

30th Episode – Moha Mudgaram (Bhaja Govindam)

Following 29th episode of “*Significance of Pratyahara*” towards Maha Kumbhabhisekam of Panching Gua Charas Jalalingeswarar Shivan temple, with good intention and thoughts for all devotees, the following write-up is prepared.

As discussed in the previous 29th episode, we looked at significance of pratyahara. Unquote “When excessive stimulation is there, to take your attention of that, to close your eyes and turn inward becomes a real challenge. So, when we talk about **turning inward**, we are considering the **physical body and the mind also as outward**, taking your attention of all these things and turning inward is not something that you can do, because there is nothing to turn inward to. **It is impossible for you to turn inward, so what you do is to try to cut off the outward flow. That is pratyahara**”, Unquote.

As explained in 22nd episode, we mentioned that in the month of March 2020, we will share 9 different episodes which eventually end at episode 30th. We have looked at various aspects which can be summarized as follows;

- 22nd episode – Agasthiyar’s moola mantra
- 23rd episode – Significance of Hanuman
- 24th episode – Significance of Muruga
- 25th episode – Kala Bhairava
- 26th episode – Ganesha
- 27th episode – Overcoming invisible adversary & Bhairavi Prathana
- 28th episode – Forms of Shiva
- 29th episode – Significance of Pratyahara
- 30th episode – Moha Mudgaram (Bhaja Govindam)

In this 30th episode (the last episode for month of March), we will get to know Bhaja Govindam Mantra. This group of shlokas which impel an ignorant mind to see the truth, are attributed to Adi Shankaracharya and some of his disciples. The mantra chant and the meaning are as follows;

*yogarato vaa bhogarato vaa
sangarato vaa sangaviheenah*

Whether one is immersed in yoga or in revelling in outward enjoyment,
Whether he is enjoying himself in social company or has retired into solitude,
True happiness certainly cannot be his;

*yasya brahmani ramate chitham
nandati nadati nandatyeva*

But who alone is revelling inwardly in brahman (wherever he be),
He alone will be truly happy and will verily enjoy;

*yaavatpavano nivasati dehe
taavatpruchchati kulasham gehe*

As long as there is life in your body,
Your people may have concern for you;

*gatavati vaayo dehaapaaye
bhaarya bibhati tasminkaaye*

But once the life-breath ebbs out of your body,
Even your wife will run away from you;

*jatilo mundi lunchita keshah
kaashaa yaambara bahukrita veshah*

The ascetic with matted looks, the man with the shaven head or one with hair pulled out, Or the man parading in the ochre robes – they all have eyes but yet do not see;

*pasyannapi cha na pasyati moodho
udaranimittam bahukrita veshah*

All these are but deceptions for cheating the world, For filling their bellies;
(Renunciation does not lie in external appearance, but inward thought, attitude and feeling)

*kaate kaantha dhanagata chintaa
vaatula kim tava naasti niyantaa*

Crazy man! why do you worry so much about your wife and property?
Why don't you seek the truth?

*trijagati sajjana sangati rekaa
bhavati bhavaarnava tarane naukaa*

Know that in these three worlds, it is only the association with the good and holy,
That can help you in crossing safely the ocean of life;

*maa kuru dhanajana yauvana garvam
harati nimishita kaalah sarwam*

The pleasures and riches of worldly life are deceptive appearances;

*maaya mayamidham akhilam bhuutvaa
brahmapadam twam pravisha viditvaa*

Understanding that they are all but a passing show, be detached and dispassionate,
Cultivate renunciation and seek Brahman;

*naree sthana bhara nabhee deshah
dhrishtvaa maa gaa mohavesham
yetan maamsava sadi vikaaram
manasi vichinthaya vaaram vaaram*

Enticed by the physical glamour of a woman, do not lose your senses; The body is nothing but a
conglomeration of flesh, Do not forget this anytime;

*kurute gangaa saagara gamanam
vratapari paalana mathavaa daanam
jnana viheenah sarva matena
bhajati na muktim janmasatena*

One may have bathed in the holy Ganges or even in the Ganga Sagar; He may have performed many
charities and observed many vows; Yet unless one has glimpsed the truth, He will not release even
after a hundred lives;

*praanayaamam pratyahaaram, nityaanitya vivekavichaaram,
jaapyasameta samaadhividhaanam, kurvavadhaanam mahadavadhaanam*

Regulated breathing and sense control, discrimination between the enduring and the fleeting; the
eternal and the transient, Japa and meditation, And submerging of the bodily and mental
consciousness in the consciousness of the spirit, merging oneself into the total inner silence – One
must practice these with unrelenting fervour;

*satsangatwe nissangatwam nissangatwe nirmohatwam
nirmohatwe nischalatatwam nichalatatwe jeevan mukhtih*

The company of the good weans, one away from false attachments; When attachment is lost, delusion ends; When delusion ends, the mind becomes unwavering and steady. An unwavering and steady mind is merited for jeevan mukti – liberation even in this life;

*baala staavat kreedaa sakthah
Tharuna staavat tharunee sakthah
vridha staavat chinthaa sakthah
parame brahmani kopi na saktha*

Childhood skips off on sport and play, youth flies off in pursuits of love making, As one grows older, he is drowned in worry about the security and future of his wife and children; One's whole life gets spent in some kind of worry or other, And at no stage does man find time to lift his thoughts to God.

*punarapi jananam punarapi maranam
punarapi jananee jatara sayanam
iha samsaare bahudustare
kripayaa paare paahi muraare*

Undergoing the pangs of birth again and again, passing through the throes of death again and again, Lying in the mother's womb over and over again, this process of samsaara is hard to cross over. Save me from this, Oh merciful Lord!

*bhaja govindam bhaja govindam
govindam bhaja mudhamate*

Seek Govinda! Seek Govinda! Seek Govinda! Oh ignoramus! At the time of death, the rules of grammar which you're trying to cram and master, will not be able to rescue at all!

An example of this chant can be found in link below;

<https://www.youtube.com/watch?v=DE2IbOP9A78>

It is our intention that all devotees can undertake this chant and assist themselves to see the truth and turn inward.

Shiva Shambo
Om Nama Siva Ya Om
Help Ever Hurt Never
Service to Society is Service to Almighty
Master Ir. Sivabalan - Temple Trustee
31st March 2020.