

Discourses on Vedam

Code	Titles	Description	USD
VS01	Durga Suktam (Concise) Language - English No of Talks - 4 Format - mp3 Audio	This Vedic hymn sings the praise of Mother Durga who is the creative power of Ishwara. The hymn glorifies Her as the Goddess who blesses us to cross over the insurmountable difficulties. Puja Acharya delivered these talks during Navaratri 2009 in USA.	10
VS02	Om Namaha Sivaya Language - Telugu No of Talks - 5 Format - mp3 Audio	Om Namaha Sivaya is a well-known Vaidika mantra. Though often chanted in all religious rituals, many devotees are not aware of its import. Delivered at Kasi retreat, these talks of Puja Acharya, are filled with very interesting Puranic encomiums with their Philosophical relevance.	10
VS03	Sree Durga Sooktam (Sabhashyam - Telugu) Language - Telugu No of Talks - 25 Format - mp3 Audio	<p>Puja Acharya Sri Prem Siddharth ji, on the holy occasion of Navaratri - 2014 delivered discourses on this sacred Vedic hymn that finds popular usage in the performance of Vedic rituals.</p> <p>These series are designed to provide a fundamental and in-depth foundation for the understanding of Hindu religion.</p> <p>In accordance with traditional commentaries like that of Sri Sayanacharya, Sri Bhatta Bhaskara et.al, Puja Acharya Swamiji detailed the importance of Veda in guiding our lives on the path of spirituality and alleviate us from the dissatisfactions that we suffer.</p> <p>Some of the topics that are discussed include the following:</p> <p>#What is a Suktam? #What can be called Spiritual? #Dissatisfaction and its Vedic remedy #Vairagyam#Ishwara in Vedapurva and Vedanta #Hinduism - Monotheist or Polytheist? #What is Mantra? #Mechanism of Mantra #Relative Peace and Absolute Peace #Saranagati #Emotional Disturbance #Healthy Ego vs. Hurt Ego #Mind - Subject or Instrument? #Maya - threefold manifestation #Gayatri Mantra etc...</p> <p><i>Highly recommended for those interested in Vedic teachings and Hindu Religion. This will delight the seekers of Upanishads and Vedanta.</i></p>	35

VS04	<p>Sree Sooktam Language - Telugu No of Talks - 20 Format - mp3 Audio</p>	<p>Sree Sooktam is a Vedic prayer whose wide recitation as well as usage in the ritualistic worship makes it one of the most popular Vedic hymns. Pujya Acharya Sri Prem Siddharth ji, on the holy occasion Navaratri celebrations of 2015, has expounded on this beautiful prayer and presented to us the holistic view of Artha Purushartha. With the help of traditional commentaries, the complete Sooktam has been dealt with every attribute of the Goddess Mahalakshmi in detail from the standpoint of Darshana (philosophy), Purana & Sadhana. Thus, these discourses present to us the Mahalaksmi Tattva as enshrined in the Vedic Scriptures.</p> <p>Some of the topics that are discussed include the following:</p> <p>#The Vedic vision about the pursuit of wealth #The role & significance of Agni deva in the rituals #9 obstacles on the path of sadhana #6 qualities of Sharanagati #9 types of Pushti - Nourishment Sri Mahalakshmi Gayatri...</p> <p><i>Highly recommended for those interested in Vedic teachings and Hindu Religion. This will delight the seekers of Upanishads and Vedanta.</i></p>	30
VS05	<p>Sree Devi Sooktam Language - Telugu No of Talks – 18 Format - mp3 Audio</p>	<p>Pujya Acharya Sri Prem Siddharth ji, on the holy occasion of Navaratri-2016 delivered these discourses on this sacred Rig Vedic hymn that is less known, yet fraught with deep significance.</p> <p>Pujya Acharya Swamiji presents two interpretations of the Suktam - a Vedantic perspective of Sri Vagambhrini devi's Self-knowledge and an interpretation with respect to Goddess Lakshmidivi.</p> <p>Some of the topics that are discussed include the following:</p> <p>#Intro to Sayana Bhashya #Advaitic evidences from Vedic Literature #Vaidika Devatas their importance & their Adhyatma significance #The 11-Rudras, 8-Vasus, 12-Adityas, Vishwadevatas, Mitra, Varuna, Indra, Agni and Ashwini Kumaras etc. #Ritham & Sathyam #What are Somayagas involving the Somalata and Somarasam? #Are Hindus Polytheist? #Attitude towards Wealth #What are the two types of Upasana #Vision of Yagna #Transcendence & Imminence of Brahman #3-aspects of Shraddha #Glory of a Brahma Jnani #The mechanism of Cause and Effect #Satkarya and Asatkarya Vadam etc...</p> <p><i>Highly recommended for those interested in Vedic teachings and Hindu Religion. This will delight the seekers of Upanishads and Vedanta.</i></p>	28

Discourses on Upanishads

Code	Titles	Description	INR
UP01	<p>Isavasya Upanishad Language - Telugu No of Talks - 16 Format - mp3 Audio</p>	<p>Isavasya Upanishad is found at the end of the Sukla Yajurveda Samhita consisting of 18 mantras. It starts with the words 'Isavsyam Idam Sarvam....' Hence the name. This Upanishad gives us four important teachings.</p> <p>#This world is pervaded by the Lord. #Instructions on Veda Vihita Karma Yoga. #Karma-Jnana related instructions. #Prayer for Self-Knowledge.</p>	26
UP02	<p>Kena Upanishad (1st Canto) Language - Telugu No of Talks - 6 Format - mp3 Audio</p>	<p>Kenopanishad is found in the Talavakara Brahmana of Jaimini sakha of Samaveda. Also called Talavakara Upanishad, it has four chapters and 35 mantras and gets its name by its very first word 'Kena' which means, 'By What'.</p> <p>This Upanishad has a beautiful exposition on the self, which is the eye of the eye, ear of ear, mind of the mind etc. and specially mentions the basic disciplines needed to attain knowledge of Brahman.</p> <p>These talks deal with the 1st of the four chapters.</p>	12
UP03	<p>Kaivailya Upanishad Language - Telugu No of Talks - 9 Format - mp3 Audio</p>	<p>Kaivalya Upanishad is found in the Atharvana-Veda. Being a clear, concise, poetic and highly philosophical text, this Upanishad is highly studied though it is not a part of the Dasopanishads. Sage Ashwalayana was taught Self-knowledge by Lord Brahmaji. This has a grand declaration-" Not by Karma (activity), nor by progeny, nor by wealth, but by renunciation immortality is attained." This Upanishad contains instructions for Nidhidhyasanam.</p>	18
UP04	<p>Ganapathi Upanishad Language - English No of Talks - 5 Format - mp3 Audio</p>	<p>Ganapathi Atharvasirsha Upanishad, also known as Ganapathi Upanishad is a part of Atharvana-Veda. Along with some hints on Upasana, this Upanishad glorifies the nature of Brahman in the form of Ganapathi. In these talks delivered at USA, Pujya Acharya gives a glimpse of this sacred text.</p>	10

Discourses on Upanishad Avalokanam

The study of Prasthanas begins with the Dasopanishads. Jagadguru Sri Adi Sankaracharya has written a beautiful commentary on them. In this series, "Upanishad Avalokanam", the seeker is properly introduced to the subject matter of the 10 Upanishads which aids him for an in-depth study in consonance with Sri Adi Sankaracharya's Upanishad Bhashyam.

Isa, Kena, Katha, Prasna, Munda(ka), Mandukya, Tittiri |

Aitareyam, Chandogya, Brihadaranyakam Dasha ||

A prior knowledge of Vedanta Parichayam is strongly recommended.

UP05	<p>Up. Av - Isa & Kena Language - Telugu No of Talks - 7 Format - mp3 Audio</p>	<p>This volume begins with the glory of Upanishads and explains the context of Sri Adi Sankaracharya's commentary that highlights the importance of Upanishads as Siddhanta. Pujya Swamiji provided an interesting introduction to these Upanishads highlighting the Karma-Jnana Samuchaya and Prarthana Yachana of Isvasya Upanishad, and the Yakshopakhya of Kenopanishad.</p>	14
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UP06	<p>Up. Av - Katha Language - Telugu No of Talks - 11 Format - mp3 Audio</p>	<p>Spread over two chapters, this Upanishad cleverly unfolds the Atma-Tatva. The uniqueness of the Upanishad is in the teacher, the Lord of Death – Lord Yama and His student, the five-year old Nachiketa. Lord Yama teaches him about the two paths - Shreyas and Preyas. This Upanishad beautifully presents the Sadhya and the Sadhanam – the means and the end of Vedanta. In these discourses, Pujya Acharya introduces the teachings of the Upanishad explaining sloka by sloka, the qualities of a Sadhaka, the Chariot-Charioteer imagery and the significance of a competent Guru in Adhyayanam.</p>	21
UP07	<p>Up. Av - Prasna Language - Telugu No of Talks - 7 Format - mp3 Audio</p>	<p>Prasnopanishad serves as a commentary to Mundaka Upanishad. In these lectures, Pujya Acharya unfolds the Shareera Trayam, Jeeva, Meditation on Om and Moksha that were explained as a 'question and answer' dialogue between the six disciples and their Guru, Sage Pippalada.</p>	14
UP08	<p>Up. Av - Mundaka Language - Telugu No of Talks - 16 Format - mp3 Audio</p>	<p>Mundaka Upanishad of Atharvana Veda is a highly systematic teaching. As it portrays the comprehensive vision of all Upanishads, it is customary to study this Mundakopanishad at the beginning of Upanishad Study.</p> <p>Pujya Acharya Sri Prem Siddharth ji's classes provide an in-depth introduction and analysis of all of the 6 chapters.</p> <p>These discourses will provide an immense clarity on the significant concepts such as #Para - Aparā Vidya and the differences between these two. #The study of the nature of Jeevatma and Paramatma. #The famous 'Bow & Arrow' analogy (pranavo dhanuh...) indicating Om & the Self. #A wonderful introduction and a complete analysis of the most famous allegory of 'Two Birds on a Tree' (dwaā suparnāa sayuja sakhaayaa...). #The sadhanas required for a proper study of Upanishads.</p> <p><i>Highly Recommended for the students of Upanishads/Vedanta.</i></p>	26

UP09	<p>Up. Av - Mandukya Language - Telugu No of Talks - 22 Format - mp3 Audio</p>	<p>Mandukya Upanishad of the Atharvana Veda is the smallest of the 10 Upanishads and also the most difficult to study! The 12 mantras of the Upanishad briefly encapsulate the teachings of all the Upanishads. Hence this is traditionally studied along with the Karikas written by Sri Gaudapadacharya (Adi Shankaracharya's Parama Guru) for better clarity.</p> <p>This Upanishad deals with the "analysis" of Atman and the word "Om". In the process of such analysis, the Upanishad tends to be very critical about every aspect of Jeeva and establishes the Consciousness to be Absolute and Real.</p> <p>In this elaborate "introduction" spread across 22 classes, Pujya Acharya Sri Prem Siddharth ji has presented the gist of the Upanishadic mantras as well as the 4 Prakaranams of Sri Gaudapada karikas. Some of the technical aspects dealt in these classes are #The Unreality of Known and the Knower! #A thorough study of the three states of Consciousness #Is Samadhi an important aspect of Atma Jnana? #A very in-depth study of Turiya, the 4th. #How Vedanta describes the indescribable? #An Inquiry into the Word "OM" #The meaning of Silence. #Knowledge and Faith #Introduction to Ajaativada (Gaudapadacharya/Advaita), Asatkaryavada (Nyaya), Satkaryavada (Sankhya) & Atmakhyativada (Buddhists)...</p> <p><i>These classes demand a rapt attention and a committed pursuit of Sravanam. Highly recommended for the seekers of Upanishads and Vedanta.</i></p>	32
UP10	<p>Up. Av - Aitareya Language - Telugu No of Talks - 11 Format - mp3 Audio</p>	<p>Revealed to the Sage Aitareya, the Aitareya Upanishad is the only one that is taken from Rig Veda for the study in the 10 Upanishads. The 23 mantras of this Upanishad present to us the teaching of Advaita based on 'Adhyaropa and Apavada'.</p> <p>This Upanishad deals with the 'Srishti' (Loka srishti, Devata srishti, Shareera srishti & Anna srishti), Anupravesha (the entry of Ishwara as Jeeva), the three abodes and three janmas of Jeeva, the statement of Vamadeva rishi who attained liberation while in the womb itself. In the 3rd chapter comes the Rigveda Mahavakya, 'PRAJNANAM BRAHMA' at the conclusion of Atma-Vicharana.</p> <p>In these 11 classes, Pujya Acharya Sri Prem Siddharth ji has presented an in-depth analysis of every mantra of this Upanishad including the Mahavakya. Some of the very important teachings presented in these classes are #The Superimposition & it's Negation. #Limitations of Upasana. #Importance of Human birth. #A critical analysis into Iswara 'becoming' Jeeva(bhokta)! Jeeva's Samsara. #The journey of an Anjnani & Liberation of Jnani. #Atma vicharana - the means & the methodology. #The nature of Jnana. #Enquiry of TAT & TVAM. #The three differences (sajateeya, vijateeya & swagata). #Prajnanam Brahma' mahavakya vicharana...</p> <p><i>Highly Recommended for the students of Upanishads/Vedanta.</i></p>	21

UP11	<p>Upanishad Parichayam Language - Telugu No of Talks – 3 Format - mp3 Audio</p>	<p>Pujya Acharya Sri Prem Siddharth ji gave these discourses in commemoration of Guru Pourima 2015 at Vyakhya - the center for Vedanta Studies at Hyderabad.</p> <p>In these 3 discourses, the entire view of the Upanishadic teaching is revealed in a nutshell. Pujya Acharya uniquely unfolds them with the Pramana from Sruti. The structure of the Introduction is provided with these 5 topics - 1. Student 2. Teacher 3. Subject matter 4. Methodology 5. Benefit</p> <p>Some of the highlights of this series are: #Why do many find Vedanta uninteresting? #Quantitative change-Qualitative change & The purpose of Life. #Questions about Brahman #Units of Happiness...</p> <p><i>Highly Recommended for the students of Upanishads/Vedanta.</i></p>	10
UATS	<p>Up. Av-Taittiriya-1 (Sikshavalli) Language - Telugu No of Talks – 30 Format - mp3 Audio</p>	<p>Taittiriya Upanishad of Krishna Yajurveda consists of three chapters namely - Shikshavalli, Anandavalli and Bhrguvalli. In these 30 classes, Pujya Acharya Sri Prem Siddharth ji teaches the entire 1st chapter - Shikshavalli with all its 12 anuvakams. An elaborate exposition of various qualifications for Brahma Vidya is presented. In the 11th anuvaka, Pujya Acharya condenses Dharmashastra, which gives students an advantage of understanding the Dharma and also the vision of Veda Purva.</p> <p>Some of the important and unique aspects that Pujya Acharya reveals in these discourses are: #Karmayoga & Upasanayoga Sadhanas. #Panchamaha yagnas & Avahanti homa. #Yogyata Sadhana & Jnana Sadhana Japams. #Sadachara. #5 types of Upasanas-samhita, vyahruti, virat, hiranyagarbha and Ishwara Upasanas. #Significance of OMkaara. #The essential prayers befitting Vedanta students. #Dharmasastra & its 3 components.</p> <p><i>Highly Recommended for the students of Upanishads/Vedanta.</i></p>	40

Discourses on Gita			
Code	Titles	Description	INR
GA01	Bhagavadgita Language - Telugu No of Talks – 54 Format - mp3 Audio	<p>The words Hinduism and Bhagavadgita always go together that is how Gita has mixed with the culture. In this celestial song of Bhagawan Sri Krishna in the battlefield of Kurukshetra, the Vedic teachings have sanctified the tormented mind of the great hero of all times, Arjuna. In a word, Bhagavadgita is the guide to the teachings of both Karma and Jnana. It has influenced the bosom of all the great people round the world. "Actually, Gita is not just a teaching, it's a living voice which impels everyone towards Karma- Yoga Nishta and thus Advaita Jnana" says Pujya Acharya.</p> <p>In 2007, Pujya Acharya conducted a 54-day Jnana Yagna wherein he expounded on all the 701 slokas in the Gita.</p> <p>It is advised that you listen to Vedanta Parichayam before listening to these discourses.</p>	64
GA02	Ashtavakragita Language - Telugu No of Talks – 38 Format - mp3 Audio	<p>A great teaching of Sage Astavakra to the King Janaka was studied down the centuries by advanced sadhakas. All the Brahma Nishta Mahatmas advise this text for Nidhidhyasanam.</p> <p>Unlike other scriptures, Astavakra Gita directly begins with Atma upadesa. The heart of a Mumukshu, after a thorough Shravana and Manana, jumps in ecstasy by mere listening of the slokas. Pujya Gurudev's discourses on this text unfold the subtlest teachings of Vedanta.</p> <p>It is advised that you listen to Vedanta Parichayam before listening to these discourses.</p>	48
GA03	Bhagavadgita Parichayam Language - Telugu No of Talks – 5 Format - mp3 Audio	<p>This disk is a collection of discourses on Bhagavadgita by Acharya Sri Prem Siddharth delivered in India, Jamaica and Grand Cayman Islands. Though it is customary to recite Dhyana Slokas before Gita Study, not many know the meaning. In this collection, Pujya Acharya explains their meaning in two talks.</p>	10
GA04	Bhagavadgita Tatparya Darshanam Language - Telugu No of Talks – 7 Format - mp3 Audio	<p>There prevails a great confusion about the essential teaching of Bhagavadgita. Some believe it to be Karma Yoga and others highlight Bhakti. Jagadguru Sri Adi Sankaracharya thoroughly establishes that the teaching of Gita - as is in Veda - is Sarva Karma Sanyasa Purvaka Atma Jnana. His terse commentary called Gita Bhashya is regarded as the most respected and authentic for Gita Study. These seven talks recorded during Sankara Jayanthi in 2008 will certainly serve as an introduction to the great Gita Bhashya.</p>	14
GA05	Mokshaniki Oka Geeta Slokam Language - Telugu No of Talks – 4 Format - mp3 Audio	<p>During Gita Jayanthi 2009, Pujya Gurudev spoke on a sloka from the 7th Chapter of Srimadbhagavadgita. In these four talks, He has presented the entire teaching of Lord Krishna for our spiritual journey and the progress. After an in-depth analysis of the two words - Brahma Vidya & Yoga Shastra, and explaining "Moksha" clearly, Pujya Acharya paves the path of Karma Yoga leading to Jnana.</p> <p>Highly recommended for Gita students</p>	10

GA06	Jeevana Vikasaniki Oka Geeta Slokam Language - Telugu No of Talks – 6 Format - mp3 Audio	These six talks were delivered by Pujya Sri Prem Siddharth ji to the employees of Trading Development Corporation of A.P. They are based on a sloka from Srimadbhagavadgita and are a repository of ideas that are necessary for leading a peaceful life while working actively in the society.	12
GA07	Yuddhyaswa Bharata Language - Telugu No of Talks – 12 Format - mp3 Audio	Delivered during Gita Jayanthi 2013, this series of discourses revolve around the single term - WAR and its significance in offering an exemplary view of the teachings of Bhagavadgita in addressing the core problems in our lives. Pujya Acharya speaks about the topics like 'Battles & War' 'Vulnerability' 'Strategy' etc. while drawing a parallel of our daily lives. <i>These talks are Highly Recommended for everyone.</i>	22
GA08	Gita- The Spirit of Spiritual Life Language - English No of Talks – 5 Format - mp3 Audio	Pujya Acharya delivered these discourses on Gita at Novi, Michigan as a part of the USA and Jamaica visit of 2013. The talks reveal the subtle teachings of Gita and their application to spiritual living. Marked with paradigm-shattering revelations on relationships and focused action plans on dealing with sorrow productively to preparing our mind to grasp the teachings, these talks are an astute analysis of our life under the lens of Srimadbhagavadgita.	10
GA09	Yogam Aatishta Bharata Language - Telugu No of Talks – 15 Format - mp3 Audio	<i>"Living consists of two important aspects - Facing the Life and Making the Life"</i> declares Pujya Acharya Sri Prem Siddharth ji In these discourses delivered during the Gita Jnana Yagnam 2014, Pujya Acharya reveals the teaching of Bhagavadgita on Action and Appreciation. The discourses have abundance in offer where the words "Karma" and "Jnana" have been deduced comprehensively. These talks provide a complete analysis of human behaviour and its refinement by Karma Yoga that prepares the seeker for Jnana Yoga. Redefining our understanding of Gita, these talks provide a clarity about # Reasons for the Popularity of Srimadbhagavadgita. #Knowing THE Problem before THE Solution. #Praying Effectively # Discovering True Luxury. #The Two Freedoms. #Vedic Vision behind Human Ends. #The Two Lifestyles #YOGAS – Confusions. #The Secrets of Karma Yoga. #Relation between Desires-Actions-Results... These talks will certainly introduce you to dimensions of your own mind that are rarely noticed and seldom discussed elsewhere. Highly Recommended for Everyone.	25

GA10	<p>Samatvam Yoga Ucchyate Language - Telugu No of Talks – 16 Format - mp3 Audio</p>	<p>"A disciplined mind is a controlled mind; the controlled mind is an available mind" declares Pujya Acharya Sri Prem Siddharth ji</p> <p>These discourses were delivered by Pujya Acharya Swamiji during the Gita Jnana Yagnam 2015.</p> <p>In these talks, Pujya Swamiji helps us understand the importance of Equanimity in our lives along with instructions on practicing it. Samatvam (Equanimity) is an attribute that is essential in all the different planes of life - Transactional, Verbal, Intellectual, Mental and Spiritual. Revealing the subtler aspects to discipline and control the mind, these discourses focus on important teachings that are: #Preparation to understand Gita #Becoming a Gita User #Identifying the Root of all Problems #Karma Samatvam & Vyavaharika Samatvam #Being Reverent #Social Reformer or Spiritual Seeker #Karma as Kartavyam #Meditation - a Verb, not a Noun #Aspects of Transaction #Manasika Samatvam #Being Here & Now #3 ways of Leading Life #Power of Bhakti #How to do Upasana? #Discipline-Control-Availability #Bouddhika Samatvam #Redefining "I" #Why do we React? #Causes of Work-pressure and Solutions #Components of Prarthana #Adhyatmika Samatvam #3 qualities of Jnana Abhasa #Impact of Wisdom on Life...</p> <p>Highly Recommended for Everyone.</p>	26
GA11	<p>Tasmaat Yogi Bhava Language - Telugu No of Talks – 14 Format - mp3 Audio</p>	<p>"Contentment is the Content of Yoga" declares Pujya Acharya Sri Prem Siddharth ji</p> <p>These talks reveal importance of Srimadbhagavadgita as the Book of Human Life. Providing a clarity on the oft misused word "Yoga / Yogi", Pujya Swamiji elaborates on the significance of Yoga in the Spiritual Pursuit. Pujya Acharya helps us delineate Joy and Contentment by explaining their role in our Lives. The discourses are filled with invaluable teachings on: #Habitual Existence #What is Bhagavadgita? #3-Aspirations & Imbalance #Why do we need Knowledge? #Curiosity vs. Desire for Knowledge #Mystery of Death to Mystery of Life #Balanced Living #Logical Inconsistencies in Life #2-types of Self-Enquiry #5-Steps for Atma Jnanam #3-Doshas #Action & Contemplation #Joy vs. Contentment #Functional Identity and True Identity #Idealism vs. Pragmatism #Conversations with God...</p> <p>Highly Recommended for Everyone.</p>	24

<p>GA12</p>	<p>Na hi Prapasyaami Language - Telugu No of Talks – 20 Format - mp3 Audio</p>	<p>These discourses delivered by Pujya Acharya Swamiji delivered during the Gita Jayanti Jnana Yagnam 2018 entail a unique commentary on the nature of Arjuna Vishada that is presented in the first chapter of Srimadbhagavadgita. These talks strike a chord that is very close to our heart as they discuss the universal problem of "Sorrow" and delve into the depths of its source, nature and solution. This series is also unparalleled in its extensive detail on Arjuna's anti-war rhetoric that is very rarely expounded upon. The discourses are filled with invaluable teachings on: #Background of Gita #Dharmaraja vs. Duryodhana #Ishwara Krupa and Dharma #Praying for Dharma #Definition of "Mine" #Why Sorrow inspires Fundamental Questions? #Discovering the Purpose of Life #Arjuna's Sorrow #Dukham - Escape or Eliminate? #Nature of Sorrow #Escaping Sorrow ASAP #Types of Selfishness #Me and "Pleased Me" #4-Outcomes of Karma #Source of Happiness #Fundamental Confusion #Is Hope hopeless? #Krupanaha vs. Brahmanaha #Strain of Judgement #Role of Trust in transaction #Shraddha & Saranagati...</p> <p>Highly Recommended for Everyone</p>	<p>30</p>
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Discourses on Sutram

Code	Titles	Description	INR
SAB01	<p>Brahmasutra Parichayam Language - Telugu No of Talks – 8 Format - mp3 Audio</p>	<p>Pujya Acharya Sri Prem Siddharth ji gave these discourses in commemoration of Guru Pourima 2016 at Vyakhya - the center for Vedanta Studies at Hyderabad.</p> <p>Sutra literature is the backbone for any traditional learning as it encapsulates the voluminous teachings into simple aphorisms for ease of remembering and propagation. The Brahma Sutras that form the Nyaya Prasthanana of the Prasthanatraya, succinctly delivers the teachings of the Upanishads in 555 sutras.</p> <p>In these discourses, Pujya Acharya Sri Prem Siddharth ji explains the systematic progression of the spiritual seeker beginning with the discovery of the Means & Goals, understanding the mechanics of Desire & Action, realizing the Basic Human Problem & the Nature of Bondage, therefore seeking the answer in Atmajnana- thus establishing the significance of Brahma sutra for such a seeker in retaining the entire Vedantic teaching.</p> <p>Pujya Acharya Swamiji gives us a glimpse of the glory of the most celebrated commentary of Sri Adisankara Bhagavadpada by presenting the structure of the Shariraka Bhashya in unraveling each sutra, comprehensively establishing Advaita and refuting the misinterpretations by other darshanas.</p> <p>These discourses also provide a brief introduction of the 4 chapters of Brahma sutras, 11 darshanas (Astika & Nastika) and various commentaries...</p> <p>Some of the highlights of this series are: #Karma Phala Anityatvam-impermanence of the fruits of actions. #The true purpose of Desire. #Confusion about the Goals of Life. #Vedanta Vakya Meemamsa. #Sutra & Sampradaya. #the two opponents. #the Vivarana & Bhamati schools...</p> <p><i>Highly recommended for the committed seekers of Upanishads and Vedanta.</i></p>	16

Discourses on Bhagavatam

Code	Titles	Description	INR
BV01	<p>Brahma Stuti Language - Telugu No of Talks – 7 Format - mp3 Audio</p>	<p>"Some people have fragmented the Upanishads into Vedanta, and Bhagavata into Bhakti. But this division is not absolute and is merely meant for clarity of study. So, Vedanta is Bhakti and Bhakti is Vedanta" opines our Gurudev. Unraveling the Vedanta hidden in the verses of Bhagavata, Pujya Gurudev delivered these lectures on Brahma Stuti that occurs in the 14th Chapter 10th Canto of Srimadbhagavatam where Lord Brahmaji praises the glory of Lord Balakrishna.</p>	14
BV02	<p>Nimi Navayogeswara Samvadam Language - Telugu No of Talks – 9 Format - mp3 Audio</p>	<p>In these talks, Pujya Acharya explains the dialogue between Nimi Chakravarthy and Nine Yogis as it occurs in the 11th Canto of Srimadbhagavatam. Beginning with the qualities of a Bhakta and an Adhikari, Saguna Ishwara Bhakti, Maya Shakti of Ishwara and teachings on Atyantika Kshemam or Moksha, the talks establish yet again, the significance of Srimadbhagavatam</p>	18
BV03	<p>Srimadbhagavatam Language - Telugu No of Talks – 64 Format - mp3 Audio</p>	<p>Revealed by the divine words of Sri Suka Muni to Parikshit Maharaja, Srimadbhagavatam is fragrant with Bhakti, laden with the nectar of Vedanta and resplendent with Vairagya. Sri Vyasa Bhagawan intertwines teachings of Vedanta with anecdotes of Bhagawan's Leela, thus lending to the complexity of this Mahapurana that poses a challenge to the wisest of minds. Pujya Acharya delivered discourses on the entire Srimadbhagavatam during the February 2011 Jnana Yagna. Explaining the anecdotes in the light of Vedanta, Pujya Gurudev delicately manifests the instructions on Sadhana as He delivers the message that Sri Vyasa Bhagawan had intended for the Sadhakas in the form of Srimadbhagavatam.</p>	74
BV04	<p>Sri Krishnajanmaleela Prasangam Language - Telugu No of Talks – 15 Format - mp3 Audio</p>	<p>In these discourses delivered during the Sri Krishnashtami Jnana Yagnam 2016, Pujya Acharya reveals the hidden teachings of Sri Krishna Janmaleela from Srimadbhagavatam. The questions submitted by Sri Parikshit Maharaja to Sri Sukadeva, highlight the qualifications to listen to Sri Krishna Katha.</p> <p>It would not be an exaggeration to mention that every minute detail of the Sri Krishnajanma Leela is vividly described, intertwined with the Vedantic teaching. These discourses are unparalleled in revealing both the Rasa and the Rahasya of this divine advent.</p> <p>Some of the important aspects in these discourses are: #What is an Avatara? #Significance of the Adhyatmika Avatara. #Love for the World and Love for God. #Lord's manifestation as Kala(Time) and Purusha. #What becomes Bhu Bhara - the burden to the Mother Earth? Chintanam and Smaranam. #The Story of the 6 babies who were killed by Kamsa...</p>	25

BV05	<p>Sri Bheeshma Stuti Language - Telugu No of Talks – 20 Format - mp3 Audio</p>	<p>Sri Bheeshma Stuti occurs in the 9th chapter of the 1st Canto of Srimadhagavatam. In this episode, the Grand Sire Sri Bheeshmacharya expresses His devotion towards Lord Sri Krishna in the midst of a raging Kurukshetra war.</p> <p>Pujya Acharya delivered discourses on this glorious hymn at Bheemavaram in January 2014.</p> <p>Some of the important aspects in these discourses are: #What is Sadvicharanam? #Saadhya Bhakti vs. Sadhana Bhakti. #Levels of Qualification of a Sadhaka. #Significance of Stutis in Bhagavata. #Three aspects of a Pious Life. #Ekaanta Bhakti. #Importance of Daanam. #Aspects of Sakama Bhakti. #The Three Eyes. #Karma to Karma Yoga. #Erasing Ego. #Advaita Bhakti...</p> <p>These discourses will delight the Bhagavata Bhaktas.</p> <p>Highly Recommended for Everyone.</p>	30
BV06	<p>Sri Kunti Stuti Language - Telugu No of Talks – 20 Format - mp3 Audio</p>	<p>In these discourses delivered during the Sri Krishnashtami Jnana Yagnam, Pujya Acharya reveals the teachings of Sri Kunti Stuti that appears as an episode in the 10th Canto of Srimadbhagavatam. Some of the important aspects in these discourses are: #Chit-Jada Granthi. #Nirgrantha. # Duties of a Sadhaka. #4 types of presentation in Bhagavata. #Vishaya Drushtitvam. #Death in every relation. #Prayerful Living. #Materialist vs. Spiritualist. #Qualities of a Moodha. #Stree Gunam. #Need for Antaranga Ishwara Murthy. #Nature of Namaskara. #Why does Ishwara have so many names? #What is Love? #How do we realize the grace of God? #Disadvantages of Wealth. #Advantage of Agony. #Akinchanatvam. #Purpose of Avatara - Devotees' perspective. #Avatara for Karma Yoga. #Avidya - the cause of Sorrow. #Why do I need God?...</p> <p>These discourses will delight the Bhagavata Bhaktas.</p> <p>Highly Recommended for Everyone.</p>	30
BV07	<p>Sri Rukmini Sandesham Language - Telugu No of Talks – 11 Format - mp3 Audio</p>	<p>Pujya Acharya Sri Prem Siddharth ji delivered these discourses in Sri Venkateswara Temple, Novi, Michigan, USA. These discourses are based on the episode of Rukmini Kalyanam from the 10th Canto of Srimadbhagavatam. They draw an allegorical representation of the letter in which Sri Rukmini Devi submits her love and surrender for Lord Sri Krishna and requests Him to save her from the peril of marrying anyone else other than Him. Her letter symbolizes the yearning of the Jeeva for the union with Ishwara. Rendering a unique Vedantic interpretation of this episode, these talks are inundated with critical instructions on Bhakti and Sadhana. Some important points are:</p> <p>#Two purposes in Scriptures #Developing Love for God #How to do Sravanam? #Taapa & Paapa #Dheeratvam #Sadhana & Samarpana #Disciplines for Samarpana #Critical aspects of Sadhana #8-kinds of Marriages #What is Prasadam? #Prayer of a Sadhaka...</p> <p>These discourses will delight the Bhagavata Bhaktas.</p> <p>Highly Recommended for Everyone.</p>	21

Discourses on Ramayana

Code	Titles	Description	INR
RA01	<p>Rama Smaranam Jnana Darshanam</p> <p>Language - Telugu</p> <p>No of Talks – 6</p> <p>Format - mp3 Audio</p>	<p>This series was taught by Pujya Acharya in the year 2014 at Cleveland, Ohio, USA. Pujya Acharya presents one perspective of Ramayana that proves highly beneficial for a spiritual seeker. These highly pragmatic lectures communicate to us what is really intended to learn from the story of Lord Rama.</p> <p>He emphasizes on the central theme of these lectures with this statement – Respect the Knowledge and Respond to Life. In accordance to this theme, while bringing in the incidents from Lord Rama's life with slokas from Valmiki Ramayana and Eka Sloki Ramayana, Pujya Swamiji deals with some unique topics like - #The importance of Pilgrimage. #Dispassion vs. Depression. #The four stages of Spiritual Growth. #The central theme of Yogavasishtha. #Patience and Attitude...</p>	12
RA02	<p>Shabari- Sharanagati</p> <p>Language - Telugu</p> <p>No of Talks – 3</p> <p>Format - mp3 Audio</p>	<p>These discourses were delivered by Pujya Acharya in the year 2013 at Sri Shiva-Vishnu temple, Livermore, California, USA. These 3 talks depict the depths of devotion of of Bhakta Shabari for whom Lord Sri Rama had to go to the forest and give darshanam. Pujya Acharya avers that Shabari mata is an ideal for us. Quoting slokas from Valmiki Ramayana, Padma purana and Ramacharita manas, Pujya Acharya spoke on the philosophical context of Shabari meeting her Lord Sri Ramachandra. This splendid episode explores most significant steps of sadhana such as: #The role of Guru Bhakti. #Why is Humility natural to Devotees. #Difference between Griham(home)&Ashramam. # Spiritual import of Shabari offering fruits to the Lord. #How Silence can be a Prayer (Prayer & Prayerfulness) ...</p>	10
RA03	<p>Hanumad-Rama Samagamam (Prarthana Swaroopam)</p> <p>Language - Telugu</p> <p>No of Talks – 4</p> <p>Format - mp3 Audio</p>	<p>These discourses were delivered by Pujya Acharya Sri Prem Siddharth ji in Knoxville, Tennessee, USA in November 2015. In these discourses, the beautiful episode of the very first Darshanam of Lord Sri Ramachandra to His devotee Sri Hanuman is taken for study. Pujya Acharya has brought out the most valuable teachings from Sri Ramacharitamans of Sant Sri Gosvami Tulasi Das ji maharaj.</p> <p>With the help of Lord Hanuman's devotion, we can learn the ways to progress in the path of Bhakti. The quality of the mind of a spiritual seeker is profoundly dealt with. The true nature of the Prayer is explicitly taught. Also a few interesting events that happened during the construction of the bridge to Lanka, Sitadevi giving a gift to Hanuman & SriRama's conversation with Sri Hanuman were also described in the light of Spiritual growth.</p> <p>Some of the highlights of this series are: #Blessings in Disguise. #Worldly Prayer & Spiritual Prayer. #3 components of a Prayer. #Methodology of the Spiritual Prayer. #Our relationship with the God...</p> <p>Highly recommended for all.</p>	10

RA04	<p>Sri Rama Nivasam (Sri Valmiki Rama Samvadam) Language - Telugu No of Talks – 5 Format - mp3 Audio</p>	<p>These discourses were delivered by Pujya Acharya Sri Prem Siddharth ji at Knoxville, Tennessee, USA in the December 2015.</p> <p>These teachings highlight the beautiful episode in the Ayodhya Kanda of Sri Tulasi Ramayana when Bhagawan Sri Ramachandra arrives at Sage Valmiki's ashram along with Sri Sitadevi and Sri Lakshmana. Upon Sri Rama's asking, about where they should reside, Sage Valmiki responds in ecstasy that the hearts of the devotees alone are the true abode of the Lord.</p> <p>In His celebrated work, Sri Ramacharitamanas, Sri Tulasidas ji Maharaj describes this episode to illustrate the Sadhanas required to prepare our hearts.</p> <p>In these discourses, Pujya Acharya Swamiji avers "Our lives gain a meaning only when the omnipresent Lord manifests in our hearts. Such a manifestation is the result of the culmination of all the sadhanas collectively known as Bhakti."</p> <p>These five talks illuminate the hidden aspects of every verse of this episode in Sri Ramacharitamanas that will transform our minds from an Aranya to an Ashrama.</p> <p>Some of the highlights of this series are: #The true nature of Lord Sri Rama. #Glory of Shravana Bhakti. #Secular Life and Spiriuual Life. #Two questions that decide the purpose of our life...</p> <p>Highly recommended for all.</p>	10
RA05	<p>Sri Nama Ramayanam (Bala Kanda) Language - Telugu No of Talks – 35 Format - mp3 Audio</p>	<p>These talks are a part of the ongoing discourses on Nama Ramayana that are delivered by Pujya Acharya Sri Prem Siddharth ji in the course of Sri Rama Nama Sankeerthanam and Ramayana Adhyayanam classes that are held at the Vyakhya Center on every Ekadasi. In the course of this study, Pujya Acharya Swamiji explains every "Nama" from the hymn "Nama Ramayanam" with the background of Sri Valmiki Ramayana, Adhyatma Ramayanam & Ramacharitamana of Sri Tulasidas along with many other Ramayanas, Puranas and Itihasas. These discourses cover the teachings from Bala Kanda. Some of the important points are –</p> <p>#Different Ramayanas and their Significance #Symbolism of Sri Adi Sesha #Glory of Sri Dasaratha Maharaja #Meaning of the names - Rama, Lakshmana, Bharata & Shatrughna #The Purpose of Yagna #Yagna Nirvahana #Types of Agni #Allegorical significance of Sri Ahalya Devi's episode #What is Gotram? #What is Pravara? #Who are Gotra Pravartakas? #Religious & Economic Significance of 'Gobrahmanebyoh Shubhamastu Nityam' #Lord Siva's bow - Karma Niyati #What is Achara and Vyavahara? #What are the Samskaras? #Why do we require Samskaras? #Components of the Vedic Ritual of Marriage #Teachings from the Glorious Qualities of Lord Sri Ramachandra...</p> <p>Highly recommended for all.</p>	45

RA06	<p>Sri Ramayana Mukhya Slokam</p> <p>Language - Telugu</p> <p>No of Talks – 5</p> <p>Format - mp3 Audio</p>	<p>These discourses were delivered by Pujya Acharya Sri Prem Siddharth ji in Knoxville, Tennessee, USA in June 2018 as a part of the Ramayana Adhyayanam and the Ramanamasankirthan offered on every Ekadasi.</p> <p>In these talks Puya Acharya Swamiji elaborates on the most important sloka of Sri Valmiki Ramayana as proposed by tradition. Pujya Acharya explains the attitude that needs to be fostered by a Spiritual Seeker and the steps of Spiritual Growth. Some of the important points are:</p> <p>#Renunciation #4 Classifications of Spiritual Growth #What is a Home? #Converting relationships to Divine Relationships #Who is a Son of God? #My work vs. God's work...</p> <p><i>Highly recommended for all.</i></p>	10
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Discourses on Mahabharata

Code	Titles	Description	INR
MB01	<p>Panchama Vedam Mahabharatam - Adi & Sabha Parvamulu</p> <p>Language - Telugu</p> <p>No of Talks – 45</p> <p>Format - mp3 Audio</p>	<p>Also Known as 'Panchama Veda', Sri Mahabharata of Sage Vyasa is the most celebrated scripture of Hindu Dharma. This magnum opus of 1,00,000 verses is an exhaustive study and presentation of the Dharma shastra, its intricacies, the pathos & ethos of human psyche and how destiny is intricately linked to the above. Sri Mahabharata's self proclamation - "Yannehasti na tadvachit" meaning "What is not here is Nowhere else" is no exaggeration.</p> <p>In these 45 discourses, Pujya Acharya Sri Prem Siddharth ji has unfolded the most discreet and crucial teachings from the first two Parvams(Adi & Sabha) of this epic in its unceasing relevance to our lives that is the need of the hour. An in-depth Introduction was followed by a thorough Analysis of the significant characters and crucial situations. These discourses will certainly be an opportunity to learn from and witness the glory of Sri Mahabharatam.</p> <p><i>Highly recommended for every seeker</i></p>	55
MB02	<p>Panchama Vedam Mahabharatam - Vana Parvam - I</p> <p>Language - Telugu</p> <p>No of Talks – 54</p> <p>Format - mp3 Audio</p>	<p>These 54 discourses are a part of the Second phase of The Mahabharata Project conducted from Feb- March 2017. Mahabharata Jnana Yagnam began in 2016 by Pujya Acharya Sri Prem Siddharth ji Maharaj. These teaching contain lectures from the 158 chapters of Vana Parva. Vana Parva is often overlooked in teachings by many due to its sheer size and abundant information on the History, geography and deep vedantic teachings. Being a treasure trove of information, it is necessary to have bird's eye view of the Glory of Bharatakhanda and its Intellectual and Devotional expanse found nowhere else. It undeniably encapsulates Sri Mahabharata's self-proclamation - "Yannehasti na tadvachit" meaning "What is not here is Nowhere else".</p> <p>In these 54 discourses, Pujya Acharya Sri Prem Siddharth ji has revealed the hidden secrets of spiritual sadhana in the allegorical teachings of various upakhyanas upto the end of Teertha Yatra Parva. Some of the main topics covered are-</p> <p>#Kiratarjuneeyam #Urvashi's curse #Nalopahyana #Astavakra Upakhyana #Yavakreeta Upakhyana #Gangaavtaranam #Hanuman- Bheema Samvadam #Teertha Yatra niyamam, Mahatmyam & descriptions of various Teerthas and Phalas #Akshaya Patra Samgrahanam #Sri Parashurama Katha # Draupadi-Yudhistira Shastrartham #Kirmeera Vadha etc...</p> <p>Sravanam Recommended along with Panchama Vedam Mahabharata- Adi & Sabha parva (45 lectures in 2016)</p> <p><i>Highly recommended for a Hindu.</i></p>	64

<p>MB03</p>	<p>Panchama Vedam Mahabharatam - Vana Parvam - II Language - Telugu No of Talks – 52 Format - mp3 Audio</p>	<p>These 52 discourses from the third phase of Mahabharata Project (MBJY 2018) are a continuation of the chapters from Vana Parva. The teachings of Vana Parva encapsulate the importance of Yagna, Dana and Tapas as the three important means of Spiritual Sadhana. While there is an abundance of exhilaration in the episodes like Bhimasena destroying Lord Kubera's army, the Vana Parva is also inundated with instances where many Mahatmas visit the Pandavas in exile and answer the astute questions submitted by Sri Yudhishtira thus revealing many subtle points of Dharma. In these discourses, Pujya Acharya Swamiji teaches the critical aspects of Sadhana as He reveals the Vedantic message hidden in the allegories from Ajagara Parva, Markandeya Samaasya Parva, etc.</p> <p>Some of the main topics covered are -</p> <p>#5-fold plan for success #Communicating with God #2- Components of Religious Life # Prayatnam & Prarabhdam #Fate vs. Freewill #Varna & Caste #Varna Dharma #4-Karmas for the Highest Attainment #Which virtue is more important? #Dharma - Absolute or Relative? #Why does 'Bad' happen to 'Good People'? #Cycle of Karma #Is there a 'First Body'? #4- Classifications based on Happiness #Tenets of Karma Siddhanta #What is Swadharma? #How to perform rituals? #Process & Horology of Creation #Description of Yugas and Yuganta #Right Attitude towards Mahatmas #Disadvantages of a long life #Qualities of a Daata #Purifying Wealth #Disqualifications from accepting Daanam #16-types of wasteful Daanam #Glory of Go-Daanam & 4-conditions for Go-Daanam #Importance of Daanam in the after-life #Shoucham & Sadacharam #3-types of Shoucham #4-fold Discipline in Action...</p> <p><i>Sravanam Recommended along with Panchama Vedam Mahabharata- Adi & Sabha parva (45 lectures in 2016) & Panchama Vedam Mahabharata- Vana Parva-I (54 lectures in 2017).</i></p> <p><i>Highly recommended for those interested in Vedic teachings and Hindu Religion. This will delight the seekers of Vedanta.</i></p>	<p>62</p>
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<p>MB04</p>	<p>Panchama Vedam Mahabharatam - Vana Parvam - III Language - Telugu No of Talks – 55 Format - mp3 Audio</p>	<p>These 55 discourses from the fourth phase of Mahabharata Project (MBJY 2019) commence from the episode of Dundhumara and elaborate on a part of the teachings from Sri Dharmavyadha Gita from Vana Parva. These discourses entail a detailed discussion on the subtle intricacies of Dharma while dispelling many common misconceptions about Swadharma, Ahimsa, Karma, Prarabdha etc. The famous instruction "Ahimsa Paramodharmaha" appears here in the Dharma Vyadha gita. In the course of understanding the import of this statement and the practical application of Ahimsa, Pujya Acharya Swamiji explained the contextual nature of Swadharma. The discussion on Karma, Jnana, Swarga and Moksha has been dealt with unparalleled detail and clarity that is rarely found in other texts. Some of the main topics covered are-</p> <p># When will Knowledge illuminate our life? #Attitude towards the world #Sadhana and Kartavyam # Significance of Madhu-Kaitabha episode #When will the mind rest? #What do Parents wish for children? #Definition of Dharma #Who is a Pativrata?#Significance of Bhiksha in the teaching tradition #Dhyanam - Paradhyanam - Apadhyanam # How to decide swadharma? #Respecting my duty as unique #9-point plan for Karma Yoga #Formula for Karma Yoga #Asuya & its ill-effects #Discovering Happiness in doing Duty #Obstacles in following Dharma #The psychology behind Sin #Forms of Greed #What is Sishtachaaram? #Dharma Acharana for Jnanam #Deciphering "Ahimsa Paramo Dharmaha" #Deciding between Himsa & Ahimsa #Different forms of Himsa #Is Vegetarianism also Himsa? #3-fold nature of Samsara #Karma & Moksham #Karma Phalam & Bondage #"I" view & "World" View #Knowing the Doer #Kama, Artha and Dharma from standpoint of Sukham #What is "Jnana Chakshu" ?#Art of Renunciation etc...</p> <p><i>Sravanam Recommended along with Panchama Vedam Mahabharata- Adi & Sabha parva (45 lectures in 2016), Panchama Vedam Mahabharata- Vana Parva-I (54 lectures in 2017), Panchama Vedam Mahabharata- Vana Parva-II (52 lectures in 2018)</i></p> <p><i>Highly recommended for those interested in Vedic teachings and Hindu Religion. This will delight the seekers of Vedanta.</i></p>	<p>65</p>
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Discourses on Prakaranam

Code	Titles	Description	INR
PR01	Tattva Bodha Language - Telugu No of Talks – 45 Format - mp3 Audio	This work is attributed to Sri Sankaracharya. This introductory text is a glossary to the Vedantic terminology where terms like PanchEEKARANAM, Avastha Trayam, Mahavakya Upadesa are explained.	55
PR02	Atma Bodha Language - Telugu No of Talks – 16 Format - mp3 Audio	In Atma Bodha, Sri Sankaracharya elucidates Atma Jnana to the layman in a compendium of sixty-eight stanzas without the technicalities used in the Vedas. In his unique style, the Jagadguru describes the qualities required of an Adhikari, the steps of Sadhana and reveals thereafter the nature of Maya and the superimposition of Atman - the Self.	26
PR03	Vedantasaaram Language - Telugu No of Talks – 49 Format - mp3 Audio	In Vedantasaaram, Sri Swami Sadananda Saraswati discusses the entire Vedantic teaching following Adhyaropa and Apavada. Beginning with the qualities of an Adhikari and the essentials of Sadhana, the six chapters discuss Samanya and Vishesha Adhyaropa, Apavada, Tatvamasī Mahavakya Vicharana, Samadhi and finally about the Jeevamukta Lakshana. The uniqueness of the text lies in the relevant Upanishadic references provided by Swami Sadananda to support His assertions, thus establishing the unanimity of the text with the Sruti. Sri Sadananda Saraswati provides elaborate definitions for Vedantic terminology that have been further elucidated by Pujya Gurudev in these talks, for the benefit of the seekers. These definitions are crucial in laying the foundation for further study of Vedanta.	59
PR04	Hastamalakeeyam Language - Telugu No of Talks – 7 Format - mp3 Audio	<p>The text Hastamalakiyam is a rare gem not often dealt with by many due to its highly technical nature. Hastamalakiyam is the reply of a seemingly dumb boy to the question "Who are you?" posed by Sri Adi Sankaracharya. Highly impressed by the atma jnana of the boy, Sri Sankara called him Hastamalaka and made him his disciple.</p> <p>The words 'Hastamalaka' and 'Karatalamalaka' are often used in Advaitic literature to denote the clarity of Self-knowledge as explained in the scriptures, especially in regard to Aparoksha anubhava. Also known as Hastamalaka stotra, these 12 verses are so succulent in the essence of Advaita that the teacher, Sankara himself chooses to write an enlightening commentary on this work of his disciple. In these talks Pujya Acharya systematically reveals the atma-vichara and presents the heart of Hastamalaka.</p> <p><i>These lectures demand the utmost attention of the seeker for greater understanding</i></p>	14

PR05	<p>Sri Dakshinamurti Stotram Language - Telugu No of Talks – 10 Format - mp3 Audio</p>	<p>In this ode to Sri Dakshinamurti, the Adi Guru, Sri Sankaracharya engrosses the mind in Saguna Ishwara Bhakti and gradually reveals the nature of Maya and the path of Sadhana. In these eight verses, using simple metaphors, Sri Adi Sankaracharya establishes Jeeva-Ishwara Aikyam. This treatise occupies a very prominent place in Vedanta Shastra and it is customary to chant this Stotram before the beginning of study.</p>	20
PR06	<p>Dhanyaashtakam Language - Telugu No of Talks – 8 Format - mp3 Audio</p>	<p>In these verses, Sri Adi Sankaracharya sings the praises of the Jeevanmukta who alone is the Dhanya in the world. Implying the qualities of the Siddha Purusha as the guidelines for the Sadhakas, Pujya Acharya reveals the teachings on Sadhana that Sri Adi Sankaracharya intended to bless the seekers in the form of Dhanyaashtakam. In the first sloka, Dhanyaashtakam introduces the words like Jnanam and Jneyam from the Sadhaka's perspective. The following seven verses present the guidelines for the Sadhakas and conclude with the last two verses praising the glory of a Jeevanmukta.</p>	16
PR07	<p>Bhaja Govindam Language - Telugu No of Talks – 9 Format - mp3 Audio</p>	<p>Bhaja Govindam is a book of conversion. It transforms a Samsari into a Mumukshu. In the thirty beautiful verses, Sri Sankaracharya gives a clear picture of our Samsara Asakthi and also indicates its sorrowful consequence. Highly recommended for beginners.</p>	18
PR08	<p>Sadhana Panchakam Language - Telugu No of Talks – 8 Format - mp3 Audio</p>	<p>This short treatise is attributed to Sri Adi Sankaracharya. This book is like a flight of steps of the Sadhanas where the preliminary Sadhaka is guided by appropriate means towards Brahma Nishta. Highly recommended for beginners.</p>	16
PR09	<p>Maneesha Panchakam Language - Telugu No of Talks – 5 Format - mp3 Audio</p>	<p>It is believed that Sri Sankara sang the verses of Maneesha Panchakam when on asking a Chandala to move out, the Chandala reveals his Brahma Nishta questioning him as to what should move, his body or the Self? The Jagadguru glorifies the nature of Self - the Atman and declares the Chandala as his Guru saying that One who has realized this nature is to be revered by even the Devas.</p>	10
PR10	<p>Kaupeena Panchakam Language - Telugu No of Talks – 6 Format - mp3 Audio</p>	<p>These lectures on Kaupeena Panchakam were delivered in the morning meditation classes. Attributed to Sri Adi Sankaracharya, this treatise glorifies the qualities of a Jeevanmuktha. These qualities serve as Sadhanas to seekers. Highly recommended for beginners.</p>	12
PR11	<p>Jeeva Yatra Language - Telugu No of Talks – 7 Format - mp3 Audio</p>	<p>Written by Swami Jnanananda Bharati where he explains the Moksha Sadhana step by step based on the Chariot metaphor of Kathopanishad.</p>	14
PR12	<p>Upadesa Saaram Language - Telugu No of Talks – 7 Format - mp3 Audio</p>	<p>Upadesa Saaram is a work consisting of 30 easy-to-read verses composed by Sri Ramana Maharshi. True to its name, Upadesa Saaram is the quintessence of all the Upanishads. Beginning with Karma Yoga, the teaching slowly graduates us to Upasana and Atma Vichara.</p>	14

PR13	<p>Sri Arunachala Pancharatnam Language - Telugu No of Talks – 14 Format - mp3 Audio</p>	<p>Sri Arunachala Pancharatnam is a celebrated Hymn composed by Sri Ramana Maharshi in the glory of Lord Arunachala. These enlightening lectures bring to light the secrets of sadhana at each step.</p> <p>The slokas serve both as a prayer and a treatise of Vedanta. Therefore, they are a perfect blend of Bhakti and Darshana (Devotion & Philosophy). The Arunachala Pancharatnam is compared to the Brahma Sutras in encompassing the Upanishad Vijnanam in terse yet meaningful slokas that are doubtless in illuminating the complete essence of the Vedas. This is the first time that the Prakaranam has been thoroughly elucidated and presented in the form of discourses.</p>	24
PR14	<p>Eka Sloki Vedantam Language - Telugu No of Talks – 8 Format - mp3 Audio</p>	<p>Delivered on the occasion of Bhagavan Bhashyakara's Jayanthi 2015, these discourses by Pujya Acharya Sri Prem Siddharth ji bring to light the Jnana aspect of Sri Adi Shankara's Life. In the first two discourses, He introduces us to the glorious tradition of Vedanta and the following 6 talks explain the hidden teachings of EKA SLOKI VEDANTA, a one-verse treatise by Sri Jagadguru.</p> <p>In these 8 classes, Pujya Acharya Sri Prem Siddharth ji discusses in depth the following topics: #Is Adi Shankara a philosopher? #The Teaching Tradition #The state of society at the time of Adi Shankara's birth #The Upanishadic guidance #The proper use of our Intellect #The division of 4 Purusharthas #What is Moksha? #The nature of Knowledge #Who is a Pramata for Vedanta? #Gist of 'Swayamjyothi Brahmana' of Brihadaranyaka Upanishad #Antarmukhatvam - Introvertedness # A critical enquiry into the Eka Sloki...</p> <p>Highly recommended for the seekers of Upanishads and Vedanta.</p>	16

Discourses on Stotram

Code	Titles	Description	INR
ST01	<p>Sri Guru Stotram Language - Telugu No of Talks – 5 Format - mp3 Audio</p>	<p>In our Vedic culture, the Guru is revered as Ishwara himself. Any scripture in the Shastra is presented in a teacher-taught fashion, highlighting the Guru-Shishya parampara. The verses of Guru Stotram sing the glory of the Srotriya Brahma Nishta Guru and the Shishya bows to the feet of the Guru implying complete Saranagati. "There is no Sadhana greater than Guru Seva and no Truth greater than Guru Vakyam." Along with the Guru Stotram, the CD includes a talk on Guru Paduka Stotram.</p>	10
ST02	<p>Sivaparadha Kshamapana Stotram Language - Telugu No of Talks – 7 Format - mp3 Audio</p>	<p>In this Stotram, the devotee prays to Lord Shiva for forgiveness for not following Vedic path and forgetting the Lord throughout every stage in life. By pointing out the various distractions that take us away from Ishwara, this Stotram reminds us of our relation with the Lord. <i>This CD also includes a talk on Siva Manasa Puja.</i></p>	14
ST03	<p>Sivanandalahari Language - Telugu No of Talks – 6 Format - mp3 Audio</p>	<p>This work is attributed to Sri Sankaracharya and is in praise of Lord Shiva. The beauty of devotion flows in every word of this Sivanandalahari. The study of this text will enhance devotion in us. Pujya Acharya delivered talks on some selected verses in Kaladi Spiritual Retreat.</p>	12
ST04	<p>Sri Vishnu Shatpadi Stotram Language - Telugu No of Talks – 17 Format - mp3 Audio</p>	<p><i>"The goal of all spiritual sadhanas is to negate the difference between the Bhakta (devotee) and Bhagavan (God)"</i> says Pujya Acharya Sri Prem Siddharth ji, in these discourses that were delivered at Mason, Ohio, USA in the summer of 2014. These discourses on the 7 verses of Sri Shatpadi Stotra by Adi Sankaracharya Bhagavatpada are truly the summer showers! Pujya Acharya Swamiji categorizing the prayers into 1.Bhava Pradhana (World predominant) and 2.Bhaava Pradhana (Devotion predominant), has presented the gamut of spiritual sadhanas and thus paves the path of realising the divinity that is within us. Some of the topics dealt with are: #Housefly & Honeybee #Purpose of Prayer #Rituals and Spirituality #Pleasure and Happiness #Religious Symbolisms #A glimpse of "Tat Tvam Asi" Mahavakya #The Lord and His Avatars #The vision of Avatara and appreciation of Virat #The import of various encomiums of the Avatars #Saranagati... <i>Highly recommended for beginners and the seekers of Vedanta.</i></p>	27

ST05	<p>Sri Ganesha Pancharatna Stotram Language - Telugu No of Talks – 13 Format - mp3 Audio</p>	<p>The holy hymn by Sri Adi Sankaracharya is an invocation to Lord Ganesha. Pujya Swamiji blessed us with discourses on this stotram during the sadhana camp at Tiruvannamalai in September 2016.</p> <p>Some of the topics dealt with are: #Significance and Characteristics of Stotram #The 3-contexts, 3-types and 9-expressions of Bhakti #3-forms of Ishwara #Result of Stotra Parayanam #What is Modakam? #Becoming a Happy person #Fearsome form of Ganesha #Is God partial to those who pray? #Guidelines for seeking help #What does the form of Lord Ganesha symbolize? #Managing Ego # Vedantic significance of Sri Ganesha Rupam...</p> <p><i>Highly recommended for beginners and the seekers of Vedanta.</i></p>	23
ST06	<p>Sri Parasurama Krutam - Sri Rama Stotram (Adhyatma Ramayanam) Language - Telugu No of Talks – 5 Format - mp3 Audio</p>	<p>These discourses are a part of the Nama Ramayana Adhyayanam and Ramanamasankirtan offered every Ekadasi at the Vyakhya Center. In Adhyatma Ramayana, during the course of the episode where Sage Parasurama's ego is defeated by Lord Sri Rama, the Sage sings a hymn in praise of Bhagawan Sri Ramachandra. These talks elaborate the teachings from this hymn. Some of the important points are:</p> <p>#Why do we require Sadhana? #Eligibility for Grace #Attitude towards Ishwara Sankeertanam # "Ka: Tvam" to "Koham" #Abhimanam and Dukham #First step in Sadhana #Importance of Mahatmas in Sadhana #Bhakti becoming Upasana #Bhakti to eradicate Avidya...</p> <p><i>Highly recommended for beginners and the seekers of Vedanta.</i></p>	10

Insights from / for Vedanta

Code	Titles	Description	INR
VA01	<p>Vedanta Parichayam Language - Telugu No of Talks – 19 Format - mp3 Audio</p>	<p>Seekers feel that the technical terminology of Shastra is often confusing. This happens due to the lack of clarity about the concepts in Vedantic teaching. In order to facilitate a preliminary understanding for any further study, Pujya Acharya spoke on this subject. Vedanta Parichayam not only acquaints you with the relevant terminology but also gives you an in-depth understanding of fundamentals of Vedanta Shastra.</p> <p><i>This series is highly recommended to understand advanced Vedantic texts.</i></p>	29
VA02	<p>Glory and Fulfilment of Human Birth Language - English No of Talks – 6 Format - mp3 Audio</p>	<p>This is a collection of discourses signifying the importance and the purpose of our life. The first couple of talks are based on Vivekacudamani, the next two on a very important mantra from Mundaka Upanishad (1.2.12) wherein the proximity of the Guru is talked about. The last talk delivered at Sri Sivananda Ashram, Rishikesh is based on the Bhagavadgita explaining the significance of Tapas.</p> <p><i>Highly recommended for more clarity on the above-mentioned subjects.</i></p>	12
VA03	<p>From Job To Joy Language - English No of Talks – 4 Format - mp3 Audio</p>	<p>In these talks delivered at a workshop for employees of the Indian Railways, based on the Taittiriya Mantra, Pujya Acharya explains the layers of personality and their proper order. Implying the Vedic teaching to everyday life, Pujya Gurudev instructs on the attitude towards work and its role in our growth.</p>	10
VA04	<p>Japa Sadhana Darshanam Language - Telugu No of Talks – 5 Format - mp3 Audio</p>	<p>This series of 5 lectures in the inquiry into the nature of Japa in the light of Shastra and unfold its many facets. These lectures help recognize Japa as a Parampara Sadhana that bestows many virtues that are collectively known as Chitta-Samskara and prepare a sadhaka for the better assimilation of the Vedantic teaching.</p>	10
VA05	<p>Bhatrighari Subhashitamu Language - Telugu No of Talks – 7 Format - mp3 Audio</p>	<p>In this series of seven talks, Pujya Gurudev has expounded on the selected verses from the most celebrated work Neeta Shatakam by the King-Saint Sri Bhatrighari. The central theme of these talks revolves around Samanya Dharma wherein the qualificatory steps of Jnana Sadhana are highly emphasised. These talks are highly useful for all.</p>	14

VA06	<p>Advaitam & Ayomayam Language - Telugu No of Talks – 2 Format - mp3 Audio</p>	<p>These twin discourses were delivered at Hyderabad in 2009 by Pujya Acharya Sri Prem Siddharth ji. Pujya Acharya has designed these talks to dispel the lack of clarity in the very concept of Advaita Vedanta that many students may develop in their regular study. These doubts are dealt in a systematic way to bring out the technical aspects of Advaita. The divergence in the understanding of the non-traditional sects is brought into light and also the confusions that arise out of this deflection.</p> <p>Some of the topics that are dealt with include the following: #Mystic & Non-Mystic Advaitins #Drik & Drishyam(Subject & Object) #Paroksha & Aparoksha Jnanam #Is Scriptural Study Paroksha Jnanam? #Is Samadhi sadhana required for Avaita? #The role of systematic study of the scriptures #What is Drishya Prapancha Nishedam(Negation of the Creation)?...</p> <p>Highly recommended for the seekers of Upanishads and Vedanta.</p>	10
VA07	<p>Samsara Sagara Taranam Language - Telugu No of Talks – 8 Format - mp3 Audio</p>	<p>"Mind should Transact with the world and be Transfixed on the Lord" says Pujya Acharya Sri Prem Siddharth ji, in these discourses that were delivered at Savalamar, Jamaica during Sri Adi Sankaracharya Jayanti in 2013.</p> <p>Pujya Acharya Swamiji has unfolded the most significant teachings that help us crossover the tyrannies of Samsara. Based on the first verse of Sri Vishnu Shatpadi Stotram, these discourses present to us the intricacies of Mind Management as taught by our scriptures. Some of the topics dealt with are: #Housefly & Honeybee #Purpose of Prayer #Nature of Samsara #The role of Vyavahara Shuddhi, Manojayam, Buddhibalam & Gunavardhanam in our growth...</p> <p>Highly recommended for beginners and the seekers of Vedanta.</p>	16
VA08	<p>Sri Guru Upasadanam Language - Telugu No of Talks – 6 Format - mp3 Audio</p>	<p>"Become a student of your life before you become a student of Vedanta."</p> <p>- Pujya Acharya Sri Prem Siddharthi ji (Sri Guru Upasadanam talks 2017)</p> <p>Pujya Acharya Swamiji delivered these discourses in commemoration of Guru Pourima 2017 at Vyakhya - the center for Vedanta Studies at Hyderabad.</p> <p>In these 6 discourses, based on a Mundaka Upanishad mantra, the Spiritual Journey that the Sadhaka needs to embark upon before he takes refuge in the Guru is explained.</p> <p>Some of the highlights of this series are: #3-stages of Spiritual Growth #What is Living Intelligently? #Who is a true Brahmana? #3- personalities #Karma Yoga to activate Learning Mode #Karma Yoga and Maturity #How to learn from Life? #3 major misconceptions about the World #Forms and Functions of Viveka and Vairagya #Intelligent Seeking #Why do we require a Guru? #How do I recognize a qualified Guru?...</p> <p>Highly recommended for the beginners & seekers of Upanishads and Vedanta.</p>	12

<p>VA09</p>	<p>Vaidika Sadacharam Language - Telugu No of Talks – 14 Format - mp3 Audio</p>	<p>These discourses were delivered by Pujya Acharya Swamiji during Guru Purnima 2018 at Vyakhya - The School of Vedanta Studies at Hyderabad. Over the course of these 14 talks, Pujya Acharya dispels all the mistaken beliefs that are to be blamed for the Hindu Religion in being mislabeled as orthodox, archaic and impractical. Deriving from the background of the Vedas, with many instances quoted from the Scriptures, Pujya Acharya unequivocally establishes the glory of this Vedic Religion in helping us lead a prosperous and purposeful life. These talks focus on the much-used words - "Achara and Vyavahara", their true Vedic import and their significance in our lives.</p> <p>Some of the important points are:</p> <p>#Who is a Guru? #Who is a Vaidika? #What is the meaning of "Hindu"? #Acharam-Vyavaharam = Live and Let Live #What is Kramasikshana? #4-Components of Kramasikshana #2-Components of Effort #Vedic Significance of Aesthetic Beauty & Excellence #What is Honesty? #Is Honesty practical? #Importance of Obedience #2-types of Obedience #How to become compassionate? #What is Sincerity?...</p> <p>Highly recommended for the beginners & seekers of Upanishads and Vedanta.</p>	<p>24</p>
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Collection of Talks			
Code	Titles	Description	INR
CT01	Talks on Yoga Language - Telugu No of Talks – 5 Format - mp3 Audio	This is a collection of discourses delivered as a part of Pujya Acharya's USA visit in 2009. In the cities of Albuquerque, Chicago and Knoxville, he spoke on Karma, Jnana, Dhyana and Bhakti. In the light of Vedic teaching, He clarifies many misconceptions about Yoga in total.	10
CT02	10 Words to Guide You Language - Telugu No of Talks – 2 Format - mp3 Audio	In these two talks given at a satsang in Grand Cayman Islands, Pujya Swamiji presents ten simple words as guidelines while preparing oneself for an all-round growth.	10
CT03	Mana Dharmam Language - Telugu No of Talks – 10 Format - mp3 Audio	Pujya Swamiji, in these talks, speaks on the basics of our religion. These discourses cover a variety of topics like learning from the Lord Ganapathy, Temple Visit, significance of adorning Tilakam, Gayatri Mantra, Mrityunjaya mantra etc. These talks offer a great introduction to our Hindu culture which makes a difference between familiarity and understanding.	20
CT04	Vyaktitva Vikasam Language - Telugu No of Talks – 9 Format - mp3 Audio	This collection of talks delivered by Pujya Acharya during various occasions include topics that highlight and redefine Ethics, Success etc, that aid in efficient thinking and living.	18
CT05	Atmajnaname Mana Lakshyam Language - Telugu No of Talks – 2 Format - mp3 Audio	These talks were delivered by Pujya Gurudev while touring various villages of A.P. as a part of Dharma Pracharam. Quoting from the teachings of our exalted saints, he highlights the ultimate goal of life called Atma Jnanam.	10
CT06	Pillalni Penche Kala (Art of Parenting) Language - Telugu No of Talks – 1 Format - mp3 Audio	Pujya Acharya addresses the common dilemmas that parents face while bringing up children. He explains thoroughly the art of building character in a child and contributing towards his growth and maturity in the process.	5
CT07	Arunachalam Language - Telugu No of Talks – 1 Only Downloadable	At Tiruvannamalai, in one of the retreats, prior to the commencement of the Giri-Pradakshina, Pujya Acharya gave this talk explaining the Puranic context of the emergence of the Arunachala Agni lingam and the holy circumambulation.	5
CT08	Bhakti – Jnanam Language - Telugu No of Talks – 1 Format - mp3 Audio	This talk explains the real meaning of Bhakti and the path that it paves towards the Jnana. Pujya Acharya with the help of a Geeta sloka, clarifies many confusions that create a split between Bhakti and Jnana.	5

CT09	Prati Okkati Nerpunu Okati Language - Telugu No of Talks – 1 Format - mp3 Audio	In this inspiring talk delivered to the training teachers, Pujya Gurudev gives a refreshing insight about the learning that we should appreciate from our very surroundings.	5
CT10	Talks on God Language - English No of Talks – 4 Format - mp3 Audio	This unique collection of discourses was delivered by Pujya Acharya Sri Prem Siddharth ji across India, United States and Jamaica. These discourses cover topics that provide answers to many questions arising in the minds of those who seek to have a better understanding of God. A must listen collection, which clearly provides the validity and reasons behind certain practices of Hindu religion. The four talks of this collection are <ol style="list-style-type: none"> 1. God is or Not? 2. Vision of God 3. Vision of Veda 4. Viswarupa These discourses include topics such as #Definition of God #Existence of God and logical proof #Role of Scriptures in shaping Human life #Human birth and it's most important goal #Concept behind Idol worship #Significance of numerous deities of Hindu religion #Religion and it's connection to arts & culture #Types of bhakti (Anekarupa, Ekarupa & Arupa bhaktis) and their progression into one another #Role of God in life & establishing relationship with God #Concept of Cause & Effect based on Upanishads # Concept of Viswarupa- the cosmic form of God #Qualifications for a seeker #Importance of the knowledge of the SELF... <p><i>Highly recommended for the seekers.</i></p>	10
CT11	Talks on Prayer Language - English No of Talks – 5 Format - mp3 Audio	This is a compendium of discourses delivered by Pujya Acharya Sri Prem Siddharth ji United States and Jamaica in the year 2009. While prayer is an intergral part of religion, there are many doubts and misconceptions about the mechanism and effectiveness of prayer in our lives. In these talks Pujya Acharya spoke on the aspects of Prayer and Blessings. These talks are aimed at giving an understanding on - #Accomplishment & Prayer #Blessings & Prayer #How Prayer works #Successful Prayer #Ananya Chintanam. <p><i>Highly recommended for the seekers.</i></p>	10

<p>CT12</p>	<p>Sri Adisankaracharya Darshanamu (Jeevanamu - Upadesamula Parichayamu) Language - Telugu No of Talks – 5 Format - mp3 Audio</p>	<p>"Bhagawan Bhashyakara's glory is embodied in the terse and comprehensive commentary on Prasthanatraya. The Prasthanatraya is certainly the crowning glory of Indian thought and Philosophy." - Pujya Acharya Sri Prem Siddharth ji</p> <p>Whenever Bhagawan Sri Adisankaracharya's life and times are spoken of, there is a tendency to highlight a few miracles and name some Stotras that are attributed to His authorship. However, the acme of Sri Bhagavatpada's works is His laconic yet insightful commentary on the Prasthanatraya. The enormity of Bhagawan Bhashyakara's intellect is reflected in these works that hold the key to understand the language of the Upanishads, the laden verses of Srimadbhagavadgita and the compact Brahma Sutras.</p> <p>Pujya Swamiji unravels a less-spoken facet of Bhagawan Sri Adisankaracharya to help us appreciate the depth of Acharya's Bhashya and the impenetrable logic employed to rest the "Purvapaksha" and precisely establish the teaching. Some of the important points in these discourses are: #What is Philosophy? #Is Advaita evident in Veda? #The state of society at the time of Adi Shankara's birth #Brahma Satyatvam #Jeevanmukthi #Saakshaat Sadhana #Astika & Nastika Darshanas about Dukham #What are Bandhanam & Moksham? #Kartavyam & Jnatavyam...</p> <p><i>Highly recommended for the seekers.</i></p>	<p>10</p>
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Discourses on Meditation

Code	Titles	Description	INR
MD01	<p>Dhyanamu - Sannahamu & Vidhanamu Language - Telugu No of Talks – 2 Format - mp3 Audio</p>	<p><i>"Knowledge of the Possible is the beginning of Happiness"</i> - Pujya Acharya.</p> <p>In this lecture given at Marri Channa Reddy Human Resource Development Institute, Hyderabad for various Heads of Department of the Govt. of Andhra Pradesh, Pujya Acharya Sri Prem Siddharth ji presents a brief introduction about Meditation, its preparation and practice. He gave clarity with the help of Scriptural insights about 'What is Meditation?', 'Who requires Meditation?' & 'What are the preparations to overcome obstacles in Meditation?'</p> <p>Some of the topics that are dealt with include the following: #The three I's #Who can relax in 'me'? #Steps for Meditation #Yama and Niyama #What is Quality time? #Types of Meditation and benefits...</p> <p><i>Highly recommended for everyone.</i></p>	10
MD02	<p>Vishranti Dhyanamulu – Guided Meditations Language - Telugu Guided Meditation Sessions Format - mp3 Audio</p>	<p>These are live guided meditation sessions with instructions by Pujya Acharya Sri Prem Siddharth ji.</p> <p>In this series, Pujya Swamiji gives instructions on 10 different techniques of Relaxation Meditation. Techniques include - Annamaya, Pranamaya, Manomaya and Vijnanamaya Kosa Vishranthi.</p> <p>This is the first of the 5 types of meditation that are Relaxation, Concentration, Expansion, Value-Based and Vedantic Meditations.</p> <p><i>Highly recommended for Meditation Practitioners.</i></p>	20
MD03	<p>Instrumental Imaging - A Meditative Sojourn Language - Telugu Guided Meditation Sessions Format - mp3 Audio</p>	<p>Our lives are ever entangled in a complex web of people and situations that makes us feel helpless. Our energy is ever exhausted when dealing with the complexities that life presents. This meditation course by Pujya Acharya Sri Prem Siddharth ji is aimed to help you arrive at the composure that is required when we find ourselves dealing with such complications. In these sessions you will discover your inbuilt instruments, their nature and workings through</p> <ul style="list-style-type: none"> • Instructions on Basic Pranayama methods • Guided Meditations to develop awareness and to be focussed on yourself • Vedic Teachings that will assist you in accessing those instruments for a purposeful use <p>These teachings are essential for those who are interested in Vedic teachings, meditations and wish to understand the Vision of Life.</p> <p><i>Highly recommended for Meditation Practitioners.</i></p>	20

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