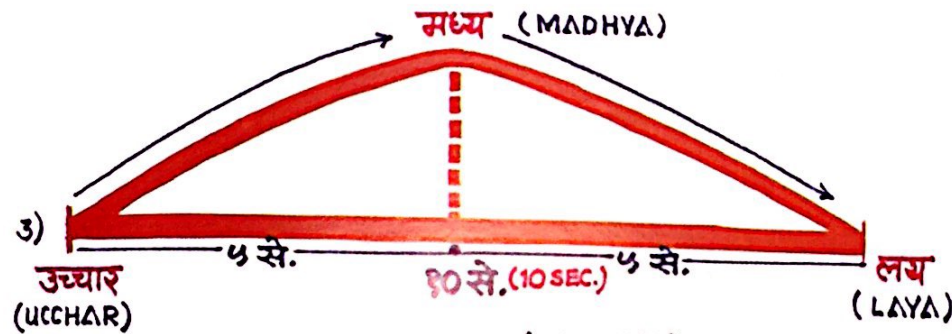
ध्वनि : Dhwanī
लहरी : Laharī
प्रकाश : Enlightenment

ॐ कार साधना (उच्चार...I)



उच्चारची माध्यमे
(ELEMENTS OF UTTERANCE)

- १ श्वास (BREATH)
- २ स्वर (SWAR)
- ३ जीभ (TONGUE)
- ४ टाळा (PALATE)
- ५ ओठ (LIP)

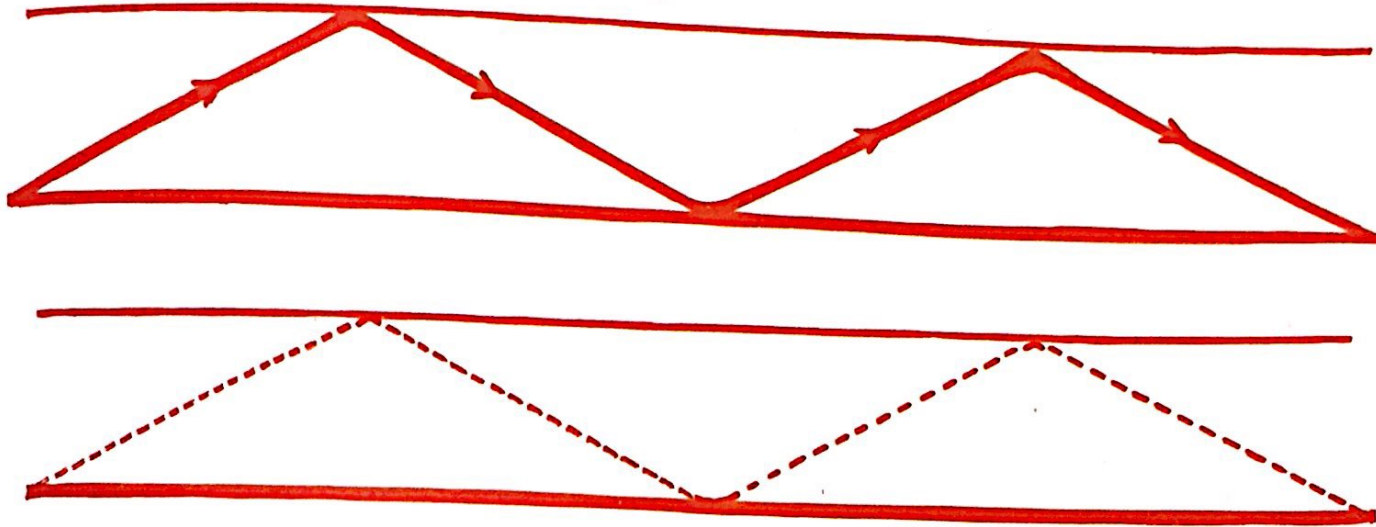


न्यास (आचार)

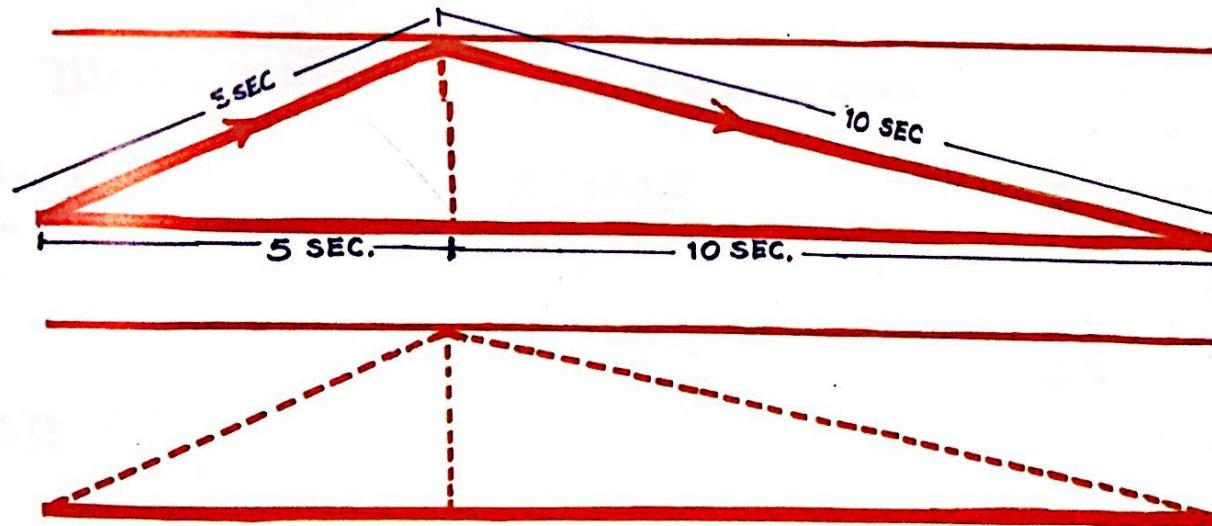


- १ श्वास (BREATH)
- २ स्वर (SWAR)

उच्चार (UCCHAR) - A



आचार (ACHAR) - B



ॐ कार. मूलभूत अंगे (उच्चार-II)

FUNDAMENTAL FACETS

१ उच्चार

1 UCCHAR

४ स्वर

4 SWAR

७ उच्चार

7 UCCHAR

१० स्वर

10 SWAR

२ मध्य

2 MADHYA

५ ताल

5 TAL

८ आचार

8 ACHAR

११ सूर

11 SUR

३ लय

3 LAYA

६ लय

6 LAYA

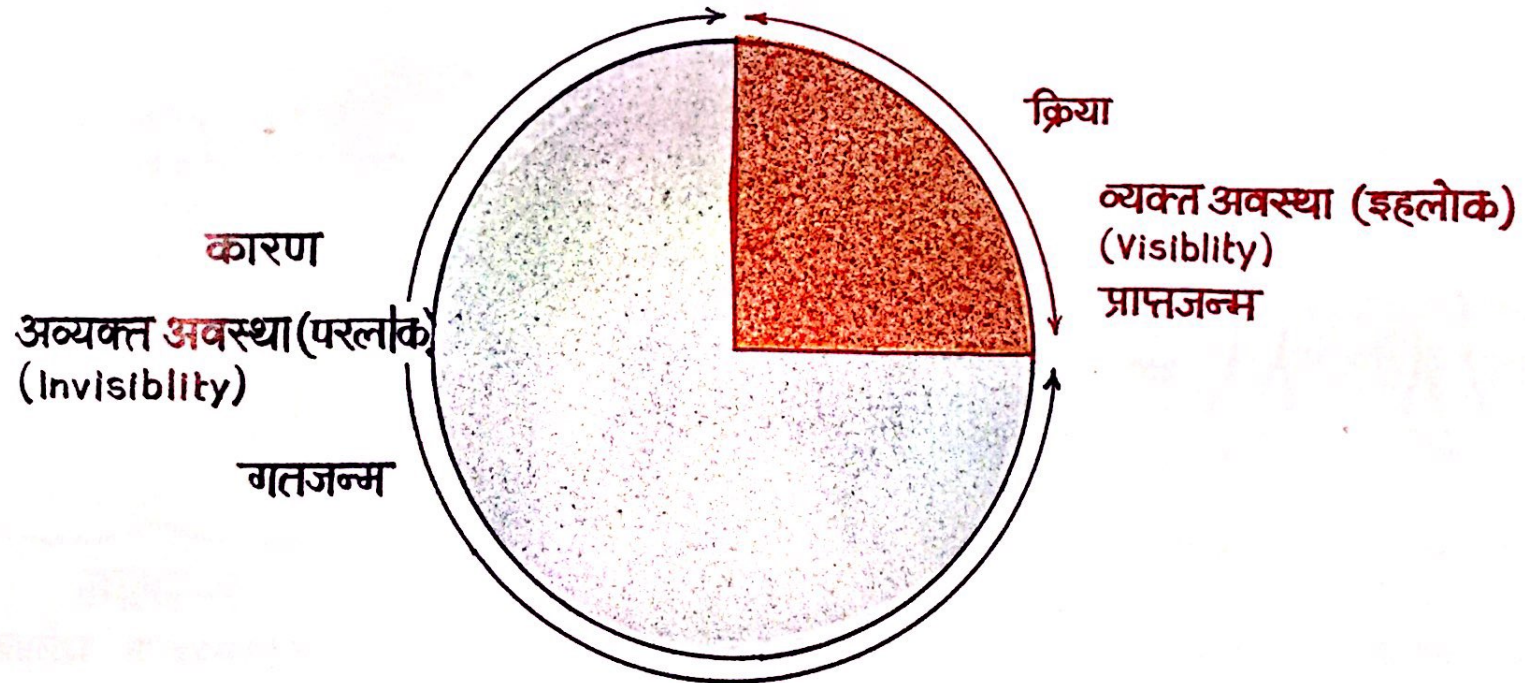
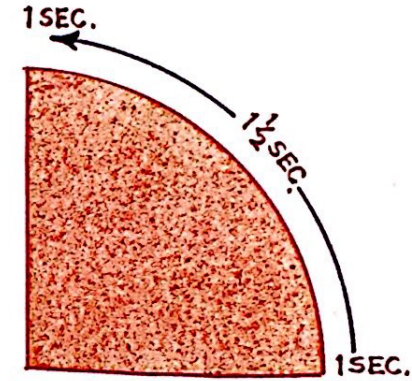
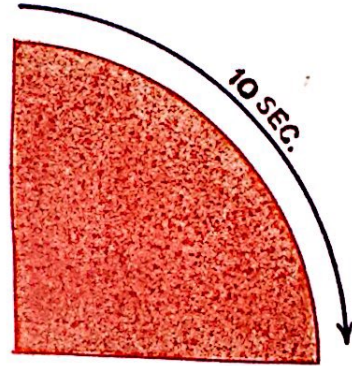
९ विचार

9 VICHAR

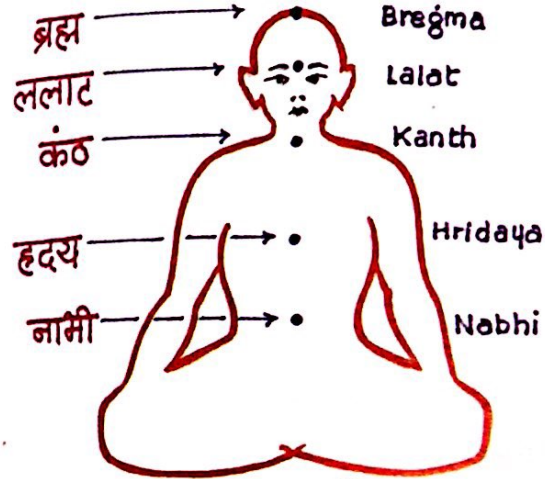
१२ नाद

12 NADA

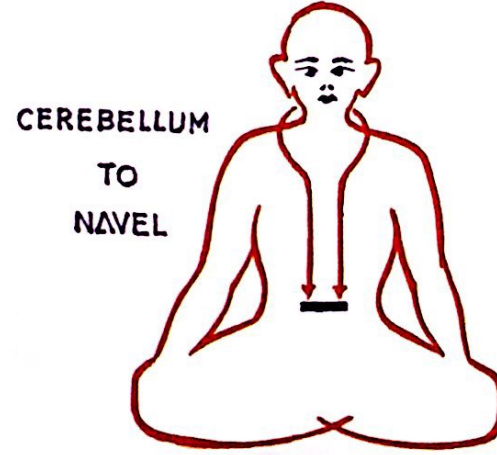
IMPORTANCE OF PAUSE



(SELF HEALING) आचार (न्यास: SCALE)

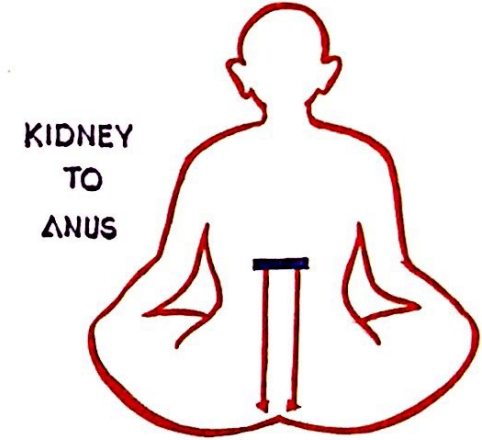


साधना बैठक



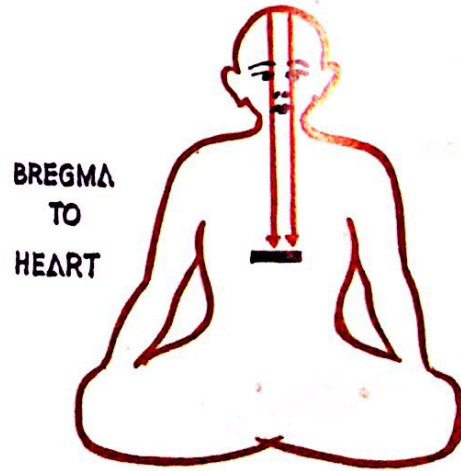
न्यास-२

लहान मेंदू ते नाभी



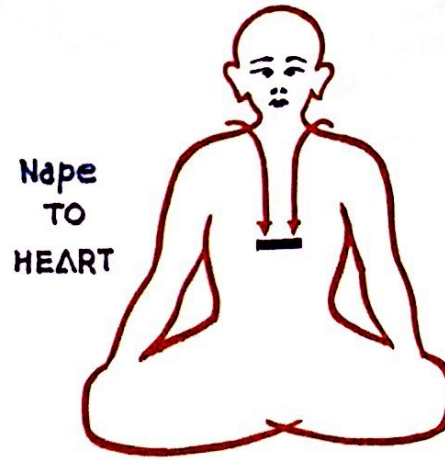
न्यास-४

मुत्रपिंड ते गुद्द्वार



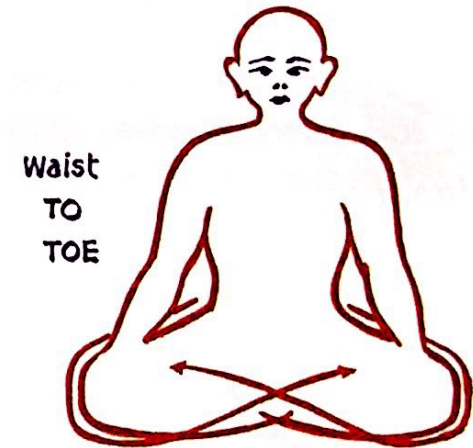
न्यास-१

ब्रह्मरंध्र ते हृदयस्थान



न्यास-३

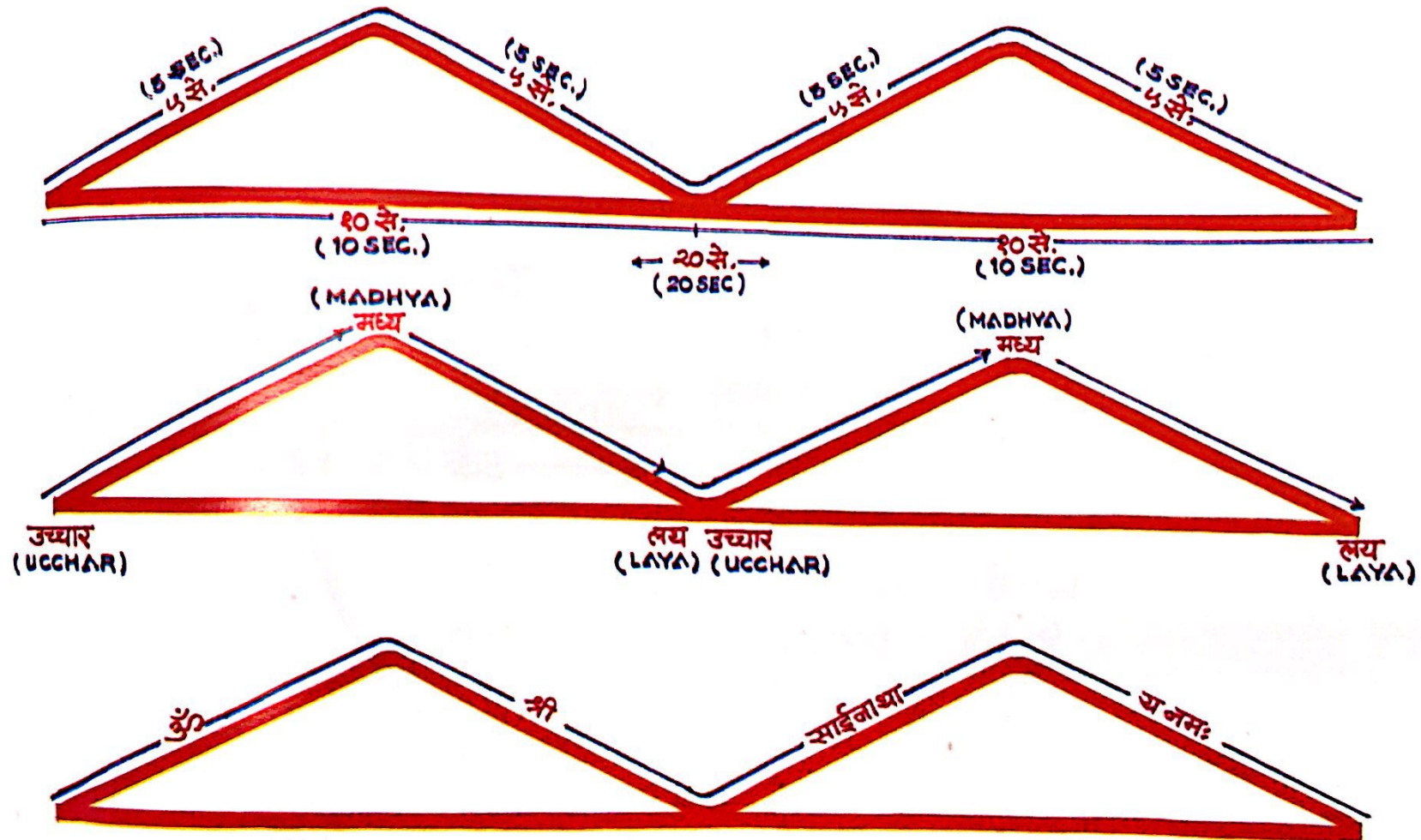
मानेचा मणका ते हृदयस्थान



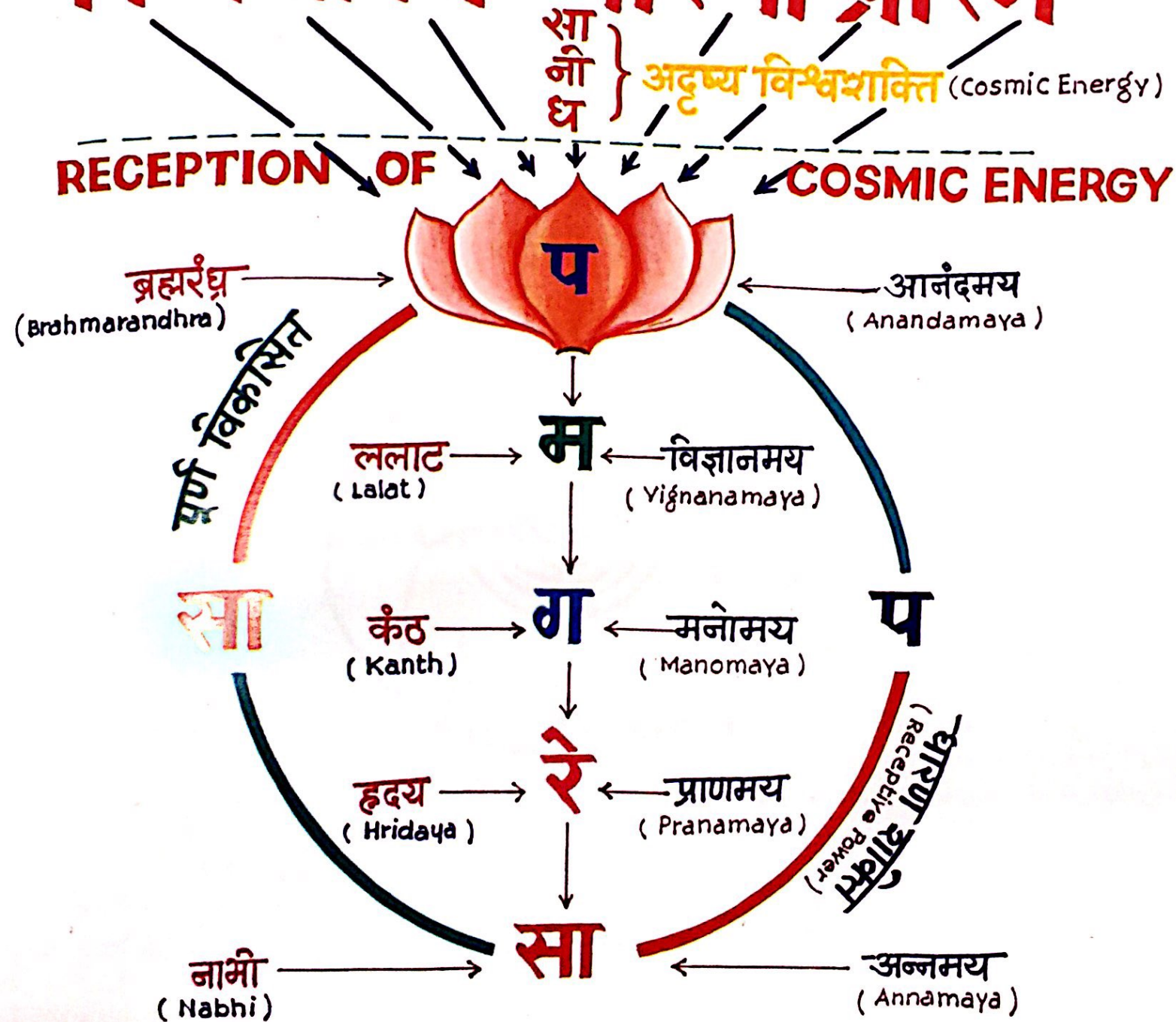
न्यास-५

कंबरेचे हाड ते पायाचे अंगठे

नामःस्मरण (संथा पद्धत) (NÂMASMARAN)(SANTHÂ)



विश्वशक्ति धारणा प्रारंभ

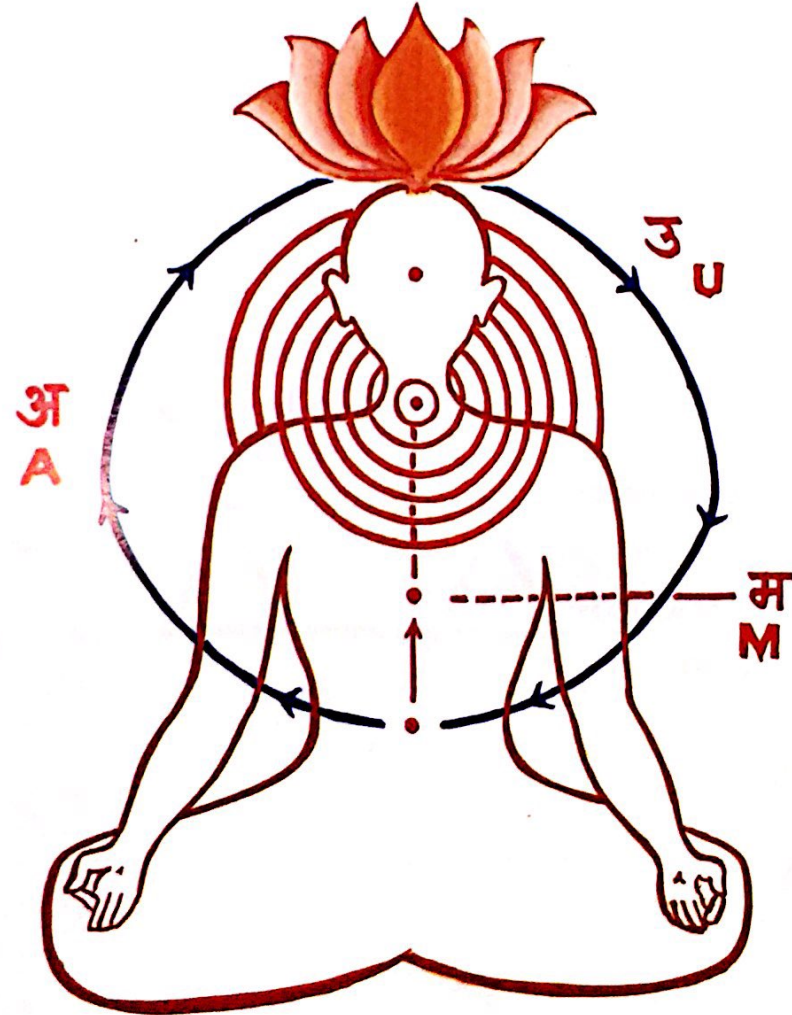


ॐ कार साधना पूर्णत्व

ACHIEVEMENT OF AUMKAR SADHANA

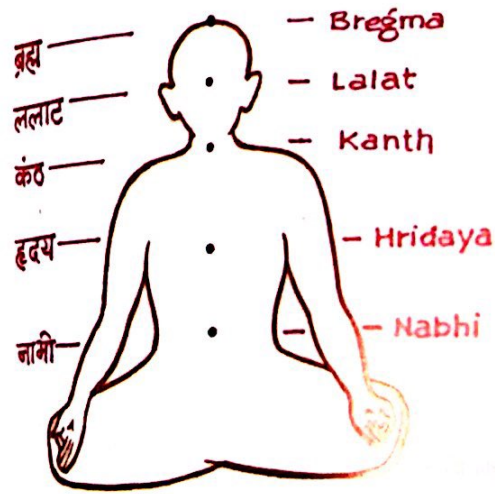
ॐ सुगंध

Aumkar ↓ Fragrance

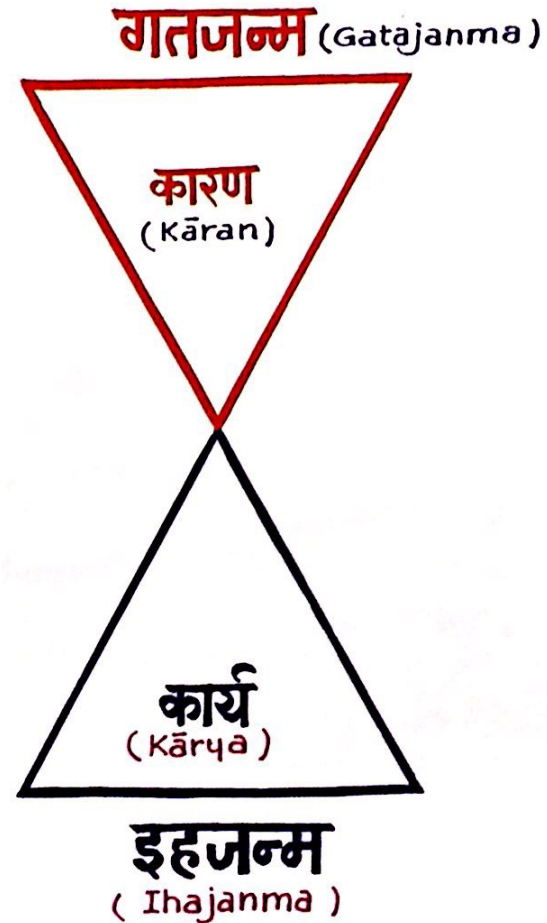
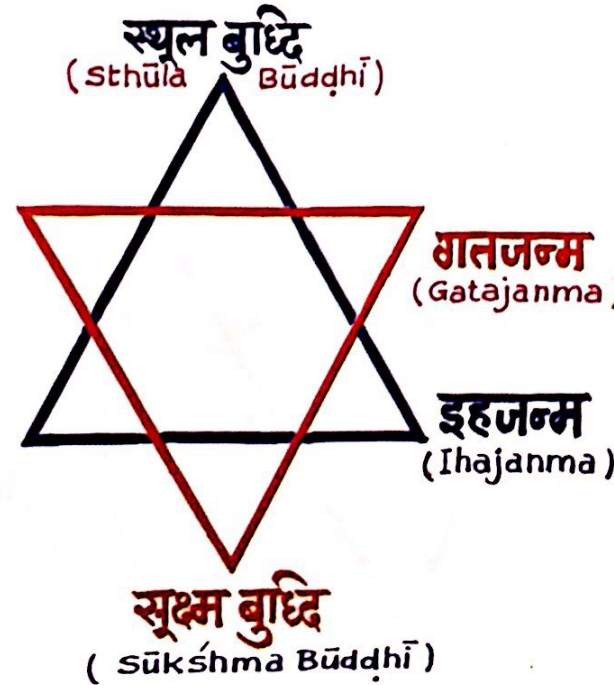


जीवन धारणा व गुरुकृपेने स्थित्यंतर. I

THE DEVELOPED STAGE ATTAINED BY GURUBLESSINGS-I

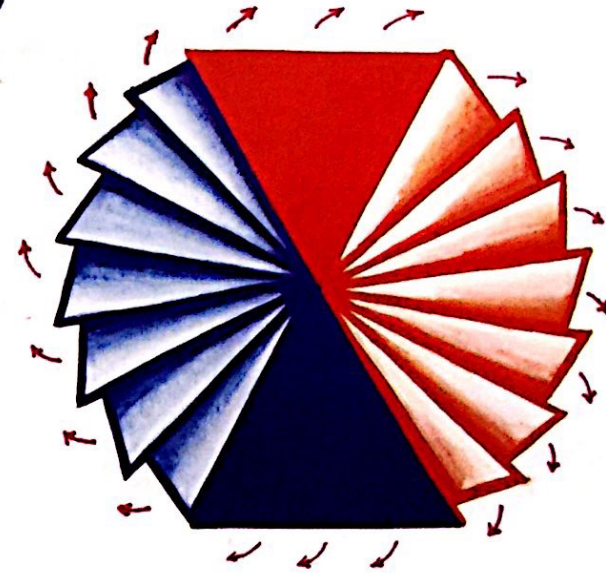
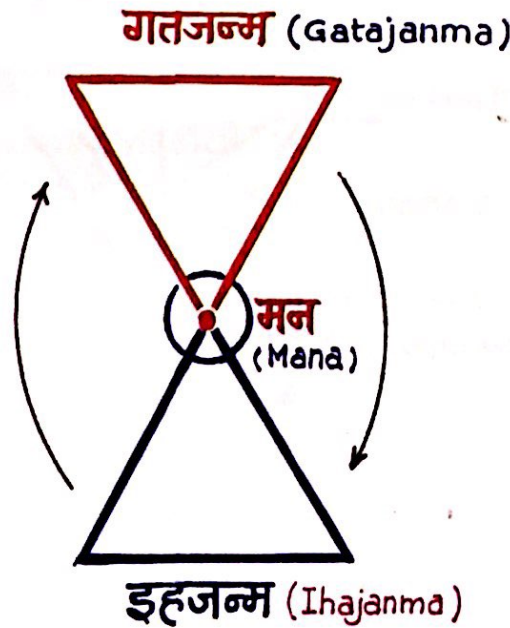
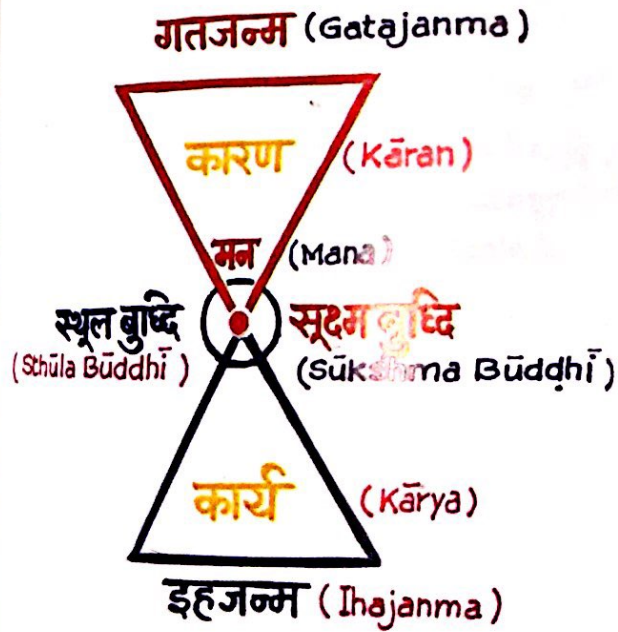


साधक
(Sādhak)

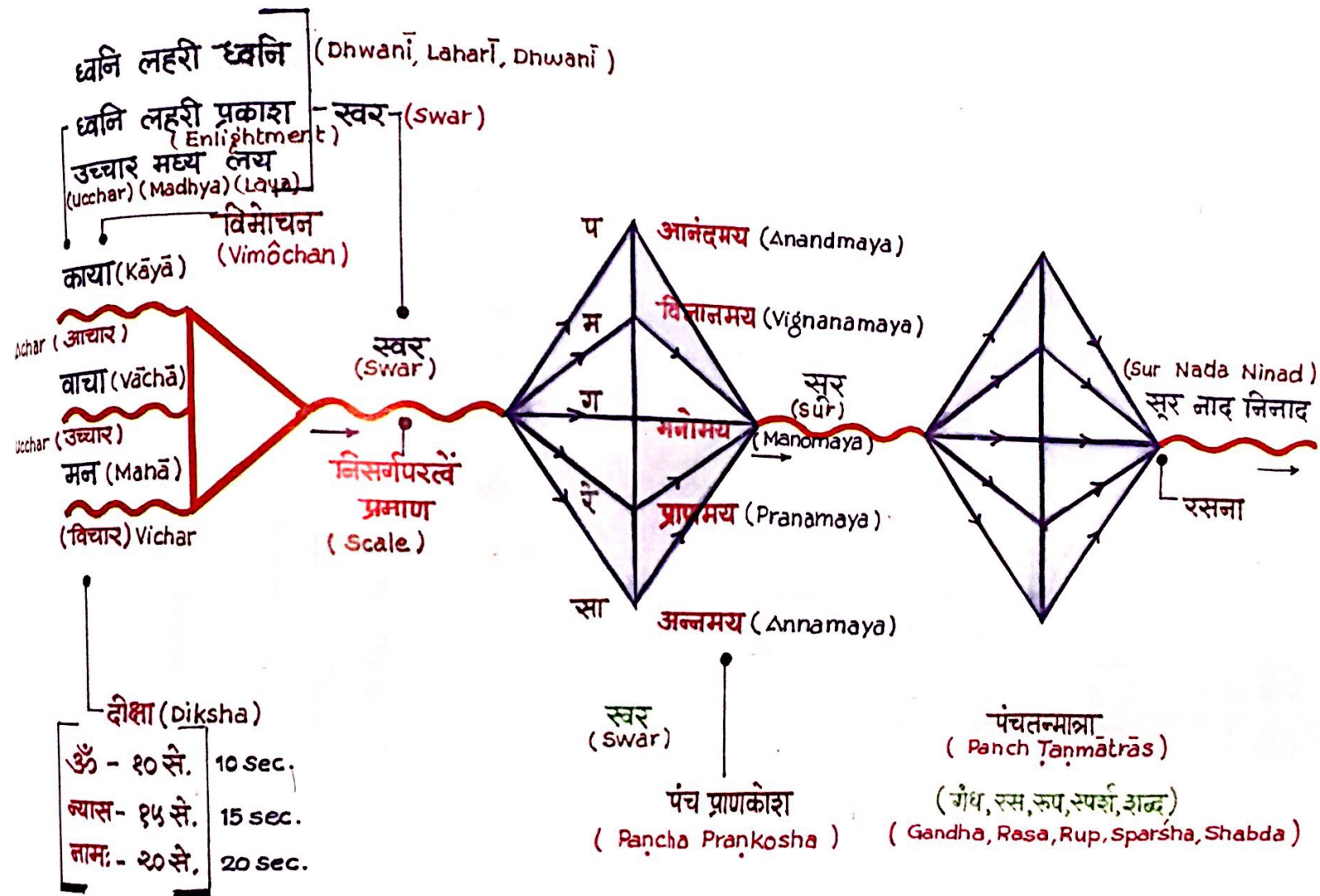


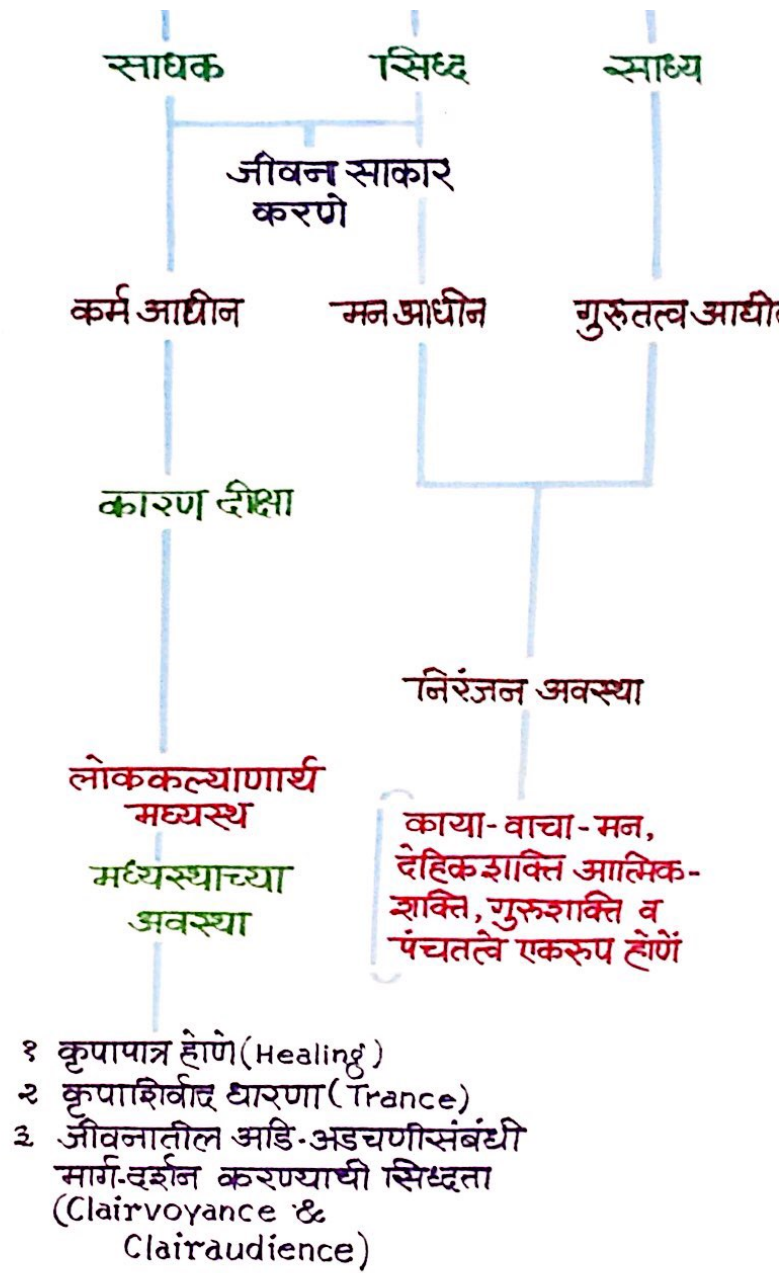
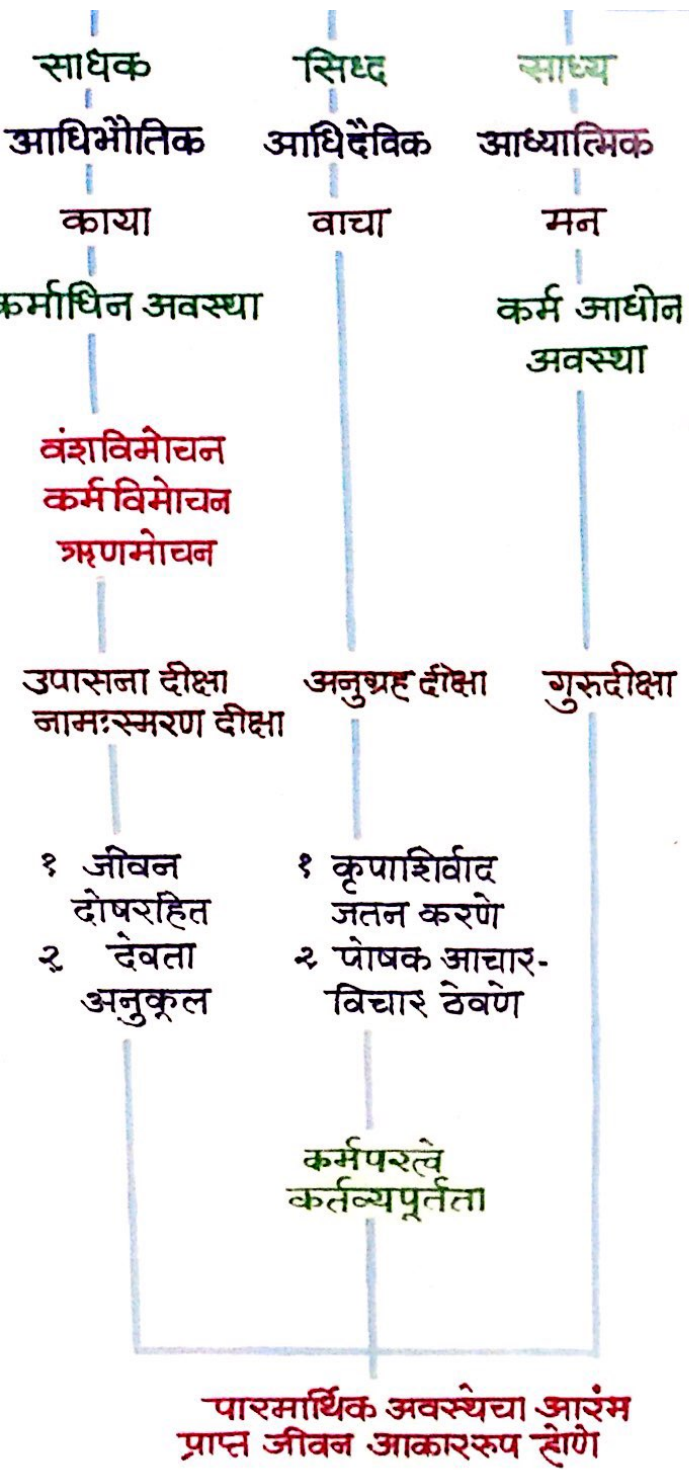
जीवन धारणा व गुरुकृपेने स्थित्यंतर. II

THE DEVELOPED STAGE ATTAINED BY GURUBLESSINGS-II

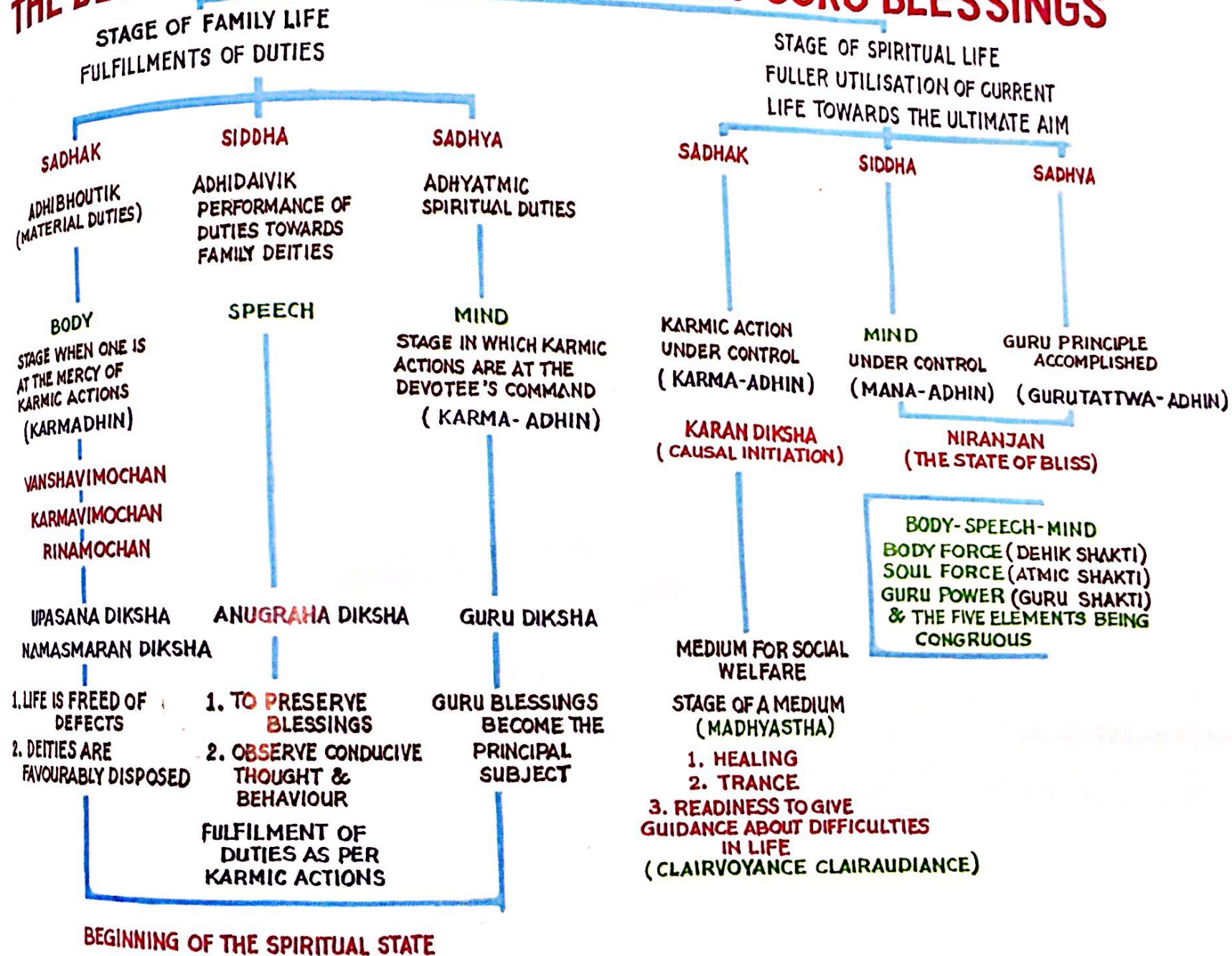


ॐ कार साधनेपरत्वे मानवी देहिक विकास (पिंड)





THE DEVELOPED STAGE ATTAINED BY GURU BLESSINGS



मानवी जीवनाची गुरुकृपाशिर्वादने उत्क्रांती

EVOLUTION OF HUMAN LIFE (BY GURU BLESSINGS)

उत्पत्ती
(ŪTPATṬĪ)

स्थिती
(SṬHĪTĪ)

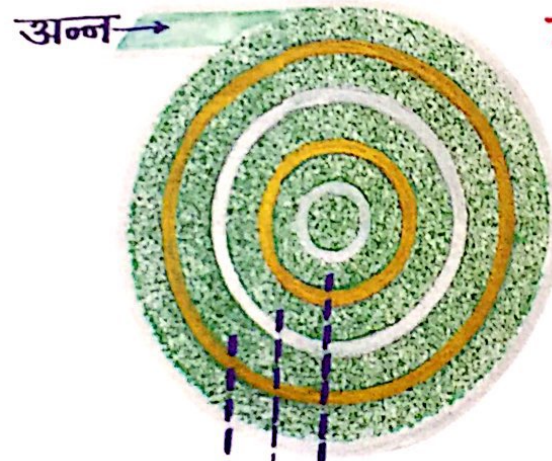
लय
(LAYA)



जीवात्मा (JĪVĀTMĀ)

आनंदमय (ĀNANDAMAYA)

सत्कृत्य (SATKRUTYA)



आत्मा (ĀTMĀ)

कर्म-आधीन (KARMA-ADHIN)

सत्कर्म (SATKARMA)



परमात्मा (PARAMĀTMAN)

गुरुसेवक (GURUSEVAK)

पंचामृत (PAṆCHĀMMṚITĀ)
(पंचतन्मात्र)

श्री साई अध्यात्मिक समिती

“द्वारकामाई”

७०/ए२, गल्ली क्र. १५, प्रभात रस्ता, पुणे ४११००४