



यतोधर्मस्ततो जयः

SATYAVRAT INSTITUTE OF SUBJECTIVE SCIENCES

B-17, Sector 62, Institutional Area Noida 201301, NCR - India

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Stotra Manjari

Stotra Manjari is a bouquet of Sacred chants that sing the glory of various forms of the Lord of the worshiper's heart.



Saadhna Saadhan



Voice
H H Maa Purnananda



Satyavrat Institute of Subjective Sciences
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Saadhna Saadhan

The Sacred compositions contained in *Saadhna Saadhan* are the aids for the seekers to memorise in brief, certain major aspects of their Spiritual practices.



Manan Mantra

As the name *Manan Mantra* suggests, *Mantra-s* are the Sacred chants that are the means to pacify the gurgling mind and subsequently, by chanting them with unswerving faith, the seeker could get elevated to great Spiritual heights.

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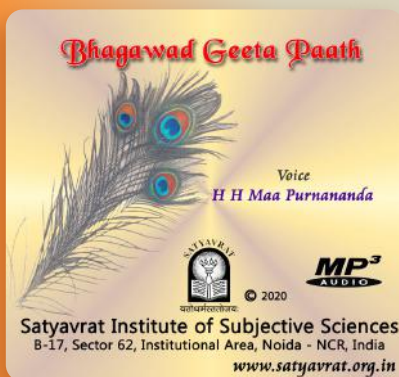
Stutiratna

Undoubtedly, without the grace & advice of *Guru*, it is not possible to walk the Sacred Path of Spirituality. Therefore, *Sree Guru Stuti* supercedes all the other Stuti-s; hence the name *Stutiratna*.



Sree Ishwara Vandana

A must for all the worshipers of Sree Ishwara, *Ishwara Vandana* is a collection of all those chants that are sung at the Temple while performing the *Aarti*. It also contains the Convocation *Mantra* from Taittireeya Upanishad that is to be chanted at the conclusion of Spiritual Retreats.



Bhagawad Geeta Paath

Complete *Sreemad Bhagawad Geeta* beginning with *Geeta Dhyaanam* has been recited chapter-wise for the convenience of learning the correct pronunciation of The Song Divine.

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Praarthnaadeep

Praarthnaadeep has humble prayers offered at the Holy-feet of *Sree Sadgurudev* symbolized by His Holy-sandals and His glory sung as His *Aarti*. Also, the Birthday Song contained in it invokes the blessings of the Lord Almighty and the *Sadguru* in a catchy tune.

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Bhajan Manjari

This bouquet of devotional songs spreads the fragrance of the glory of the Divine Entities in the hearts of the devotees, justifying the title *Bhajan Manjari*.



Keertan Manjari

Repeating the Sacred names of Gods and Goddesses purify the mind of the worshiper and helps to prepare it for *Saadhna*. *Keertan Manjari* is a collection of such short devotional songs.

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Sree Ganapati Atharvsheersh Upanishad

The symbolism and significance of Sree Ganesh as one of the most popular forms representing the Supreme Divinity have been expounded in *Sree Ganapati Atharvsheersh Upanishad Mantra-s* in full glory.



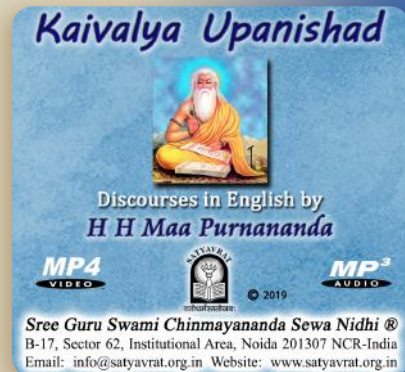
Amritabindu Upanishad

Even a droplet of nectar is as potent as an ocean of nectar! "A drop of nectar" – *Amritabindu Upanishad* from Atharv Ved offers the readers, in simple and melodious verses, a deep insight into the practices that would remove the impediments coming on the way while progressing onto the 'not-so-often-tread' path towards the Absolute Self. It is a wonderful guide for the new initiates for understanding the approach of Upanishad-literature.



Kaivalya Upanishad

As Sree Adi Shankaracharya's 'Bhaashya'- commentary is not available for it, *Kaivalya Upanishad* is considered to be a 'minor Upanishad'. But, its contents are so intense and insightful that the reader would surely wonder as to why is it considered as 'minor'! This seemingly simple Upanishad gives one of the most effective ways for practices of higher meditation, very useful for sincere and disciplined seekers indeed!

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Ishavasya Upanishad

One of the 10 major Upanishad-s, *Ishavasya Upanishad* is a treatise of 18 *Mantra-s* in the *Shukla Yajurved Sambhita*, with each *Mantra* as an exercise for contemplation. The Upanishad brings the seeker to the Ultimate Goal through seven distinct waves explaining the paths of Knowledge & action that have to be practised simultaneously as an integrated *Sadhna*.

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DISCOURSES IN ENGLISH

SREEMAD BHAGAWAD GEETA

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Sreemad Bhagawad Geeta

Want to deal with crisis? Want relief from stress? *Sreemad Bhagawad Geeta* is the ultimate answer for treatment of human psyche wholesomely and wholeheartedly. Moreover, It unfolds the secretive Knowledge of the Supreme Reality to the deserving. The discourses are inclusive of Geeta *Dhyaanam* along with all the 18 chapters.

The book '*Prashnottara Sopan*' in hand would surely be of great support to the aspirant for chapter-wise revision as well as to get the bird's eye-view of this Holy Text.



DISCOURSES IN ENGLISH

PRAKRAN GRANTH

Tattwa Bodh

As explained in *Tattwa Bodh* in a series of questions and answers, unravel the building blocks of the Universe, to make the best of its available resources to mankind for self-evolution and for the uplift of the world at large.

The book '*Tattwa Bodh*' authored by HH Maa Purnananda, would surely be of great support to the aspirant for further understanding.



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Vivekchoodaamani

The profound philosophy of *Vedaant* cannot be understood without the aid of '*Vivekchoodaamani*' which is one of the most important *Prakaran Grantha-s* authored by Sree Adi Shankaracharya. Find it for yourself by listening to the discourses on it.



Adi Shankaracharya's

Aatm Bodh

Discourses in English
by

H H Maa Purnananda



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Aatm Bodh

An important *Prakaran Granth* authored by Sree Adi Shankaracharya for the benefit of the sincere students of *Vedaant*, '*Aatm Bodh*' is a collection of the various known "objective" examples, paradigms and phrases that are given in the *Shaastra-s*, to explain the one unknown "Subject".

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DISCOURSES IN ENGLISH

STEP-BY-STEP SAADHNA

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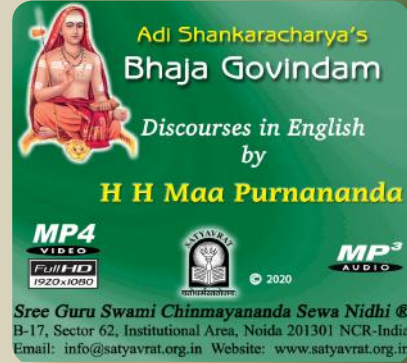


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Bhaja Govindam

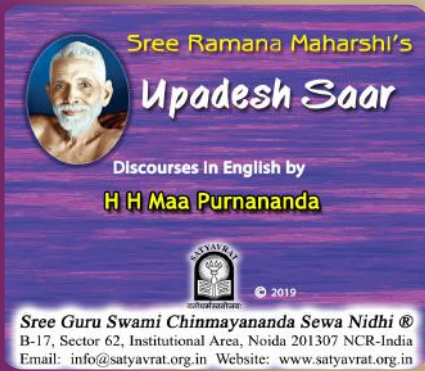
Easy to understand, the rhythmic verses of *Bhaja Govindam* present such simple techniques that are not very difficult to adopt for leading life in a wiser way.

The book *'The Bane of the Mundane'* is a lucid explanation of the said work and is a good reading to supplement the discourse.



Upadesh Saar

The name *Upadesh Saar*, given to this melodious series of verses authored by Sree Ramana Maharshi, is self-explanatory. It offers in brief, the essence of Spiritual advice, so compassionately and systematically expounded by the Seers and Masters.



SACRED CHANTS

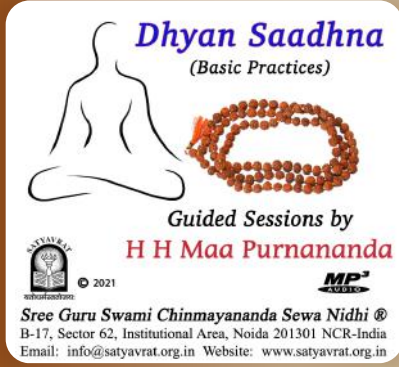
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Dhyan Saadhna

It is important to keep the mind in meditative mode for Spiritual pursuits. the basic practices essential for *Dhyan Saadhna* are explained with systematic approach for regular practice of meditation.



Saadhan Panchkam

Discipline is one of the most important aspects of *Saadhna* for a student of *Vedaant*. In another of His great works titled *Saadhan Panchkam*, Sree Adi Shankaracharya has given in His inimitable lucid and rhythmic style, some 40 pointers that are quintessential for the sincere students who would like to discipline themselves.

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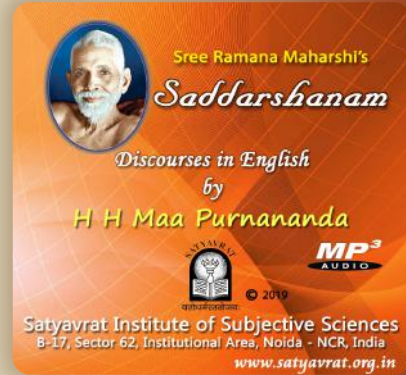
Chatushloki Bhaagwatam

How happy a man is, to enjoy the enchanting world around him. But alas! It does not last long! In this Text, the *Guru* makes the aspirant aware of the transient nature of the world so that he may liberate himself from the false enjoyments to ultimately find the Eternal Joy of Beatitude. *Chatushloki Bhaagwatam* presents, in four verses, the essence of *Sreemad Bhaagwat Mahaapuraan*.



Saddarshanam

Another classic work of Sree Ramana Maharshi, *Saddarshanam* is drenched deep into the direct revelations of this silent Saint-philosopher. The seeker would glide with ease, higher and higher into his *Saadhna* by reading, contemplating and reflecting upon the flawless verses and would surely not like to dive down again into the endless ocean of worldliness. But caution! You need to go through it thoroughly and repeatedly to catch hold of it.

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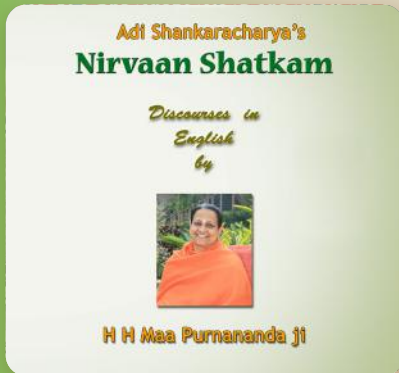
DISCOURSES IN ENGLISH

CONTEMPLATION ON STOTRA

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Nirvaan Shatkam

One might not find a more compact and lucid composition imparting the discrimination between the Real and the unreal. The intense six verses of *Nirvaan Shatkam* reassure the purity of the Essential Core and elevate the seeker to the Divine Vision.



Shivaapraadh Kshamaapan Stotram

The *Guru*, a Realized Master, seeks forgiveness from the Almighty Lord Shiv, think! From such a great Master, man needs guidance even to identify the mistakes that he commits throughout life, knowingly or unknowingly. *Shivaapraadh Kshamaapan Stotram* is truly a humbling chant that shows the way to seek forgiveness.



Sree Shiv Panchaakshar Stotram

More often than not, the devotees chant the Sacred hymns as their daily *Puja* routine and do *Mantra-Japa* mechanically. The discourses on *Sree Shiv Panchaakshar Stotram* provide an insight into the symbolism of the manifest Form of Lord Shiv.



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Sree Dakshinaamurty Stotram

“Silence speaks louder”! *Sree Dakshinaamurty Stotram* is a unique “silent” approach to learn how to commence and continue onto the journey “within”, which is termed as *Antarang Saadhna* in the *Shaastra-s*. The discourse begins with *Dhyaanam* - the meditative verses, that help the seeker to withdraw the mind from worldly thoughts and to focus on the Divine Subject seated in the Core of his heart.



Sree Kashivishwanath Stotram

Discourses in English
by

H H Maa Purnananda



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Sree Kashivishwanath Stotram

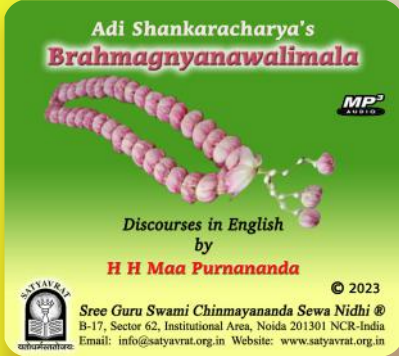
In this hymn to Lord Shiv, Sree Adi Shankaracharya has sung the enchanting beauty of the “Lord of Death”. By sincere contemplation on the Divine glory with deep understanding hidden in the implied meanings of the Sacred verses named *Sree Kashivishwanath Stotram*, the seeker is surely to overcome the fear of death.



Maneesha Panchakam

Adi Shankaracharya in *Maneesha Panchakam* inspires the seeker to rise above the gross body identification by nurturing firm faith & conviction towards the Guru. It is interesting to note that the four *Mahavakya-s* from the four *Veda-s* have been the basis of the explanations in such a short poem having only five verses!

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Brahmagnyanawalimala

How does the seeker get to capture the right import of terms used by the Seers to explain the unexplicable Ultimate Truth? *Brahmagnyanawalimala*, an exotic garland of Vedantik terminology, has been woven by Sree Adi Shankaracharya, to facilitate the studies of scriptures by the sincere seekers who struggle to get an insight into the depths of *Brahmagnyan*.

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DISCOURSES IN HINDI

POPULAR CHOICE

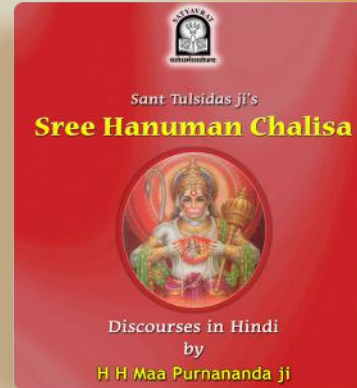
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Sree Hanuman Chalisa

One of the most widely chanted hymns, *Sree Hanuman Chalisa* sings the glory of the greatest devotee of Lord Ram, Sree Hanuman. An insight into this simple-looking hymn would elevate the devotee to soon find refuge at the Holy-feet of the Lord.



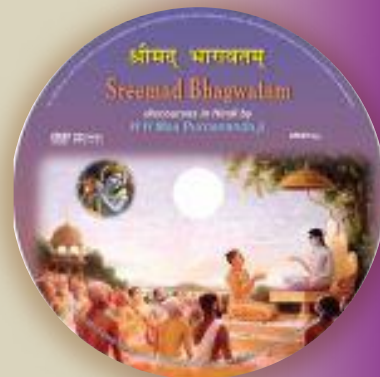
Uddhav Geeta

Excerpts from the conversation between Sree Krishna the *Guru* and Uddhav His devout *Shishya*, named *Uddhav Geeta*, given in 11th canto of *Sreemad Bhaagwatam*, the great work of Maharshi Vedvyaas, wherein Sree Guru Dattaatreya speaks to Yaduraj about 24 *Guru*-s. An eye opener indeed, for those who look for a *Guru*!



Sreemad Bhaagwatam

The treasure-trove for the devotees of Lord and seekers of the Ultimate Truth, who are ever-thirsty of drinking the *Amritam* – Nectar of the Words-of-Wisdom, treasured in the Holy-Trove named *Sreemad Bhaagwat Mahaapuraan*. This Sacred Storehouse of unparalleled devotion and Supreme Knowledge leaves no stone unturned on the path of Spiritual journey of man.



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Sree Ram Charit Maanas

The amalgamation of devotion & Knowledge could not have been more soulfully, systematically & melodiously put together than what we find in *Sree Ram Charit Maanas*, one of the greatest works of Sant Tulasidas Ji. The Saint has sung the infinite glory of Lord *Sree* Ramchandra and Mother Sita in a unique way indeed. Here, the first of the seven chapters named *Bal Kand* is explained in lucid language with philosophical significances, rest of the six will follow!

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Destiny & Free Will

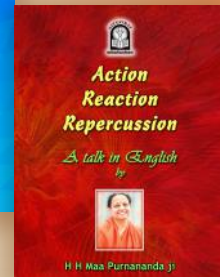
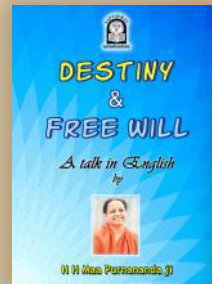
Action-Reaction-Repercussion

Destiny & Free Will

What is 'destiny'? Does man have any right over 'free will'? Is man the architect of the Divine plan? The talk on *Destiny & Free Will* provides answers for such intriguing questions.

Action-Reaction-Repercussion

Most of the time does an individual perform actions? Or, is it not that more often than not, he reacts? And then, for most of his life does he not face repercussions? An interesting session on *Action-Reaction-Repercussion* explains it all, and more!



Mind Your Mind Harnessing & Harmonizing

Mind Your Mind

Are you the ruler of your mind or are you being ruled by your mind? A very pertinent question indeed! The talk on *Mind Your Mind* makes you think, analyse and contemplate over this confusion and provides the way to remove it as well.

Harnessing & Harmonizing

The talk on *Harnessing & Harmonizing* is a follow-up for the talk on 'Mind Your Mind'. It gives simple technique of reorganizing the web of thoughts and channelizing the mind in the desirable direction.



Busting the Myth of Idol Worship

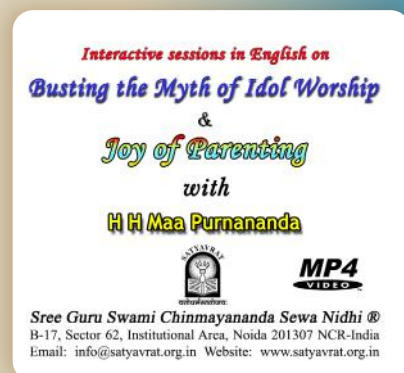
Joy of Parenting

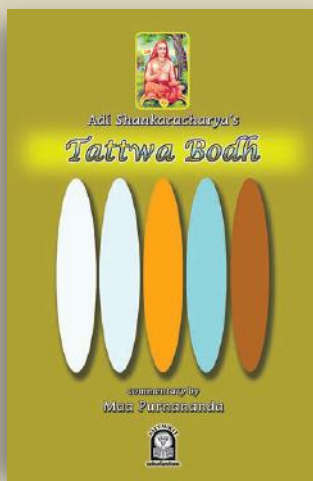
Busting the Myth of Idol Worship

Some remain Idle, many worship the Idol, but a few have an Ideal to live-up to. The talk on *Busting the Myth of Idol Worship* explains the symbolism of Idol worship, knowing which, an individual soon finds the Ideal behind the Idol and thereafter worships devoutly.

Joy of Parenting

In the stressful and busy life, so many parents have lost the **Joy of Parenting**. The said talk suggests certain ideas that could bring back the lost 'joy' in the life of parents, young and old.

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Tattwa Bodh

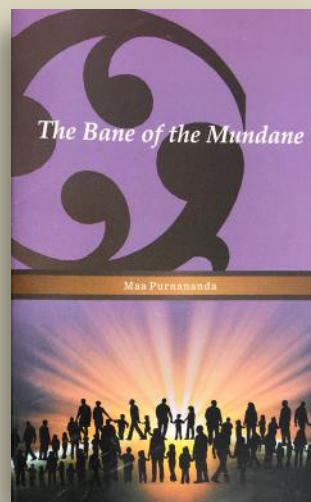
“The Eternally Existent Self (*Atman*) is the changeless Substratum on which the world-of-change is superimposed. This changeless existence of *Atman* itself is Its *Sat Swaroop*....”

– excerpt from the book *Tattwa Bodh*.

The Bane of the Mundane

“The call of the Wise is that every human being is essentially Divine, but the experiences of the world speak differently. Why this difference between the knowledge and experiences of an ordinary person and a Man of Wisdom?”

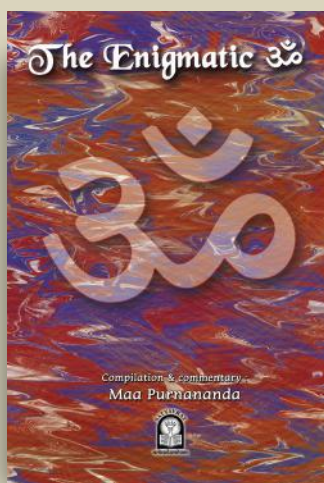
– excerpt from the book *The Bane of the Mundane*.



The Engimatic Aum

“On this sublime journey towards the Supreme Reality by means of The Enigmatic *Aum* – the Sacred Symbol, let us understand the descending and ascending orders of the Un-manifest Reality....”

– excerpt from the book *The Enigmatic Aum*.

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BOOK WITH COMMENTARY IN ENGLISH

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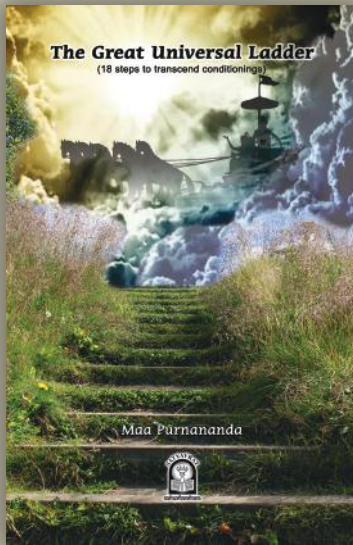
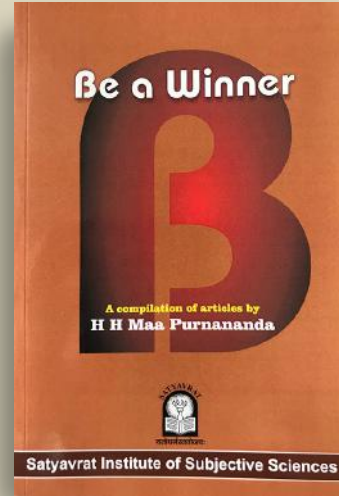


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Be a Winner

“It takes generations to become cultured. If not paid heed, consequently there ought to be degeneration. Therefore, man needs maintenance of both, his hardware (physical body) as well as software (mind-intellect equipment).”

- excerpt from the book *Be a Winner*.



The Great Universal Ladder

The theme of the book *The Great Universal Ladder* is “18 steps to transcend conditionings”, which makes it evident that the seeker needs to assimilate certain specific teachings from Sreemad Bhagawad Geeta and put it into daily practice while handling worldly affairs, so that his Spiritual progress is not hampered while performing worldly duties.

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Fragrant Messages

This small booklet has got *Fragrant Messages* which are loaded with deep inspiration for the people of all ages and temperaments.

Perpetual Desk Calendar

Invigorate each day with a daily morning boost of inspiring thoughts compiled in the perpetual *Desk Calendar*. It could be an ideal gift for your loved ones!



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BOOK WITH SANSKRIT VERSES & ENGLISH EXPLANATIONS

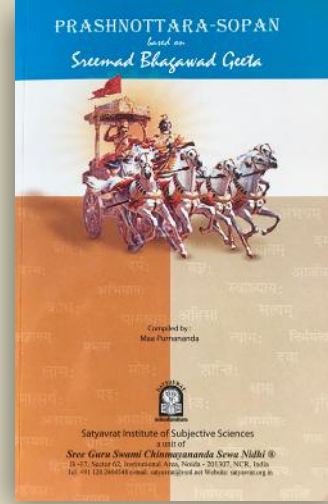
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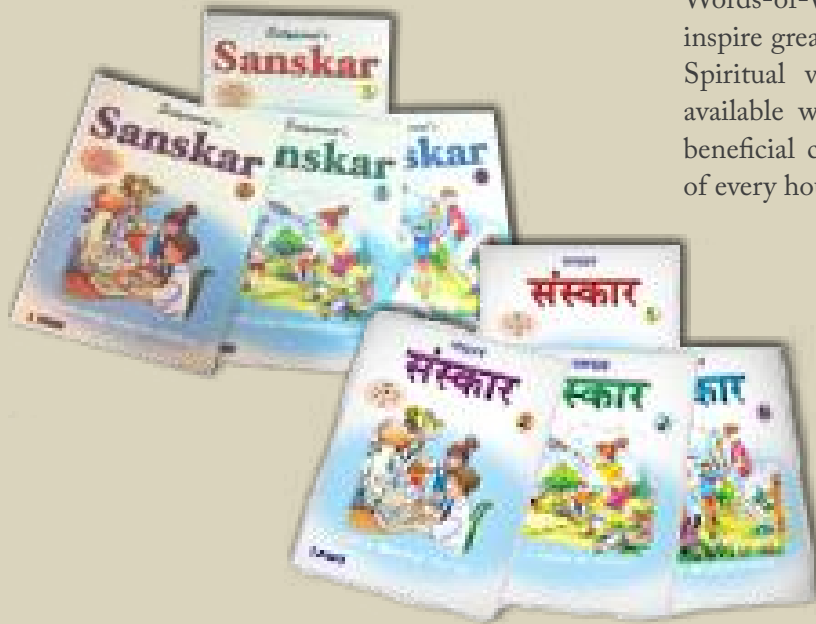
Prashnottara Sopan

Reading *Sreemad Bhagawad Geeta* or listening to the discourses on the same does not seem very difficult, when one reads or listens to a good commentary. But it is most essential to revise it thoroughly till one gets a good hold over the fundamentals of this most educative Text. The book *Prashnottara Sopan* is a unique method of self-assessment of one's lifetime learning from *Sreemad Bhagawad Geeta*.



Sanskar (vol. 1 to 4)

A set of 4 handy books for children, youth and elders to read, learn and memorize some of the invaluable Words-of-Wisdom that impart and inspire great moral, cultural, ethical and Spiritual values. *Sanskar* books, also available with Hindi explanations, are beneficial collections for the bookshelf of every household and of every library!



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PRAYER BOOK WITH SANSKRIT VERSES

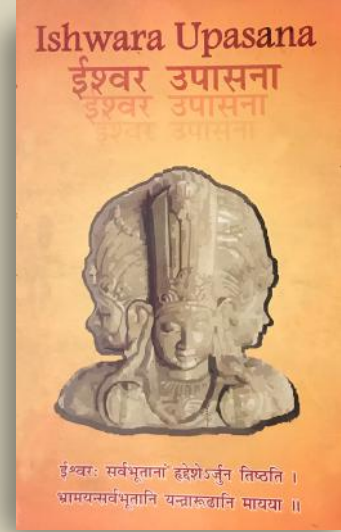
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Ishwara Upasana

A complete guide book containing simplified, systematic and proper method of offering daily worship at the Altar at home. Learn the proper way of worshiping your chosen Deity from *Ishwara Upasana*, pray every day, and on every auspicious day with family and friends!



Ishwara Archana

The prayers offered at *Sree Ishwara Darshan Temple, SISS*, have been compiled in the book *Ishwara Archana*, for the benefit of the devotees to chant and memorize the prayers that include *Aarti Mantra-s*, *Gaayatri-s*, *Stotra-s* and *Convocation Mantra-s*.

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