



TIMELY FROM THE TIMELESS



THOUGHT CAPSULES FROM THE VEDAS

T BALAKRISHNA BHAT

PART 1

ATHARVA VEDA

About the Book

This book presents topics from the ancient scripture, Veda, selected to match the present-day settings and to address emerging problems.

Keywords: Vedas, Brahmacharya, Marriage, Blessings, God, War, Oneness

TIMELY FROM THE TIMELESS, ATHARVA VEDA

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Preface

The vast Vedas containing several thousand verses have been transmitted orally retaining its purity not just with respect to the words but also for their precise order and intonations for thousands of generations without break. Our ancestors undoubtedly must have benefitted from and must have seen the potential value of this great treasure for future generations for putting the great effort unprecedented in human history preserved as if in a time capsule.

Recognizing that the timeless Vedas are timelier now than ever before, an effort has been made here to bring out the thought capsules present in the ancient Vedas and set them in the language and form of topics relevant for the present times. Every person in this world is likely to find something useful and transformative for him in them.

The four Vedas will be covered in four parts. The Part 1, now ready, corresponds to Atharva Veda.

T Balakrishna Bhat

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Chapter 1

Introduction

Timeless Vedas appear to be more timely now than ever before. Vedas were revealed to Rishis of yore, thousands of who conveyed specific points in tiny capsules called Richas. Sometimes these thought capsules are somewhat direct, but many a time are put forward in a coded way. Yet their beauty is that they have always been relevant and have something for the present as also for the future wherein the words take on ever new meanings as time goes by. Each and every Richa is worthy of research in depth and can earn many a PhD and provide valuable contemporary results and solutions to contemporary social, political, psychological, national, economic, religious, philosophical, environmental, managerial, scientific, health, education, and family problems. In the Vedas - Rigveda, Yajurveda, Samaveda, AtharvaVeda - the Richas are compiled in to Suktas. Suktas are broadly put together as Kandas. Each Sukta may have contributions from more than one Rishi. Also, a Sukta may or may not describe only one specific topic. Veda means to know. On the whole the canvas of the Veda is the entire universe. Man, nature, God, creation, prayers, praises, scoldings, invocations, attacks, war, love, science, technology, medicine, education and also ways to bless, curse, command, entreat, entice, invite anything and anyone including God in all His manifestations are covered. Anyone who studies the Veda will surely find an inspiration to do something great during his lifetime. Not only that, in all probability he/she will develop special insights and solutions too for the problems at hand. Above all one will find oneself to be confident, find out the direction and be able to achieve whatever one sets out to do in life. Veda never says believe me, it never says obey me, surrender to me or to anyone. Instead it says: discuss in broad daylight in the morning, afternoon and evening and establish a clear thinking, Medha (6.108.5 Shounaka Rishi). This could be the guiding spirit in this exploration too.

Here is the first richa by Rishi Atharva.

1.1.1¹Ye trishapta pariyanti vishwa roopani bibhrataha, vachaspatirbala tesham tanvo adya dadhatu may. May the lord of the Vedas who supports the whole universe of seven triplets (such as perhaps in the present state of knowledge and enquiry, creation + sustenance + destruction, time + space + energy, satwa + rajas + tamas, matter + antimatter +space) give the strength and knowledge of that entire body to me today.

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¹ Here the three numbers correspond to Kanda, Sukta, and Richa respectively

Chapter 2

Blessings

19.42.3 "Satyaa santu yajamanasya kaamaah" - May all of your wishes come true. (Rishi Brahma). This is the main aim of the Vedas - to enable you to fulfill all of your wishes and dreams.

20.96.9 You rising one! go on living for one hundred years. I, Agni, Savita, Brihaspathi, have lifted you up with energy to live for one hundred years. (Poorana²)

2.29.4 This life, gifted by Indra, taught by Varuna, sent by heroic Maruths, has come shining amidst us. Hey sun and earth! may he be never hungry or thirsty in your lap. (Atharva)

3.11.4 Making great progress you live for hundred years. I-Agni, Savita, Guru -protector of the great, have lifted you up with hundreds of life-energies. (Brahma)

6.64.3 May your plans be similar, may your feelings be same, may your thoughts be same; may you make great progress. (Atharva)

6.78.3 The Creator has made this wife for you and He has made this husband for you. May He give you all the support needed for a good living and give you a long life. (Atharva)

6.106.1 May your arrival and departure paths be spread with flowers and doorva grass. May there be wells with water and lakes with lotus flowers.

* * * * *

² The name in the brackets refer to the Rishi to whom the Richa was revealed

Chapter 3

About God

Any amount of debate and thinking is unlikely to solve the mystery until one is able to experience God in some form at least once. It is impossible that those who study at least a few Suktas of the Vedas sincerely will not have this chance. Vedas display the presence of God in all things at all times at all places and enable you to reach Him, see Him, feel Him, and do whatever you wish to do to along with Him in this world.

7.21.1 Hey Men! practicing truth, you meet the Lord of all light present everywhere. He is the guest of everyone. He, the Ancient, is present in this new world in a wide variety of ways. To Him one can reach in many ways. (Rishi Brahma)

7.22.1 He is present as light in the physical world for the learned to see. (Rishi Brahma)

7.26.6 See the Omnipresent Vishnu; He has integrated everything together. He is the friend of life. (Medhatithi)

7.26.7 Learned intelligent ones see Him always as in broad day light with open eyes. (Medhatithi)

7.87.1 Salutations to Him who is in fire, who is in water, who is in plants and herbs, who has created the whole universe and who is present everywhere. (Atharva)

8.9.26 That One runs the world, That One guides the world, That One is of the form of light and That Constant One cannot be exceeded. (Atharva)

11.4.21 Everything and everyone, moving and nonmoving, is present in Him. (Brahma)

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Chapter 4

Right Way of Knowing God

Everyone has their own way of seeing God just the way one may see the world in different ways. But there is a difference. While for seeing the world our sense organs provide a great support they cannot quite reach God. Yet each may feel that he or she must be right. Many under illusion may insist that only they are right and all others are wrong. Particularly damaging can be the traps created by leaders and their organised followers which may lead to horrible clashes. In this context the advice by the Vedas can be highly beneficial. Rishi Atharva says the following in 11.3:

Unless you see God by the head of the wise Rishis of yore all of the citizens may perish.

Unless you hear God by the ears of the wise as wide as sky and earth you may become deaf.

Unless you eat God by the right truthful mouth your citizens may perish due to your mouth.

Unless you see God by the right eyes of the wise Rishis of yore you may become blind.

Unless you experience God by the right tongue shining like fire your tongue will lose its power.

Unless you eat God with the right teeth you will be toothless.

Unless you experience God with the right breath like the Rishis of yore your breath will leave you.

Unless you experience God with an expansive state like the Rishis of yore you will become incurably ill.

Unless you experience God from the right platform of the expansive space, it is said, you will be struck by lightning.

Unless you experience God with the right heart of the Rishis of yore as loving as the earth, your crops will fail.

Unless you eat God with the right stomach with the truthfulness of the Rishis of yore you will die of stomach diseases.

Unless you eat God with a lower abdomen as stable as the sea like the Rishis of yore you will be drowned.

Unless you experience God by the right thighs, like the teacher and the student, your thighs will die.

Unless you experience God by the right feet of the learned you will be only going round and round.

Unless you experience God by the right toes of the enlightened you will be poisoned.

Unless you experience God at the truthful hands like the Rishis of yore you will be killing Brahmins.

Unless you experience God with the right authority and respect as the Rishis of yore you will have no shelter or name.

But if you see, feel, experience, preach and so on with the right head, ear, eyes, tongue, breath, mouth, heart, stomach, lower abdomen, thighs, ankles, legs, feet, toes, hands, humility, expansiveness, authority, respect and truthfulness, you will surely find Him with all limbs, with all His aspects, with all knots and joints and He becomes all encompassing, all protective, all nurturing.

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Chapter 5

Praises and Prayers to God

By far the largest part of Vedas is dedicated to praises and prayers to The One God but in various names appropriate to the qualities being described. One can find these things often in the form of monologues with God practically in every Sukta by every Rishi irrespective of the specific topic being discussed. The prayers are more like the way a son would ask his father rather than the way a poor helpless beggar requesting for alms. For best effects these Richas should be recited with correct intonations while keeping their meaning at the back of one's mind. These will have to be learnt under a Guru well versed in the subject so that you could also experience a bit of the elevated state experienced by the original Rishis who first saw these Richas bubbling in their pure hearts. Gist of some Richas selected mostly from the last Kanda of Atharva Veda is given below:

20.51.1 Accept and praise the infinitely rich and generous Indra as He is. He will give you everything. (Praskanva)

20.61.1 We praise Your joyous state, which has unlimited strength, which enables victory in battle, which creates the universe and which gifts wealth.

20.62.6 Hey Indra! you are victorious, you have given the shine to the sun, you are the maker of the whole universe, you are the strongest of all and are worthy of worship. (Nrimedha)

20.64.1 Hey Indra! you loving, won through love, never hiding, are available to us in all directions; you are spread all over and are the lord of comfort and joy. (Nrimedha)

20.70.1 Hey God! you are the one who rains comfort over us; you give true knowledge. Disclose the knowledge which is like the cloud now. (Madhuchanda)

20.79.1 Hey God! give us intellect (buddhi) like a father does to his child; show us the way now so that we find the light. (Vasishta)

20.80.1 Hey Indra! holding thunderbolt in your hand you have filled up the entire earth and space; for us you are the giver of greatest strength, support and success. (Shamyu)

20.82.1 Hey Indra! from the great wealth which you possess, enable me to be the owner of only that much by which I can support the learned but not so much as to fall into bad ways. (Vasishta)

20.92.5 Dear men! worship Him like a fear free fort, worship, worship, worship, and your good children also worship Him (Priyamedha)

20.92.10 He who has created all the necessary materials in a beautiful way, He who frees those who are near Him from all forms of sorrow, He alone is the leader, the God. (Priyamedha)

20.101.1 Worthy of being searched, honored, remover of sorrows, worthy of being seen, bright, God spreads light in wonderful ways. (Medhyathithi)

20.103.3 Hey strength giving all-knowing God! your subjects find you only in all of their nonviolent activities. Hey ancient one! we request you for water and light for our activities. (Sudeethipurameedhau)

20.108.2 Hey you Shelter! you alone have been our father and mother, so we ask you for the joy of your company. (Nrimedha)

3.5.2 Hey praiseworthy One! establish power and wealth in me. May I be the foremost amidst the nation's leaders. (Atharva)

5.6.12 Hey God! you are the refuge of my soul. With all my animals, persons, my full strength, my entire body, and myself in totality I am reaching you and entering you. (Atharva)

7.17.2 May the God who nurtures everyone gift unlimited support for life to the person whose heart is filled with generosity. May we carry the good, wise and benevolent mind of the God. (Bhrihu)

7.83.3 Hey God! untie all our chains from above and from below. Free us from bad dreams and all obstacles. May we once again be in the path of righteousness. (Shunashepa)

Chapter 6

On the "Only One God" Debate

It is unfortunate that this "only one God and none else" argument has caused perhaps one of worst tragedies and divisiveness in human history. It is interesting to see if we can see some light through the Vedas.

2.2.1 The only one Lord of the universe is worthy of namaskar by the subjects. With you wonderful One, Hey God, I am meeting you. Salutations to you, May I have your company with every activity. (Matrinama)

2.2.3 No doubt He is present also in all the animals and living ones who appear and disappear.

2.2.4 My namaskars to you divine ones who are present in cloud, lightening and stars and are always serving the God.

2.2.5 To those wives of God, who invite, who fulfill His wishes, who make happy surprises for Him, to those I have done namaskars. (bow down to them)

(The statements by the same Rishi in the same Sukta in consecutive verses makes it clear that there is absolutely no need to be fanatic about not doing namaskars to anyone else but one. Also, that God even as being only one resides in all has fantastic unifying and religiously liberating consequences)

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Chapter 7

Is God Male or Female?

Although it may be foolish to ask such a question the doubt often does arise in our minds due to various reasons and our own limitations. In Veda, by and large, God has been addressed in male form. Many a time God has also been addressed in neuter form and also described as pure energy, knowledge or consciousness or even left as non-describable. But here is a very special beautiful Sukta of extraordinary beauty and power where God is describing Herself in Her own words as female (here female gender has been used for describing the nouns, verbs and adjectives). The beauty can be seen best in the original Sanskrit version (4.30.) (Rishi Atharva)

4.30.1 I move with all knowledge giving and divine beings as well as the dependent worlds. I alone support the Mitra, Varuna, Indra, Agni, and Ashwins.

4.30.2 I am the power of generating all the wealth and of knowing and controlling all activities. Learned ones have taken me into themselves in various ways.

4.30.3 Those whom I like I make them bright, Rishis, and Brahmas. Those who do not know me weaken. Listen able ones!

4.30.5 I bear and support the universe. For the devoted and committed ones keeping good company I gift all nourishment and wealth.

4.30.6 I create the nurturing qualities. My creative space is the entire universe wherein I spread myself and touch it with my wealth.

4.30.7 I alone move throughout the universe like the wind and with my glory stand above it.

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Chapter 8

On Self and God Realization

While Veda aims at taking you to the peak of well-being in this life, taking you to the permanent state of well-being through a full link up with God is its main aim. This transformation occurs simultaneously and smoothly up to some stage when there occurs a sudden transition to a new state of self and God realization. In this context some Richas by Great Rishi Bhrigu are given in Sukta 4.14 outlining the critical knowledge and the ways to move out of yourself - body, mind and even soul - to attain self and God realization.

4.14.1 The unborn, and free to move soul has emerged from the same God only. They who saw the already existing God attained the quality of being Angels. In the same way men of pure quality acquired the ability to go up.

4.14.2 Hey great heroes! with the perfected knowledge on hand, with the help of the God, you enjoy great comfort. Moving with the learned, reach the God - the comfort and joy personified.

4.14.3 I climbed from the earth over to the middle space. From the middle space I climbed over to the sun space. From the bright sun space, I attained God who is like a light.

4.14.6 I enable the auspicious, strong, free soul with the shining knowledge. By that, aiming at the great joy- the God, let us search the divine space.

4.14.7 Come out of your body space. Place the head of your soul in front of you. Place the right lower half on your right.

4.14.8 Place the mid- body behind you. Place the lower left part on to your left. Place the back bone up over you, place the stomach below you. Hang the mid body in mid space above.

4.14.9 Cover the all complete perfect soul with your expanded energy. Now you get up from here aiming at the perfect God and become famous with all the four attainments in life.

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Chapter 9

Adhyatma - Spirituality

Spirituality is at the heart of the Vedas. You touch any cell of the Vedas you are bound to be pumped up by it. You touch any point on the Veda you are bound feel this heart beat and experience a rhythmic beat of your own heart. Now, ideally speaking, spirituality should be dealing with the spiritual world just as science deals with the physical world. Vedas have laid a good foundation for this. This foundation is also useful for the border areas of consciousness and entry and exit of life in the physical world. Concept of soul and God is basic here much like the concept of zero and one, or one and infinity in mathematics. Zero feels reassured and joyful in the presence of one. The infinity can playfully watch and support infinite finites such as one and all of their combined incarnations and adventures.

Science has progressed by leaps and bounds even though it has barely any idea about the ultimate origin and most fundamental nature of the physical world. Similarly, even though the ultimate nature and origin of the spiritual world is not clear it is possible to make good progress. The tools such as objectivity, reproducibility, statistical significance, truthfulness are essential here. In this context arguments such as "I am a believer, mine is right because someone said so, all others are wrong and must be persuaded, persecuted, cursed, converted or killed" must be recognised as one of the worst man-made tragedies in man's entire history still unfolding. Knowledge of the Vedas can help us in avoiding this huge blunder. Here are a few suggestions from the Vedas about how the twin intelligences-soul and God - interact with the physical world. In in Sukta 9.9 and 9.10 Rishi Brahma says that:

This body with its sense organs takes one towards where the universe gets its support.

Rishis say, That One is responsible for every action and growth while more contemplative and detached ones say He is within every one.

Soul was formed independently; sense organs are born when soul takes up a body of matter and shine as required by it in the specific form.

Soul is not created by the group of physical bodies.

In the world soul and God are like two birds on a tree where the former eats all the fruits of his actions while the latter keeps shining.

Those who get absorbed in the God and arise enriched get the foremost and lasting sweetness but not those who are unaware of Him.

Because of His worshipable quality Rishis have separated Him from the worshipper.

God has combined and mixed his powers very well throughout the universe.

Intelligent learned ones call the one God by different names.

May God who has all past and future in His hands hand over my past and future into my hands.

In different verses of Sukta 10.2 Rishi Narayana says:

God stitched the mind and heart together and stood above the head.

This head is a great reservoir of good qualities and is protected by the breath and food.

Whatever maybe the way one is born one is called Purush if one understands Puram - the perfect one (God).

This perfect body with eight centers and nine gates is the victorious city (Ayodhya) of gods. In it the golden powerful soul is enveloped by the divine light of God. Brahma jnanis know this light which is of the same nature as the soul.

God has entered this joy giving, bright, sorrow removing, never defeated city (my body).

(This last sentence is the way spirituality is made a living experience and Rishi Brahma's last sentence is the best way of going about it)

Chapter 10

Spiritual and Philosophical Excursions

Veda is the knowledge of the world soaked in God. As we continue our explorations of Veda we too can taste the nectar and experience our intimacy. In Kanda 15 and 16 the Great Rishi Atharva takes us through some deep, fascinating philosophical excursions toward God.

15.1.1-15.1.8 The envelope and friend of all continued to exist, and He activated His creative, nourishing nature. He saw that ability in Himself and brought it out which became That Great One which has no second- none like It. It became the Main, the Great, the Oldest, the Brahma, the active cause. He grew, became great and became Mahadev. He became lord of all skills and became Eeshana. He alone can create life. Clear knowledge is His stomach and creative ability is His back. With His clear knowledge He overcomes obstacles - so say Brahmavadis.

15.2.1-15.2.28 He stood up and went forward (east); space, matter, stars and all moving things followed Him. Anyone who speaks ill of Him is making a mistake and is a fool. But for the learned and wise, who know the Envelope, the past and the future behave like two servants and the mind becomes an omni mobile chariot. Success and fame run ahead of him. He stood up and moved to the right (south); all spiritual knowledge, spiritual actions, enlightened persons and all animals followed Him. For him who know Him all persons and animals become friends. Darkness and light, knowledge and ignorance become his friends, name and fame come to receive him. He stood up and went backward (west). All material knowledge, all knowledge needed for freedom and liberation, all materials of the world, leaders and great persons followed Him and the west becomes their favorite residence. They come to him who knows Him. He stood up and went to the left (north). All progressive knowledge, knowledge of the saints, all sense organs, mind and intellect, the Kings and gurus followed Him, making north their favorite residence. Success and glory come to meet them who know Him.

15.3.1-15.3.11 Learned ones are His servants, determination are His messengers, all physical forces are His close associates who become close associates of all those who know Him.

15.4.1-15.4.18 The spring season protects them from the front (east) and the whole space works for those who know Him. Summer protects them from the right (south), and the five elements work for them. Rainy season protects them from the west; knowledge of the materials and the leaders and great persons work for them. Sharadritu protects them from the north, Saptarshis and saints, kings and Gurus work for them. Winter protects them from below; fire and earth work for them. Shishir Ritu protects them from above; sky and sun work for them who know Him.

15.5.1-15.5.16 He will be present in appropriate forms and removing all forms of sorrow and protecting them in the north east, south east, south west, north west, as well as half way up and half way down locations.

15.6.1-15.6.26 He went in the downward direction. Earth, fire, herbs, plants, creepers followed Him and will stay joyfully with those who know Him. He moved in the upward direction. Science and truth followed Him whose favorite are those who know Him. He went in an unknown direction. The whole world and its residents followed Him whose favorite are those who know Him. He went in a secret direction from where the learned thought He would not return. But the perishable world, the unperishable world and the life force (Diti, Aditi, and Indrani) followed Him whose favorite are those who know Him. He went in all directions at the same time. All the divine materials and forces followed Him whose favorite are those who know Him. He went in all inward directions. Parents and grandparents followed Him whose favorite are those who know Him.

15.7.1-15.7.5 Those who know Him receive good job, devotion, greatness, good company and good food.

15.8.1-15.8.3 He loved so He became the Lord.

15.9-15.13 (50 Richas) He moves around men. (Learned ones and saints who know Him coming in as guests uninvited, are considered as Himself paying a visit). Those who honor such a guest in an appropriate manner receive great boons: long life, great wealth and whatever one wishes. If the guest stays for a night, one's society becomes secure. If he stays for two nights, life in the sky becomes secure. If he stays for three nights, all the divine life becomes secure. However never entertain or allow cheats to stay at home.
15.14.1-15.14.24 When the honored guest leaves from the east, south, west or north He strengthens one's bravery, wealth, leadership, and work skills respectively.
16.1.6 You are the leader among the living; I (Veda, Atharva Rishi) will take you toward Him.

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Chapter 11

On the Question of Creation

Answers to this eternal question may certainly be found in the Vedas. But one will have to tune oneself to listen to the answer and grasp the contents. Perhaps as the science progresses one may be able to see better. May be the other way too -as one begins to study the Vedas better, science may make better progress with respect to these fundamental questions. An attempt is made below to put up a few statements from the Vedas for contemplation.

11.7.1 In the Remainder (shesha, remnant) all of the universe and the names and forms remain in a compact form. (Atharva)

11.7.3 In the Remainder all qualities also remain. (Atharva)

11.7.5 In the Remainder all the knowledge remains. (Atharva)

11.8.1 Process of creation begins with the Sankalpa - (good resolve, will, volition, determination desire, intention, thought, idea, purpose, aim, imagination) (Kaurupathi)

11.8.6 Only Tapa (heat, penance,) and action were present in the beginning. (Kaurupathi)

11.8.7 This present earth came from the preexisting remnant.

11.8.9 From the causative actions and objects the effective actions and objects arose.

11.8.13 Through mutual support all living ones (those who also die) collectively filled the material world with life and came into existence.

11.8.14 Those who know generated all the diverse organs.

11.8.17 The helpful female energy filled up all the colors.

11.8.19 Little by little, sleep, desires, disease, old age, bad and good qualities, joy, sorrow, also entered.

11.8.30 All the powerful senses, digestive powers too entered. The Creator, the Protector also forcefully entered.

11.8.34 Body is placed in the ancient vast space. Inside that, the driver of growth - the soul - is rightfully placed. Above that, it is said, the energy, the driver, the cause of growth - the God - is placed.

15.1.1 The helpful moving envelope existed and activated its helpful quality. (Atharva)

8.9.2 The one with three shoulders made a generating cause and expanded Himself far and wide in the cave. (Atharva)

8.9.3 With three the fourth one combined. (Atharva)

8.9.4 From the big, the sixth, the five materials came. The big universe came from the big nature. (Atharva)

8.9.9 The nonbreathing one moves with the breath and takes toward independence. There is infinite creative power in this first mother. (Atharva)

8.10.1 This vast One was only divine energy which transformed into everything. (Atharvacharya)

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Chapter 12

A Bit About Stars

An interesting description of the effect of stars is given as a call to them by Rishi Gargya in Sukta 19.7

19.7.1 In the sky stars can be seen shining and moving in a variety of ways. Desirous of achieving samadhi I worship God through vedamantras.

19.7.2 Hey God! may Krittika and Rohini be comfortable, may Mrigashira be auspicious, may Ardra be peaceful, may Punarvasu be bright, may Pushya be favorable, and may Ashlesha and Magha be showing the right directions.

19.7.3 May Purva and Uttara Phalguni be holy, Hasta be comfort giving, Chitra and Swati be auspicious. Hey result giving Vishakha be easy to be invited. May Anuradha Jyeshtha, and beautiful Nakshatra Moola be free of trouble.

19.7.4 May Poorvashada give me food and the shining Uttara be filled with energy. May Abhijit give only virtuous deeds. May Sravan and Sravishta give nourishment.

19.7.5 May Shatabhisha give extensive progress. May Proshtapada give me great joy and peace. May Ashwayuja and Bharani bring in great wealth.

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Chapter 13

A Note on Time

19.53.1 With seven rays and thousands of eyes the time keeps running. It never becomes old. Learned ones climb over it. Universes are its wheels. (Bhrigu)

19.53.3 Over time is the pot of all the wealth seen by the present. Time runs ahead of all powers. That time, the learned say, is the greatest. (Bhrigu)

19.53.5 Time has created space and matter. In time resides the future as well as the past. (Bhrigu)

19.53.9 The universe has been prompted, created, supported and nurtured by time. (Bhrigu)

19.53.5 Winning over everyone the divine time moves swiftly accompanying the God. (Bhrigu)

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Chapter 14

On Honorable Guests

Visits by learned Rishis, saints and Brahmins are considered as highly auspicious events for any household. Vedas describe the immense potential benefits that follow such a visit if they are handled correctly. Certain guidelines for the decorum to be maintained can also be found in the Vedas.

9.6.1 The favorable words of the learned guest are like Veda-Vakyas (they will come true). (Rishi Brahma)

9.6.3 As you wait for the guest you acquire good qualities.

9.6.2.1-2 When the guest says " this is plenty," then surely you increase your life span.

9.6.3. 7 But because the guest is a learned person it is necessary that you do not eat before he eats.

9.6.4.1 Those who offer milk to the guest receive as much fruits as by doing a Somayaga in the spring time.

9.6.4.10 Those who gift water, beget good children and are loved by children.

9.6.5.9-10 When he looks toward the guest he performs his joyful actions; when he greets the guest, he praises his fortune; when he gives water politely he sings the Veda hymns; when he offers dinner then he receives immense wealth. Whoever knows this acquires glory, children and all forms of wealth.

9.6.6.13-14 He who serves a learned guest reaches the same divine world as the learned guest.

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Chapter 15

Man! You are Great!

Although we know our weaknesses and short comings, it is good to be reminded of our greatness too. The entire Veda can be summed up as "God is Great, you are great!". The text of the Veda is an elaborate inspired and inspiring guidance needed to see and achieve true greatness in our lives. Here is a glimpse.

6.86.3 Hey man! you are the emperor and top among men. You are the sole leader and driver of growth. (Vrishakamo Atharva)

10.2.31-33 This body with eight chakras and nine gates is the invincible city of the ecstatic divine ones (souls). In that resides the soul with unlimited abilities. The shining, bright, sorrow removing, success giving, infinitely powerful, invincible Divine Light (God) has entered and surrounded it. (Rishi Narayana)

19.25.1 Hey men! I have endowed you with a tireless first-class mind; move toward the highest shore; be the one who takes everyone to great heights. Taking men to great heights run at high speed. (Gopatha)

20.126.1 Because people have stopped extracting the juice of knowledge they did not understand themselves. While man has found happiness in mere wealth, my friend, you are really the greatest among all life. (Vrishakapi -Indrani)

20.126.2 Hey man! becoming very sad you are running away from your soul. Leaving yourself you can never find happiness through the whole universe.

20.126.3 Who has made you like a wild animal? Remember you are the greatest of all.

20.126.4 Hey great man! protect your dear Vrishakapi (jeevatma). Do not get bitten by the dogs in the ears like a pig. You are the greatest.

20.126.5 Fickle monkey of mind has polluted my dear activities. I will cut off the head of the vile activities. Man is the greatest among all.

20.126.6 No lady is more auspicious, more beautiful, more patient than me. Let no one be using my body more than me. Man is the greatest among all.

20.126.7 Hey mother! whatever happens in the future let it happen; may my shining work, my strong thighs, and my mind give me all the joy. Indra (man) is the greatest among all.

20.126.10 A lady is well perfected from time immemorial to work with man. She enables the true knowledge to dawn and is adored. Man is the greatest of all.

20.126.11 A lady is endowed with all the richness. The husband of this great one never wastes his life and does not shorten his life span like other animals. Man is the greatest.

20.126.15 Hey man! the way in a crowd of cows a strong bull is satisfying, may the extracted knowledge given by God be giving peace to your heart because you are the greatest among all.

20.126.16 That man is poor whose head keeps dangling between the thighs. He is truly rich whose mind expands. Man is the greatest.

20.126.18 Hey man! this man has been found to have destroyed his nurturing abilities; so, we can see swords, slaughter houses, fire wood and the like all over.

20.126.19 Decorated well, knowing very well the difference between a robber and a great man, I move around. I drink nectar of knowledge from a perfected learned person and decorate fearless wise persons. Man is the greatest of all.

20.126.23 The wonder of man has created twenty sense organs at once. Hey man! congratulations to that mother to whom that womb had given the trouble to make you. This highly endowed man is the greatest of all.

Chapter 16

Oh Men!

- 1.5.2 Oh men! share with each other the sweetest juice that you possess, like the loving mothers do, and attain the joyous state. (Sindhudweep)
- 2.11.1 Hey men! you are the opposer of injustice; you are the spear of spear; you are the diamond of diamond; access the ones with higher abilities and surge ahead. (Shukra)
- 3.24.7 Hey men! Yoga and Kshema (acquisition and maintenance) are your two guards. (Bhrigu)
- 5.16 Hey men! whatever you may be, produce, produce, produce, or else you are sterile. (Vishwamitra)
- 6.62.2 Hey men! begin to learn and spread the Vedavakyas which have infinite ability to support universal wellness. (Atharva)
- 6.64.1 Hey men! know each other, meet each other and experience oneness. (Atharva)
- 7.72.1 Hey men! arise! search out the ever-present mines of wealth. (Atharva)
- 9.5.9 Hey progressive one! like a hero, overcoming hardships climb up to the elevated position where men of good deeds reach. Being one who has been gifted with the same materials and tools that God has, satisfy by yourself in all the completeness of existence and a joyful life. (Bhrigu)
- 12.2.42 Hey non-meat eater! hey fire-like one! take out the defect of meat eating and bring in the behavior worthy of praise by the learned. (Bhrigu)
- 12.3.53 Hey men! accept great tasks, acquire desirable qualities, clear up all the dirt from yourself. Reach the bright future which is equally open to all. (Yama)
- 13.3.1-26 Hey men! it is a crime against God to torture a learned Brahmin. Any such one may get shaken, bound and destroyed. (Brahma)
- 18.2.10 Hey men! gift yourself again and again to great men and keep acquiring brilliance and ability to support. (Atharva)
- 18.3.73 Hey men! constantly purifying yourself, keep rising and advancing in all directions. (Atharva)
- 20.34.16 Hey men! He who Himself has no parents but is present beside us in the form of our own parents and who knows what we do is the God. (Gritsamada)
- 20.96.10 Hey man! I have found you, I am holding your hands. You have been renewed and rejuvenated. With all the organs of knowledge you have regained your ability to see. I have regained a full life for you. (Yakshmanashana)
- 20.136.13 Hey Men! certainly give up philosophy of terror as if it is a burnt food.
- 20.137.2 Hey Men! be the ones who add to wellness. Be the ones who prevent destruction. Grow, spread wellness, spread cheer in all directions. (Shirimbhiti)

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Chapter 17

O Learned Ones!

- 1.30.2 Learned ones! with all the knowledge that you have, save hundreds of lives and earn fame. (Atharva)
- 1.31.2 Hey learned ones! you are the protector of all hopes; save us from poverty and all sinful activities. (Brahma)
- 3.20.1 Hey learned! God has sent you here. See your source, arise, awake and make us prosper.
- 6.131.1 Hey learned ones! using ancient and the modern knowledge show the correct way. Make yourself lovable and enable growth of wealth. (Atharva)
- 10.5.14 Hey learned ladies! you are a part of the shining God, hey wonderful ladies! among the learned, display great strength. (Sindhudweep)
- 7.141.3 Hey learned ones! fill up science and self confidence in us and grow all the good qualities gifted to us by our parents. (Vishwamitra)
- 7.99.1 Hey learned ones! grow the platform of knowledge in all directions. Don't use it for exploiting the present. (Atharva)
- 7.105.1 Hey learned ones! moving away from violence and killings, accepting divine guidance, following good principles, move together with all friends. (Atharva)
- 11.1.36 Hey learned ones! widen the roads for success in life and for reaching Him. (Brahma)
- 20.89.1 Hey Learned ones! with the voice of truth suppress the untruth of your enemy. (Krishna)
- 20.89.2 Hey learned ones! awaken the heroic people with your teachings and encourage them to be generous to the deserving. (Krishna)
- 20.127.4 Teach, teach, teach, like the way birds chirp on the top of a fruit bearing tree. If you don't, when loss and sorrow engulf, the tongues of men and women will be moving like knives.

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Chapter 18

Oh King!

- 1.7.1 Oh King! what has happened to you? You used to eliminate thieves and robbers? (chatana)
- 2.11.4 Hey King! you are highly learned, you have all merits. You are the protector of our bodies. Access those with higher merits and surge ahead. (Shukra)
- 5.18.1 Hey King! don't suppress the voice of the Vedas and the learned. (Mayobhu)
- 6.87.1 Hey King! be firm and stable minded; may all the subjects desire you; may the country be never corrupt because of you. (Atharva)
- 13.1.34 Hey King! bring forth businesses, bring forth knowledge, bring forth the country, bring forth wealth. Elevate your subjects and attain immortality and link your expansion with the Creator. (Brahma)
- 20.1.1 Hey King! We invite you to the center of wealth. Protect high quality food. (Vishwamitra)
- 20.5.2 You powerful one! lead from the front and defeat the obstacles and destructive enemies. (Iramviti)
- 20.6.3 Hey highly lauded King! encourage and support the wealth generating activities. (Vishwamitra)
- 20.17.10 Hey King! through education get rid of poverty and ignorance. Through food overcome hunger.
- 20.20.1 Hey Wise King! for our safety protect the strong, the rich, the successful, and the learned individuals. (Vishwamitra)
- 20.36.10 Hey King! may the Daasas (those who are lowly and enslaved to degrading habits) become Aryas.
- 20.74.3 Hey King! make all those who speak lies and spread falsehood sleep and not wake up. (Shunashepa)
- 20.124.1 O highly able King! be our close friend in our progressive activities and in our safety. (Vamadeva)
- 20.143.9 Hey King! make all the thousand good qualities present in education and knowledge respectfully available to all. (Medhyathithi) (This is the last sentence of the Atharvaveda)

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Chapter 19

Oh Rogues!

2.14.5 Hey Pains! whether you are related to body, related to genetic connections, induced by others, or caused by enslavements, get out of here at once. (Chatana)

2.32.5 Hey Worms! I pull off your horns, I break your reservoirs of poison. (Kanva)

5.26.1 Hey sinner Obstacle! leave me, come under my control and turn favorable. Keep me free of troubles in a joyful state. (Brahma)

6.84.1 Hey Poverty! I know the way to free the ones trapped in your jaws. (Bhagah)

6.89.3 Hey Enemy! may my life energies and all the scientific knowledge and the whole earth join you with me. (Atharva)

8.6.3 Hey Disease! stop roaming about between the thighs. I am making a strong medicine to save this lady from bad name. (Matrinama)

12.2.1 Hey Rogue! get on to the trap, you have no place here. My treatment is for you. Whatever horrible diseases you are in our people and animals, get off and go away. (Bhrigu)

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Chapter 20

Hey God!

- 1.1.1 Oh God! give me today the knowledge of the entire universe. (Rishi Atharva)
- 1.1.2 Oh God! come again and again. Joyfully move with me illuminating my mind. (Atharva)
- 1.2.2 Hey God! for victory keep us humble; make our bodies strong like stones; keep our enemies and hatred away. (Atharva)
- 2.16.4 Hey God! with your power of purification clear those deficiencies by which we are hated or due to which we hate others. (Chatana)
- 3.1.8 Hey Praiseworthy! you complete us, you protect us, heroic I and you have the same origin. I bind you with that power. (Atharva)
- 4.15.3 Hey God! display your clouds to the singers. May water flow in rising currents. Enrich the soil with rain water and let the whole variety of plants grow. (Atharva)
- 4.25.6 Hey God! you complete our mind, intellect and our joyful state. Give us wealth rightfully and save us from trouble. (Mrigara)
- 4.40.1 Hey God! may all those who are attacking me and coming to gobble me will meet with you. With your support I am chasing them. (Shukra)
- 5.6.11 Hey God! You are our house. We enter you with everything that we have. (Atharva)
- 5.25.10 Hey God! establish a beautiful baby in the womb of this lady to be born in the tenth month. (Brahma)
- 11.2.9 Hey God! salutations to you four times, salutations to you eight times, salutations to you ten times for all these gifts of life. (Atharva)
- 17.1.20 Hey God! You are pure and bright. Likewise, may I too be. (Brahma)
- 17.1.21 Hey God! You are Love. Likewise, may I too be loving towards all life and toward the brilliance of Brahmins. (Brahma)
- 19.60.1 Hey God! may there be voice in my mouth, breath in my nose, eyesight in my eyes, hearing ability in my ears, freshness in hair, rigidness in my teeth, and strength in my shoulders. (Brahma)
- 19.60.2 Hey God! may there be strength in all my organs and may my soul never fall down. (Brahma)
- 20.70.10 Hey God! the Fierce You, with your fierce tools, protect us during our struggles. (Madhuchanda)

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Chapter 21

For God's Sake

16.2.1 For God's sake the rich man purifies himself. For God's sake gifts are given. For God's sake alone, the world runs and the fire burns. (Atharva)

16.2.2 For God's sake you work scientifically, give gifts and earn fame, so said the ancient ones who showed the path. (Atharva)

16.2.46 May every breath be for God to see. Through the non- deviated straight path reach the coveted place of the learned ancestors.

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Chapter 22

Ways to Eliminate Bad Dreams

Bad dreams are a common problem. While there are bad dreams which haunt during sleep which affect the person concerned, there are worse ones happening when awake which could not only be catastrophic for the individual but also for the society at large. Rishi Yama and Rishi Pracheta have this to say about the origin of these and the ways to combat them.

6.45.1 What wrongdoing of treachery may have been done, may such unpleasant acts be cleared from us. (Angira Pracheta)

6.46.1 Hey dream! you are neither real nor unreal but you are the foundation of rejuvenation of senses. Night is your mother and day is your father but you cause much trouble. (Angira Pracheta)

6.46.2 We know your birth place. You are the purifier of the ways of the senses. You are the destroyer. you are the cause of death. We know you well that way. So, save us from the bad thoughts during dreams. (Angira Pracheta)

16.5.1 Hey dream! we know your roots, you are the son of body pains and joint pains; you are a killer.

16.5.3 We know you well, you save us from bad thoughts during bad sleep.

16.5.4 We know you well you dream! you are the son of mental and physical decay.

16.5.5 Hey dream! we know you well, you are the son of poverty.

16.5.6 Hey dream! we know you well, you are the son of shortage.

16.5.7 Hey dream! we know you well, you are the son of defeat.

16.5.6-16.5.10 Hey dream! we know you well, you are the son of intoxication, you a killer.

16.6.1 Now we have overcome the problems, we have become free of our deficiencies. (thereby eliminating our bad dreams).

16.6.2-16.6.3 Hey Usha! may the bad dreams which we fear go far away from us; may they go to those who curse and hate (wake up early, do not hate or curse so as to avoid bad dreams)

16.6.5-16.6.6 May Ushadevi and Vakdevi be together. (wake up early and study and recite mantras or sing or talk sweetly so as to eliminate bad dreams).

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Chapter 23

Value of Anger

Typically, in religious or spiritual literature anger is derided as one of the highly undesirable qualities. But in the Veda, there is some praise for anger too. Here in Sukta 4.30 Rishi Brahma Skanda describes a typical situation where anger may be needed.

4.30.2 Hey Anger! flare up like fire and become able to achieve the goal. You are invited and you are our Army -in-Chief. Defeat the enemies and disperse the terrorists.

4.30.5 Hey Anger! you never use bad words, you bring victory, you are a hero, you are our Lord. We applaud your good name and we know the great source (God) from whom you come.

4.30.6 You are like a diamond, you are born with other great powers; you are often invited by many. You are our friend when used with proper thinking.

4.30.7 Hey great hero! you collect and create for us spiritual as well as social wealth. May the enemies keeping many kinds of fears in their hearts run away and vanish.

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Chapter 24

Salutations - Namaste - to Enemies

In a unique and wonderful approach Vedas describe a process of bowing down to negative qualities too as a way to get rid of them. Accept them, respect them and request them to go away! In 5.7 Rishi Atharva brings it out like this:

5.7.1 Hey poverty! (Adana Shakti), come near, don't stand apart, don't keep our gifts away. We bow down again and again to you, the non- growth, miserliness and poverty!

5.7.2 Hey Poverty Power! we bow to the outspoken person you are pushing forth. Please do not disappoint my devotion.

5.7.3 May our devotion gifted by the great grow day by day. May we able to search out the Adaana Shakti-poverty and miserliness. Our salutations to them.

5.7. 6 Hey Adaana Shakti! do not disprove our words or our commitment. May our life and hard work bring much wealth for us. Hey all our qualities of generosity! meet and oppose the Adaana Shakti today.

5.7.7 Hey Poverty! go away. We are pulling out your spear. I consider you as one who penetrates deep inside and bites.

5.7.8 Hey Poverty! falsifying one's determination and ability to think, you shamelessly enter inside when people are a bit sleepy and lazy.

5.7.9 I have saluted the cruel poverty wearing a golden dress and which has become strong and has spread in all directions in order to save myself from the path of dishonor.

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Chapter 25

Hints About Medicinal Plants

In the Vedas reference has been made to several medicinal plants and their uses. This information can be found scattered in different places. Also, one will have to do some amount of research to decipher what exactly is the meaning, just like about everything else, in the Vedas.

Here are some examples.

19.28.1 For sharpness and long life, for controlling and subduing all enemies I am appointing this Dharbha, says Brahma Rishi, perhaps indirectly referring to the great power hidden in the grass Dharbha. Rishi Bhrigu gives very elaborate description of the powers of the Dharbha. Hey Dharbha! you stand firmly on the earth, you are perfected by the sun. I increase my life span with your help (19.32.3) referring to God as Dharbha and indirectly referring to the plant as well.

19.31.10 May the Audumbara and the food giving science bring near me increased milk, pulses and wealth says Rishi Savita in 19.31.10 possibly referring to the special properties of the tree Audumbara as also to God whom he calls also as Audumbara. Suktas 34 and 35 by Rishi Angira describe the vanaspathi Jangida as a cure for hundreds of diseases such vata, fever, cough, weaknesses of voice, hearing, eyesight as well as for mental weaknesses. It is effective for problems of the two legged as also of the four-legged ones. Sukta 36 by Rishi Brahma refers to Shatavari as follows:

19.36.1 He, with his sharpnes, destroys notoriously bad ones such as piles, tuberculosis and germs.

19.36.2 With his top he destroys bacteria, with his roots he pushes away the troublesome pains, with his center his shoves the king of diseases and none can stop him.

19. 36.6 With the help of Shatavari I clear up hundreds of notorious pains, hundreds of land-based diseases and diseases that travel in air as also the ones that spread rapidly, says Veda.

19.38.1 He will never suffer from the king of diseases as also the effect of curses if he is protected by the good aroma of gulgulu says Rishi Atharva.

19.39.1, 19.39.8 Rishi Brigwangira says: coming from icy places, hey Kushta! you have divine qualities. You destroy all fevers and pains.

19.39.3, 19.39.4 Hey Kushta! born in the rivers you cure the diseases of men. You can be compared to divine somaras. You are the universal medicine.

3.6.2 Hey Ashwatha! being a friend of sun, air and water totally destroy the diseases which cause various obstacles. (Jagadveejampurusha)

4.17.1 For overcoming fear we take refuge in you. God has made you (Apaamarg) with thousands of abilities. (Shukra)

6.106.1 -6.106.3 Hey Pippali! you are the cure for disturbed ones, bleeding ones, and ones with vaata problems; learned ones have said that you can make them live well (Atharva)

7.136.1-2 Strengthen the old hair, produce those not yet grown, and make those produced very long Hey Nitatni! (Veetahavya)

At other places glory of many more plants such as Durva has also been described.

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Chapter 26

Benefits of Sun Bath

Veda acknowledges sun as the main sustainer of life. Medical benefits of bathing in the sun are also mentioned. (Rishi Brahma)

1.22.1 May your heart's weaknesses and lack of blood in the body vanish with the arrival of sun. We strengthen you in every way with the morning rising red sun.

1.22.2. With the red color of the sun we nourish you to live long without diseases.

1.22.3 There is divine healing power in the red directions. With their help we generate in you all round beauty and strength.

1.22.4 We give you good advice, apply healing herbal pastes, and give tasty juices to keep you always healthy of body and mind.

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Chapter 27

A Way to Facilitate Approvals

In life we often come across situations where we need to get approvals for our plans to be obtained from the concerned authorities. We may be looking for approvals from the friend for dating or for marriage. We may need approvals for our applications. We may need approvals from our parents, or from our own mind to take a decision. Here in Sukta 7.20 Rishi Atharva addresses this task in a unique way. This method can be applied to all problems in a general way; the basis of this is that God and Consciousness are present everywhere in everything including the problems and solutions as also in abstract nonphysical entities, and that we can access them and that they will respond to us. Once again, for best results the original Suktas in Sanskrit may be used.

7.20.1 Hey Anumati! (approval, permission, consent, favorable mind) today may the learned ones approve my action. You the great firepower are going to bring the desirable things to me.

7.20.4 Hey great manager Anumati! you are always considered very respectable and generous. Hey giver of great gifts, please complete this great task of ours. Hey auspicious One! grant us the wealth which heroes deserve.

7.20.5 Hey Anumati! for our task great heroes have come forward along with much physical support. Their supportive minds have done good. May you the protector of the good support our effort.

7.20.6 Anumati has spread herself throughout in everything - whichever stands, whichever moves and whichever acts. Hey Divine Devi! may we be in your favorable side. May you think of us favorably.

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Chapter 28

Power Statements

In Vedas we can find a large number of statements made by the Rishis which when heard by someone seem to have the power to leave him transformed, such as recovering from a difficult illness. Obviously, some background preparations will have to be made and some preconditions will have to be met for success of these power statements.

1.3.1 We know the all-powerful armed God. With that knowledge I make you free of the disease. May you prosper on this earth, may your enemy get out. (Atharva)

1.10.3 Hey man! you have uttered many lies and sinful words through your tongue. I free you from them through the truthful and righteous God, the King. (Atharva)

1.18.3 We take out and destroy whatever dangerous there is in your soul, body, mind, hair or vision with our words and our power of Vidya. May the divine all inspiring God accept you. (Dravinoda)

2.3.1 The Constant Companion, the God, comes down to us like a water fall from the hills. I make that Brahma the medicine for you so that you become the perfect medicine. (Angira)

2.10.1 Hey man! I free you from the body or genetic diseases, wretchedness, irritations by the foolish negative thoughts, and from the noose of the judiciary. I make you perfect with the knowledge of God. May the sky and earth be auspicious for you. (Brigwangira)

2.15.3 The way sun and moon never fear, so too, my life! never be afraid. (Brahma)

2.21.2 Hey universe! with the power of destruction that you possess destroy the shortcomings in those who hate us and whom we hate. (Atharva)

3.8.6 With my mind I stop your mind; come following my thoughts. I take control of your feelings; come following my path. (Atharva)

4.13.6 My this hand is auspicious and this hand is even more auspicious. They are the universal medicines which have the power to heal on touch. (Shantati)

4.13.7 These hands with ten branches take forward what my tongue says. With these all-cure hands I am touching you. (Shantati)

4.22.5 Hey King! for your sake I connect you to the Greatest, with whom people become victorious and never get defeated. May He make you the most learned topmost leader.

4.7.50 In my right hand is work and in my left hand is victory. I shall be the winner of land, animals, wealth and gold. (Angira)

7.78.1 Right here, right now I release you from all bondages. Be here free of all sorrows. (Atharva)

7.96.1 Cows have sat down, birds have entered their nests, mountains are seated, I have made my anger and lust be seated in their right place. (Kapinjala)

8.2.24 - 25. You will never ever die, don't be afraid. Here, where God has been made the envelope of happy life, no one dies and no one goes down into darkness. (Rishi Brahma)

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Chapter 29

Guidance for Growth of Mind and Intellect

The very first opening sentence of the Atharva Veda by Rishi Atharva addresses this important topic.

1.1.1 May He, who while supporting the entire universe, is present all over it, reveal its strengths and secrets to me today.

1.1.4 We have invited the God, may He invite us. May we remain together and be not separated from knowledge.

1.2.3 For our success make our minds humble and our bodies strong like rocks.

7.97.7 Be grateful and devoted to what you got through parents; be grateful and devoted to what you got by yourself. Hey knowers of the world, and desirous of victory, find your way and conquer the world. (Atharva)

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Chapter 30

In Praise of Vidya

Knowledge of the physical world and the spiritual world covering both theoretical and practical aspects is called Vidya. Rishi Brahma calls it Gau - meaning cow the wonderful companion of man. In Sukta 21 he praises some special aspects of Vidya this way:

4.21.1 Much desired and praiseworthy Cows have been received and they have done much good. May they give us happiness. For the very fortunate man may she come in various forms and be fulfilling all the needs.

4.21.3 These Vidyas cannot be stolen, nor do they get lost. Troublesome enemy cannot make fun of the Vidya. He who has the Vidya remains with her for a long time.

4.21.4 Neither the greedy nor the unsteady gets the Vidya. Vidya comes to those who protect her purity and spreads freely in those nations which adore her.

4.21.5 Vidya alone is wealth, Vidya alone is great treasure. Vidya is the wonderful Somaras for immortality. I desire this greatest wealth of all.

4.21.6 Hey Vidya! you are friendly to the poor and the weak too and make them famous and rich. You make the whole house auspicious. In the assemblies of the learned you are the only measure of strength.

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Chapter 31

Starting a Business

In Vedas we can find suitable elevating energizing thoughts for every conceivable human activity. For example, here is a set of thoughts or mantras suitable for invocation while starting a business. (Atharva). Once again, for best results the original Sanskrit Verses need to be used, while keeping their meanings at the back of one's mind.

3.15.1 Keeping the wealthy Vanik (God) at the fore I am starting my business. May He come within us and lead us. Roughing the enemies and robbers, may He be giving us wealth.

3.15.2 May all the sky and earth-bound ways for conducting the business be nourishing and supporting so that I can bring in wealth.

3.15.3 Hey Agni! with wood and ghee I am making this offering to you. I am grateful to You for giving me the business acumen and skill through which I can run hundreds of businesses at the same time.

3.15.4 Hey Agni! you have seen the hardships we have encountered. May our deals be very profitable. Let us enjoy them together.

3.15.5 Hey Agni! may our investment grow and not diminish. Keep away the stupid ones who may create loss.

3.15.6 May adept Prajapathi, bright Savitha, cool Soma and able Indra generate in me full interest in my business.

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Chapter 32

About Cows

In Vedas the word *gou* which means cow in English but may also mean bull, horse, earth, mother, goddess Saraswati, speech, words, heaven, water, a sense organ, the moon, or soul in Sanskrit, is one of the special words which evokes the strongest love, affection and admiration irrespective of the context. Rishi Atharva says the following in the context meaning cow.

18.4.30 Men rejoice milking the great treasure, with four openings, the crown among animals, worthy of worship, and the sweet juicy one. Hey Learned King! do not hurt the cow which gives the all nourishing milk and is the greatest of creations of God placed among men.

18.4.32 From this cow one gets grains, and seeds such as sesame. Certainly, a just kingdom lives through the support of the "must never hurt" companion - the cow.

18.4.33-18.4.36 Hey man! may the cows be gifting you all that you need. May white, black, yellow, red, brown and mixed cows with large calves stand beside you and serve you giving you nourishment and strength. Cow is helpful for mankind in hundreds of ways undiminishing like the ocean.

19. 24.4 Hey King! be praise worthy, wear the clothes of responsibility and protect the cows from all forms of violence and live for hundred years with all the wealth and material prosperity all around.

3.14.4 Hey cows! stay here itself. Nourish us like a house wife here itself. Grow with your children here itself. May you have affection for us. (Brahma)

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Chapter 33

Global Anthem (A Prayer to Earth)

The global anthem by Rishi Atharva is so beautiful in its original form that it is impossible for one to translate it into English or to any other language be it in prose or poetry form. No contemporary national anthems could perhaps compare with it in beauty or content too.

12.1.1 Great truths, truthful actions, intense work, self- control, brahmacharya, and sacrifice support the earth. May the earth - supporter of all our past and all our future - create a wide space for us.

12.1.2 Clearing all obstacles to our advancement in hills, valleys and all over, may the earth possessing multitude of energies and nourishings, create a wide space for us.

12.1.3 May the earth with its oceans, rivers, rivulets, fields and food, on which we breathe and live, place us high in her priority.

12.1.4 May that vast earth which spreads in all the four directions, growing food in its fields, and which supports breathing and active life, enrich us with cows.

12.1.5 May that earth on which our forefathers, since ancient days, have performed their duties perfectly, on which they have defeated the demonic, become an abode of horses, cows, and food and give us wealth and vitality.

12.1.6 May that earth who supports all, who is a great treasure house, who supports all on her golden chest, who gives comforts to the hardworking ones, who is the universal friend, who nurtures great heroes, who considers God as the leader, gift us strength and wealth.

12.1.7 May that earth who gives everything one needs, who is protected by gods without winking, gift us knowledge which is dear to us and enhance our strength and vitality.

12.1.8 On who there was water before the oceans, whom thoughtful men and women have been serving with their magical activities, whose heart space is deathless and is covered by truth and eternal God, may that earth gift us vitality and strength and make us the greatest nation.

12.1.9 May that immensely rich earth endowed with a whole range of powers, on whom truthful men experiencing unity serve day and night without faltering, make our lives sweet.

12.1.10 She who has been measured by day and night, she on who Vishnu has placed his feet, she who has been made free of all enmities by the great leader, may she give us sweet milk like mother to her babies.

12.1.11 Hey Earth! may your hills mountains and forests be lovely. I have become the owner this fertile, nourishing, multifaceted, firm, supportive, vast earth which is protected by heroic ones and which remains unblemished, unhurt, undamaged.

12.1.12 Hey Earth! maintain us with the energy and spirit emerging from your center and core and purify us from all angles. You are my mother and I am your child. Rain is our father who makes our life complete.

12.1.13 That earth on which skilled individuals are active in work, where good natured learned individuals spread the good deeds, where victory flagpoles get erected even before every effort, may that earth spread for us.

12.1.14 Hey Earth! you who work for the good of the good, please destroy those who hate us and those who attack us with arms.

12.1.18 You are big, you are great; your movement, your vibration is great. The Great, without fail, protects you. Hey Earth! make us glow like gold; may no one hate us.

12.1.19 Hey earth! over you there is vitality in herbs, there is vitality in water, there is vitality in stones and clouds, there is vitality in men and women, there is vitality in cows and horses.

12.1.21 Hey totally free energetic Earth! make us bright and sharp.

- 12.1.23 Hey Earth! you exude wonderful fragrance, which is taken up by herbs, flowers, fruits and plants, which is carried by water, and is enjoyed by birds in the sky and by all the animals. Enrich us with that fragrance; may no one hate us.
- 12.1.24 Hey Earth! enrich us with your fragrance which has been absorbed by the lotus and by the gods during the marriage of the sun and may no one hate us.
- 12.1.25 Hey Earth! enrich us with your fragrance which is present as protective power in great men and is present in women as attraction and is present in horses, animals and elephants as fearlessness, and as glow in young girls; may no one hate us.
- 12.1.26 Earth carries rocks, stones and soil; I stand up for protecting her golden chest.
- 12.1.27 On whom plants and trees have grown strong and are heroically protecting all, we welcome and invite that earth.
- 12.1.28 While standing, while walking, or while sitting may we not hurt her with our right or left legs.
- 12.1.29 While discovering and exploring you, oh wide tolerant wonderful earth! I request you to bear for us nourishment and support.
- 12.1.30 Hey Earth! may clean water flow for us. I destroy my destructive habits, oh earth! I continuously purify myself with clean habits.
- 12.1.31 Hey Earth! may the right, left, front, back, up and down directions be supportive and may I never falter.
- 12.1.32 Hey Earth! do not push us from up, from down, from front or from back; be auspicious for us, may robbers never find us; move them far away.
- 12.1.33 Hey Earth! as long as I can see your beauty with my friend sun, let not my vision not cause any damage to you.
- 12.1.34 Hey Earth! you are the bed for all. Do not hurt our bones when we change sides in our sleep.
- 12.1.35 Hey Earth! wherever I dig over you, may it sprout again soon. Hey worthy of exploration mother! may I not hurt your breast, heart and sensitive parts.
- 12.1.40 May this earth always grant us whatever wealth we desire and may we march at the forefront.
- 12.1.41 Where people speaking a variety of languages dance and sing, where warriors fight, where drummers beat the drums, may that earth be free of enemies.
- 12.1.43 Whose cities learned ones have built, in whose fields people are active, may the Creator make this universal womb beautiful for us.
- 12.1.44 Supporting people of a variety of traditions and abilities as per the location, may the firm earth generate thousands of streams of wealth for me.
- 12.1.47 You have on you several paths for food and work for both the good and the bad. May we discover those paths which are propitious, joyful and free of enemies.
- 12.1.53 Earth, sky and space have created a beautiful world; fire, sun and water have created a divine supporting environment.
- 12.1.57 From the very beginning you have been shaking those who harass you the way a galloping horse does to dust.
- 12.1.62 Hey mother! may we be disease free on your lap. May we live long to serve you.

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Chapter 34

Swaahaa - The Sweetest Word in Vedas

The word representing the ecstatic feeling while offering something personally to God or while praising Him or someone else in a state where one is totally unaware of oneself is the word Swaahaa. We come across this wonder word throughout the Vedas. If you want to condense Vedas into one word, that word would be the word - Swaahaa. In fact, all religions and spiritual practices as well as what can be called as truly unique human qualities and quests can be condensed into this word. It is the sweetest word in the entire universe of words in the whole world in its tone as well as in its meaning. Here in Suktas 19.22 and 19.23 Rishi Angira has shown us a few ways of its usage. Of course, to capture the full beauty one will have to go to the original Sanskrit verses.

19.22.1 With Vedic hymns Swaahaa to the five primordial elements created by the all-knowing God. (Angira)

19.22.2 Swaahaa to the Sixth (the God).

19.22.4 Swaahaa to the quality of God enabling reliable knowledge (Neelanakha).

19.22.6 Swaahaa to the lowly (Kshudras).

19.22.12 Swaahaa to the great men (great men).

19.22.17 Swaahaa to the big groups (Mahaganas).

19.22.19 Swaahaa to the scientists (Angiras).

19.23.5 Swaahaa to the eight worthy of praise (eight limbs of yoga - Yama, niyama, pranayama, pratyahara, dharana, dhyana, samadhi).

19.23.24 Swaahaa to the two Suns (God and soul).

19.43.1 Where the Brahmajnanis with all their discipline, study and hard work reach, may God take me there giving me the needed mental abilities. Swaahaa to the God. (Rishi Brahma)

2.16.1 Hey Pran and Apan save me from death, Swaahaa. (Brahma)

2.17. 3 You are strength, give me strength, Swaahaa. (Brahma)

2.18.3 You are destroyer of poverty, give the strength to overcome poverty, Swaahaa.

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Chapter 35

How Should the King Be

The desirable qualities of a good king have been described at length in the Vedas at many places. Surely, at any time, the king, or the government, makes a great deal of impact on the lives of the people. Often the king has been addressed in the Vedas as Indra or Agni or by such names which are also used to address the God.

20.1.2 Hey respectable brave learned ones! in whose wealth you can protect respectable activities he alone is going to be a good king. (Vishwamitra)

20.1.3 Who gives food for the strong, who gives food for the weak, who nurtures growth of wealth, who is wise, who is bright and sharp like the fire, that king alone is worthy of respect. (Vishwamitra)

20.20.5 Hey learned ones! the great king has cleared all of our fears, big and small, from all directions. He alone is strong and able to take care of us well. (Vishwamitra)

20.70.1 Hey King! (Indra), you grow our knowledge, the way father does to his children. You enable us to get our education for finding our way in life at the right time. (Vasishta)

20.96.3 Men with great qualities with all their mind heart and soul extract principles and create knowledge. A good king does not suppress their voice, instead he praises them and elevates their voice. (Poorana)

20.125.2. Hey King! ensure that the farmers who grow wheat, rice and such grains are prosperous and well respected. (Sukeerti)

20.127.13 Hey King! may this land not suffer, may their wardens not suffer. Never should the lovers of enemies, wicked persons or thieves be the rulers.

20.143.8 May food be sweet, may water be sweet, may sunlight be sweet. May the ruler be sweet, free of distress and may we follow him.

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Chapter 36

Call for Peace

Peace forms a recurring theme in the Vedas. More than about oneself it places emphasis at the global and universal level. Sukta 19.9 by Rishi Brahma and Sukta 19.10 by Rishi Vasishtha can be taken as sample shots of this.

19.9.1 May there be peace on earth, sky and space. May the water filled rivers and medicine yielding herbs be generating peace.

19.9.2 May the early forms, may the work done and the work not done, may the past and future be peaceful for us.

19.9.3 May our words which should be rooted in God but have produced such great turbulence become peaceful.

19.9.4 May our minds which have been sharpened by God, but have created such terrible things be generating peace for us.

19.9.5 May our senses which have been sharpened by God but have created such terrible things be generating peace for us.

19.10.1 May electricity, fire and wind be generating peace even amidst our struggles.

19.10.2 May our wealth, our prayers, our rules and regulations be generating peace.

19.10.6 May the Creator God hear our voice.

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Chapter 37

Be Prepared for War

While peace is a dominant theme in the Vedas they invoke war too when needed under special conditions such as against enemies who attack you, or those who attack women, and those who are robbers or are demonic or devilish. Rishi Aprathiratha, (which incidentally also means none equal to him in war), says the following in Sukta 19.13.

19.13.1 May these two shoulders be well-built, heroic, great and able to defeat the demonic enemies when needed.

19.13.2 Among men the one who is energetic, sharp, strong like a bull, terrible, able to inflict heavy hits, who can create havoc in the enemy lines, who never winks an eye, and to whom there is no equal has defeated hundreds of enemies single handedly.

19.13.3-19.13.5 Hey leaders! defeat the challenging enemies by not winking even for a second, by being fearless and energetic, by being always multiply armed, by knowing the terrain well and by keeping one's soldiers well organized.

19.13.6 Hey friends! be joyful with this chief who is victorious and support him in every way.

19.13.9 - 19.13.11 May the heroic chief be the leader, may the advisors and guides be on the right, may the motivators be at the front; may the heroic soldiers march ahead destroying the enemy. May the mind of our warriors be very strong and may they be able to wreak the enemy world and save us.

Rishi Brahma says many things in Suktas 19.28-19.30. For example,19.28.9 goes like this: "Hey army chief! for my sake destroy my enemies, destroy those who are attacking us, destroy all those with evil thoughts, hey praise worthy chief! destroy my enemies.

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Chapter 38

The Ultimate Protection Strategy

Vedas being the description of the world soaked in God, naturally show the way for ultimate protection through God very well. Here in Suktas 19.17- 19.20 Rishi Atharva shows a simple way for this.

19.17.1 May that God with all the knowledge, (Agni), save me from the front. I keep my steps relying on Him, I take refuge in Him, I receive that foremost power. May He save me and nourish me. I offer myself, my mind, body and soul to Him with firm commitment.

19.17.2 May the God present everywhere (Vayu), save me in the space. May He protect me and nourish me. I offer myself, my body, mind and soul to Him with firm commitment.

19.17.3 May the God who is the creator of all, (soma), protect me from the south with His powers of destruction of the wicked. I offer myself entirely to Him.

19.17.4 May He, the best of all (Varuna), with all His illuminating qualities protect me in the mid space. I offer myself, mind, body, soul and everything to Him.

19.17.6 May He with all His medicinal qualities protect me. I receive Him and offer myself entirely to Him.

19.17.7 May that universal doer (Vishwakarma) save me along with my ear, nose, eye, tongue, skin, brain, mind and intellect and protect me from the left. I receive that foremost power of protection. I take refuge in Him offering myself entirely with my body mind and soul to Him.

19.17.10 May that Guru (Brihaspathi), protect me from above. I move near to Him, I receive strength from Him. I offer myself entirely, my body, mind, and soul to Him.

19.18.1 May the wicked troubling me meet with Him, (Agni), and be compelled to serve Him.

19.19.1 God, the Friend, has risen. I (Veda) am taking you to Him. You enter, go deep in. May that foremost power shield you and give you comfort, protection and well-being.

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Chapter 39

Who Are Our Saviors

Veda indicates that we indeed have friends everywhere in this world, there is immense strength in them and we can confidently approach them for help. Results could be truly spectacular if we take the result as a gift from God. Rishi Shantati calls out like this in Sukta 11.6:

11.6.1 We call upon fire, plants, food, herbs, cloud and sun to save us from difficulties.

11.6.2 We call upon great king, learned friends, the rich, and the part of the divine One present everywhere to free us from distress.

11.6.3 We call upon the victors, motivators, supporters, leaders, and deep thinkers to save us from hardships.

11.6.4 We call upon doctors, damsels, Brahmins, and judges to save us when in trouble.

11.6.5 We call upon day and night, sun and moon, and all bright and intelligent ones to save us from troubles.

11.6.8 We call upon the birds in the sky and the animals in the jungles to save us from distress.

11.6.10 We call upon the stars, the earth, the sacred places, mountains, rivers, oceans and lakes to save us from distress.

11.6.11 We call upon our Saptarshis - skin, eye, ear, tongue, nose, mind and intellect along with their fields, our souls, and our disciplinary ruling principles to save us from distress.

11.6.12 May the divine qualities of sun, space and the energetic earth save us from distress.

11.6.16 We call upon the stingy, the demonic, the snakes, the pious, and our ancestors and also the one hundred and one types of deaths to save us from distress.

11.6.19 We call upon the ambitious and the truthful to save us with all the powers at their disposal.

11.6.23 For those who know this, God is present in all. Hey citizens, gift this universal cure to one another.

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Chapter 40

Collective Priorities

All said and done our real needs can be very simple.
In 20.66 Rishi Brahma puts them up beautifully here.
May we be seeing for one hundred years
May we be living for one hundred years
May we be learning for one hundred years
May we be progressing for one hundred years
May we be well-built for one hundred years
May we BE for one hundred years
May we be becoming nobler for one hundred years
May we be beyond one hundred years.

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Chapter 41

A Bouquet of Individual Priorities

Setting one's priorities right is an important aspect of the art of successful living. In this context Suktas 16.3 and 16.4 by Rishi Brahma are very useful for everyone.

16.3.1 May I be the head of wealth and head of peers.

16.3.2 May ignorance removing quality and charm never leave me; may self-confidence and thinking power never leave me.

16.3.3 May heroism and strength of body never leave me; may forbearance and stability never leave me.

16.3.4 May the quality of enabling freedom and growth never leave me; may the quality of generating wealth and providing support to the needy never leave me.

16.3.5 May my soul be known for great qualities, leadership and kindness.

16.3.6 May my heart be free of distress; may my road to learning be wide. I am an ocean of carrying capacity.

16.4.1 May I become the navel center of all wealth; may I become the center of wealth among my contemporaries.

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Chapter 42

About Marriage

Veda attaches great importance to marriage and discusses about it in many Suktas. Clearly marriage is one institution whose importance did not diminish even a bit at any time. Rishi Surya Savitri describes some aspects of marriage in a beautiful way in Sukta 14.1 and 14.2

14.1.6 When a bride meets the bridegroom let her mind be light like a scarf, let her eye be like a massage perfume and let she herself be stimulating to the husband like what the bright sunlight is to the world. Let the sky and earth create a cosy treasure box and place the two in it.

14.1.7 May the shining Vedavani be the bride's companion and good speech be her assistant. May good deeds be her clothes.

14.1.8 May praiseworthy nature be the attractive borders of her dress, Vedic duties be the head decor, fire and science be the priests and may the couple be fond of each other.

14.1.9 May the creator gift the maiden to the boy when he is desirous of a bride, when both are fond of each other, and the maiden is admiring and praising him for the husband.

14.1.10 When the bride meets the bridegroom let her mind be the chariot, let sunlight be the umbrella and the vitality filled couple be the charioteers.

14.1.11 Let knowledge and pursuit of the physical world and the spiritual world be the two horses, let the two ears be like the two wheels and let the entire universe be your travel space.

14.1.12 Let your two pure ears be the two wheels, the Vyan breath flowing throughout your body be the axle; stimulating the husband climb on to your imaginative chariot.

14.1.14 You continue your journey together with the inspiring bride on a three wheeled (devotion, action, knowledge) chariot and reach your destination remembering where your single wheel before was and where you should seek advice.

14.1.15 Hey auspicious groom! approach the inspiring lady with respect. May all the learned approve of your action and bless that you become a father.

14.1.16 Hey sun- like shining bride! Brahmajnanis always know about your two wheels called devotion and action, but only those who know the Great Truth know about the third wheel that resides in your heart.

14.1.17 We (Vedic Rishis) worship the God who has given you this handsome protective husband. We free you from the noose of separation but not from the bond of love.

14.1.18 I (Rishi Surya Savitri) free you from the noose of separation but not from the bondage of love. Oh God! may this maiden beget children and be wealthy in all aspects.

14.1.22 Hey couple! stay put in the family, never be separated, joyfully playing with children, you coming from a good family, live a long complete life.

14.1.26 Jewels are famous for their shine, dutiful wife becomes famous through her love. Her family members prosper and the husband gets bound by love.

14.1.28 Husband's good quality lies in obtaining what wife wishes to get, in spending them in auspicious good actions, and in forcefully overcoming all obstructions and obstacles.

14.1.29 If the above qualities are absent, marriage will be scorching, bitter and insulting. He who knows the maiden well and can meet the above requirements should only marry.

14.1.30 In case of any hurtful incidence, learned husband should show remorse and bring gifts so that wife does not suffer.

14.1.31 Hey couple! you bear wealth amidst truthful actions and speech. Let truthful men bless "May God make the husband joyful for the sake of this wife".

14.1.32 Hey progressive members of the family! remain here, do not go away, help this man grow his family. Auspicious women and learned members! apply your mind for the well-being of the family.

14.1.38 Now having become a family man, I give up all harmful habits and will make best efforts to acquire auspicious, good habits.

14.1.40 Hey bride! may jewelry give you joy, may children give you peace; may animals give you joy, may water give you peace; for joy and peace touch your body to your husband's body.

14.1.41 Hey highly endowed, rich husband! your wife is immensely capable in body-space, life-space and yoga-space. Refine her in three ways through action, devotion and knowledge making her glow like the sun.

14.1.42 Desirous of joy, children and wealth, act according to the wishes of the husband and be ready for immortality.

14.1.43 The strong ocean has created an empire of rivers. The same way, hey bride! you too become an empress on reaching your husband's house.

14.1.44 Hey bride! you are the empress amongst my father and teachers, you are an empress amidst my brothers and sisters, you are an empress for my mother.

14.1.48 With what force God holds the right hand of this earth, with that same force I (your husband) am holding your hand. My bride! stay with me joyfully with children.

14.1.52 Hey bride! you are God's gift to me. May you be my nourisher. Live with me for hundred years.

14.1.64 Be attached to God from the beginning, be attached in the middle, be attached at the end, be attached at all places. Hey joy and comfort giving bride! accessing the strong fortress of gods you be glorious in the husband's world.

14.2.28 Hey learned ones! come together, see this auspicious bride, blessing her with Soubhagya, keep her away from misfortune.

14.2.71 Hey bride! I am learned, you are learned. I am Samaveda; I provide comfort, joy and ecstasy; you are Rigveda, you create happiness and comfort through knowledge of the physical world like Rigveda does. I am the sun providing useful things for life; you are the earth, giving food and progeny. Let both of us be active in this world and produce great children.

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Chapter 43

About Remarriage

Veda touches upon this rather uncomfortable subject also with clarity. The great Rishi Atharva says the following in Sukta 18.3

18.3.1 Hey man! this lady desiring the joy of family life, always following the ancient practice of righteousness (dharma), worshipping the dead husband, has come to you. Offer her support and children.

18.3.2 Hey Lady! come up and live in the society of living men. You are lying down praising the dead husband. Get up, hold the hands of the man who has come forward to marry you and have children in the righteous way.

18.3.3. I (Rishi Atharva) have seen lively young ladies being taken away from dead husbands. Because she was engulfed in deep sorrow, and separation, I have brought her out.

18.3.4 Hey sinless worthy of remaining unhurt lady! you know the society of men well. You have always been walking the path of the great learned ones. This husband will take the responsibility of growing your family. Joyfully serve him, enjoy heavenly bliss and rightfully climb the heaven.

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Chapter 44

Power of Making a Resolution

There is a paired word "sankalpa-siddhi". There is great power hidden in making the right sankalpa or resolution. Rishi Atharvangira hints at the source of this power in Sukta 19.4

19.4.1 One of the very first things God has created, that hey man! I am giving you again and again. By that, using the energy and knowledge accumulated in the heart, may the learned man achieve whatever he needs.

19.4.2 I bring out the divinely gifted sankalpa shakti. She is the mother of the mind. May it be easy to call her. May that wish which I receive be desirable for me and may it be attained.

19.4.3 Hey Lord of knowledge! along with sankalpa, be closely accessible to us. Gift us wealth and may we be naturally worthy of calling you.

18.4.4 Hey Lord of knowledge! may my sankalpa power know these words well " may the same good desires and fine qualities which highly and thoroughly learned ones possess come to us favorably."

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Chapter 45

Praise for Breath

Importance of power of breath has been touched upon at many places in the Vedas. Here is an example. Rishi Bhargava Vaiddarbhi says the following in Sukta 11.4:

- 11.4.1 Salutations to Breath who is the God residing in all and who controls the entire universe.
- 11.4.2 Salutations for your roar, for your thunder, for your lightening and for your rain.
- 11.4.3 By your roar you generate medicines, you generate Veerya, you activate the wombs and multiply life.
- 11.4.4 When you call up medicine and vitality whole world delights.
- 11.4.7 Salutations to the incoming breath, salutations to the outgoing breath, salutations to the standing breath (filled in) and salutations to the sitting breath (empty).
- 11.4.9 Hey Pran (breath), gift us the ability to love, ability to be grateful and gift us fearlessness in life.
- 11.4.10 You protect life like a father all around and you are the Lord of those which breathe as well of those which do not.
- 11.4.11 You can give death, you can give disease; learned ones worship you and you can take truthful ones to the best world.
- 11.4.12 You are vast, you show the path, you provide motivation, you provide joy.
- 11.4.14 Life practices breathing inside the womb and takes birth when satisfied.
- 11.4.20 The way father enters the son life enters all through breath.

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Chapter 46

Brahmachari

Vedas stress the importance of brahmacharya in our lives. A glance below can make us realise how silly it is to waste our vitality in trivial ways and to lose the great opportunities at hand. Young boys (and girls) who are initiated to the study of scriptures, the physical world, and search of God are called Brahmacharis. In Sukta 11.5 Rishi Brahma describes Brahmachari and his activities.

11.5.1 Brahmachari wanders searching and researching on God and the physical world. Those desirous of victory and success follow the Brahmachari who brings out the benefits of the physical world and God to everyone and perfects their lives.

11.5.3 Brahmachari is kept inside Guru's womb for three nights for initiation. When the Brahmachari comes out devas come to see him.

11.5.4 By his strong determination, hard work and penance Brahmachari nurtures the whole world.

11.5.5 New knowledge emerges through the studies conducted by the Brahmachari through which many enjoy divine bliss. With the knowledge of the God and the vast universe and through intense penance Brahmachari becomes foremost and famous. From him emanates elevating knowledge and wealth. The divine and the learned experience joy and nectar in his presence.

11.5.7 Generating and expressing knowledge of life and God, Brahmachari becomes the womb of immortality and destroys ignorant behaviour. Unraveling the mysteries of nature and God, emerging from the womb of immortality, Brahmachari is undoubtedly a highly endowed individual who destroys horrible superstitions and demonic tendencies.

11.5.8 Brahmachari protects the earth and the environment and the divine ones desiring victory align with him. Gurus make the physical world and the spiritual universe useful. Brahmachari protects the knowledge and good-natured ones concur with him.

11.5.9 Brahmachari takes this world as a gift and worships God with it.

11.5.10 The Brahmajnana is buried in two secret caves, one near and one far. One treasure is in the cave nearby and the other is beyond the horizon. Brahmachari with his penance realizes and confirms both. Brahmachari with his perseverance acquires them and makes them useful.

11.5.11 Brahmachari rightfully sits in the illuminated space between the two.

11.5.12 Roaring aloud, moving day and night, heroic like the sun, he brings in creativity all over the world. He sows seeds on the high peaks giving life to all the four directions.

11.5.16 Brahmachari alone becomes the Guru; Brahmachari alone becomes the ruler. Brahmachari is the teacher; Brahmachari is the emperor.

11.5.17 Through control over senses and perseverance Brahmachari nurtures the nation. King protects the kingdom through Brahmacharya. Teachers desire Brahmachari students.

11.5.18 Through Brahmacharya alone a young lady gets a strong and rich husband.

11.5.19 Through Brahmacharya good persons overcome diffidence, laziness, poverty and death.

11.5.20 Medicines, plants, seasons, years, past and future become famous through the works of Brahmachari.

11.5.22 The animals and living things carry their lives separately. Brahmachari works to protect all of them. Every life under this creation separately carries and bears its life. The brahma filled in the Brahmachari supports all of them together.

11.5.24 Brahmachari carries great knowledge in him. Glowing Brahmachari bears the knowledge of the God. He is brimming with good qualities. He carries the knowledge of breath control, knowledge of good speech, knowledge of good memory, knowledge of the heart, and the knowledge of God and spreads them to all.

15.5.26 Doing all the above, standing and doing penance, he stands over the ocean of knowledge. The all-nurturing and strong Brahmachari shines brightly over the earth.

18.2.4 Hey teacher! don't burn this student with opposition; don't put him in distress; don't let his skin or body get damaged. Hey famed teacher! when you make this student perfect then you send him to his parents.

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Chapter 47

A Test on Self Control

Self-control is one of the essential ingredients for leading any successful life. In this context here is an interesting dialogue between a man and a woman as presented by Rishi Atharva in Kanda 18.

18.1.1 Hey Man! I offer my friendship to you, please come close, and on this earth, create a bright and intelligent grandson for your father through me.

18.1.2 Hey friend! this friend of yours does not wish that a firm willed person like you lose your control and become unrighteous and fickle minded. There are enough strong, bright intelligent and famous persons on this earth.

18.1.3 But, surely all immortal one's desire to have such exceptional children only. Let your mind be bound to my mind and becoming my husband you enter my body.

18.1.4 What we have never done before, certainly how can we do now? How can we lie? May I be the one viewing good deeds and may you be famous for good deeds- let that alone be our relationship.

18.1.5 The Creator, the shining, the stimulator, the One who has given form to all of us has made us husband and wife from birth itself. Earth and sun know this. Who can break His rules?

18.1.7 Who knows the beginning? who has seen Him? Who can talk about this? God is the friend of all, He is Great, His bearing ability is immense. How deceitfully you are speaking with men?

18.1.8 Desire to sleep together with you in one house has bound me. May I spread my body like a wife to the husband? Let us join like two wheels of a chariot.

18.1.9 -18.1.11 Rules of the learned do not wink or stop here, oh hurtful one! go away quickly and meet someone else like the wheels of a chariot. In the future, a time will surely come when sisters start doing unworthy lustful actions with their own brothers. In search of great husbands spread your arms to someone else different from me you auspicious lady!

18.1.12 What is a brother if he does not help a sister in distress. Helpless, I am telling everything, come touch your body with mine.

18.1. 13- 18.1.14 Hey sister, I am not your refuge, I will never touch your body with mine. They are called sinners who touch their sisters from below. It is unacceptable for me to sleep with you.

18.1.15 Ha! you are weak, surely, I could not reach your mind and heart; some other lady will surely come and embrace you like a creeper.

18.1.16 Hey sister! may you join another person well embracing like a creeper; may he like you and you like him and both live together leading a wonderful life.

18.1.60 Hey self-controlled (samyami) man! you are part of the great tradition of scientists and thinkers. Come, climb on this wide, high seat. May you be invited by great learned ones, hey King! spread happiness here.

18.2.12 You are protected by two dogs (day and night) in all directions wherever you go. Offer yourself (be disciplined) day and night and generate great prosperity and health for yourself.

18.2.13 Self-disciplined persons move about in the society spreading motivation, strength, and great joy again and again.

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Chapter 48

Long Life

According to some religious thoughts life is a punishment and a burden. For some life is a sin and a curse. According to some it is the only do or die battle for entry to heaven or else to hell. On the other hand, Vedas cherish and welcome life in all its forms. The topic of long life is a recurring theme in the Vedas. We can find an example for this in the approach indicated by Rishi Brahma (Kanda 8, Suktas 1 and 2) where in the voice of the Veda says:

8.1.3 May your breath, life and mind be with God. I save you from all ignorance and chains and lift you up with divine knowledge.

8.1.7 May your mind not get into adharma and get lost, don't harm life, don't hurt parents and elders. May your senses protect you.

8.1.6 Hey man, you will go up, never down, I provide strength for joyful life; climb the joyful eternal chariot, be adorable and speak thoughtfully.

8.1.8 Don't dwell on the wicked ones; come out of darkness in to light; we hold your hands.

8.1.9 Inhalation and exhalation are the two dogs safeguarding life. Come near, don't play against one another. Don't sit listlessly, sadly.

8.1.13 May knowledge and caution guard you.

8.1.18 May there be only righteous people around you; don't be with evil ones. You will be guarded by thousand heroes and saved from death.

9.10.20 Rishi Brahma says: eat inexpensive simple things and drink clean water.

8.2.24 You can't be harmed, you will not die, don't be afraid; here no one dies, none goes to hell or into darkness.

6.135.3 Rishi Shukra says: whatever I eat, I eat the right way, the way oceans digest I absorb the life-giving substances chewing them well.

6.12.3 Rishi Garutman says this: make the rivers, mountains and hills nectar like, make medicines and foods nectar like to make your face and heart peaceful.

4.37.2 Rishi Badarayani says: hey great men! earth and environment provide your comfort. Protect them, be their husbands. Run joyfully, help the needy with support.

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Chapter 49

Oneness of Mind - Samanasyam

Mental and physical conflicts due to ideological, religious, cultural or other differences plague this world. Both the Christian and the Islamic religious texts have been rather dangerous in this aspect leading to elimination of civilizations, crusades, jihads, world wars, terrorism and the like all essentially arising due to the deliberate separation of others. On the other hand, Vedas are particularly effective in bringing about oneness leading to Vasudhaiva Kutumbakam. To achieve a state of well-being along with a feeling of oneness is one of the primary themes of the Vedas. Look at this Sukta by Atharva Rishi and the authoritative proclamation by Veda herself:

3.30.1 I bring about for you oneness of heart, oneness of mind free of hatred. Lovingly desire each other from all directions just as cow, which is worthy of protection, loves its baby.

3.30.2 May the son behave as per the wishes of his father and be one minded with his mother. May wife speak to her husband sweetly and calmly.

3.30.3 May brothers not hate one another, may not sisters too. Speak well becoming like-minded with similar goals.

3.30.4 For following the Vedic paths, for never hating each other we create the way of the Veda and correct knowledge for all.

3.30.5 Respect elders, create wealth, think high, be focused. Be together, don't be separate, speak beautiful words. I make you one.

3.30.6 May your water sources be one, food partaking be one. Worship God. I join you together and bind you like a rim of a wheel to its axle.

3.30.7 I make you all one and immortal like gods. May your thoughts be pleasing and joyous in the morning and the evening.

7.36.1 May our eyes be bringing us light and knowledge; may our faces be generating progress. Keep me inside your heart; may our minds be one.

7.52.1 May we experience oneness with our people, may we experience oneness with those who are outsiders.

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Chapter 50

May It Be So

There are many intrinsic desirable qualities which one would do well to possess. Here is a small list

16.2.2 May I speak sweetly with knowledge. (Atharva)

16.2.4 May my ears listen well, listen good, listen auspicious, listen success. (Atharva)

16.2.5 May unfailing light and broad vision be with me and quick listening and accepting ability not leave me. (Atharva)

16.3.2 May beauty and the quality of dispelling ignorance not leave me; may mental strength and stamina not leave me. (Brahma)

16.3.4 May ability to pardon and research not leave me; may ability to support the needy and grow needed wealth not leave me. (Brahma)

16.3.6 May my heart be free of distress; may my road to learn be wide and my ability to hold be as deep as the ocean. (Brahma)

17.1.1 May I have a long life. (Brahma)

17.1.2 May I be the favorite of the learned. (Brahma)

17.1.3 May I be the favorite of the people. (Brahma)

17.1.4 May I be the favorite of the animals. (Brahma)

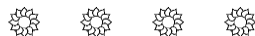
17.1.5 May I be the favorite of those who are like me. (Brahma)

17.1.6 May I be placed at the top with full support. (Brahma)

17.1.27 May I be brave, highly skilled, highly endowed and engaged in auspicious activities. (Brahma)

17.1.30 May God protect me from all directions and save me from the noose of death. May the shining mornings, stable mountains and all the forces of life be working with me from all directions in all aspects. (Brahma)

19.9.14 May earth be giving peace, may sky be giving peace, may the space be giving peace, may water be giving peace, may medicines be giving peace, may trees be giving peace, may the learned be giving peace, may all divine ones be giving peace. May we get peace with all these being peaceful. May the violent, terrible, and cruel ones also be peaceful. May all be peaceful and auspicious. (Brahma)



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