

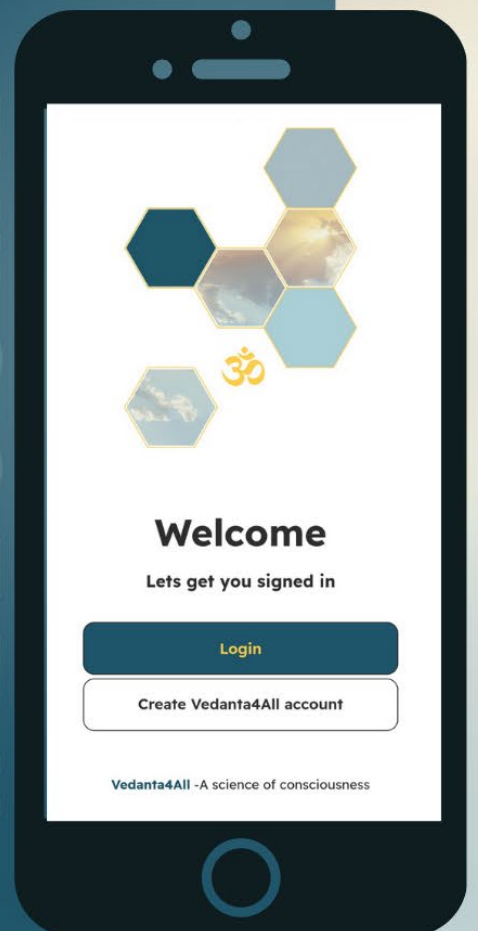
VEDANTA
4 ALL

APP

Onboarding
document



WELCOME



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1. ONBOARDING INFORMATION

1.1. Introduction

The objective of this onboarding document is to make sure you have all the relevant information to navigate the App. Please familiarise yourself with the content before navigating the App and keep the document handy so you can refer back to it, as needed.

A WORD OF CAUTION: YOU CANNOT STUDY VEDANTA¹

It is essential to understand the following truth about Vedanta before you embark on this journey.

Vedanta or Non-duality is not a theory in practice. Though it is imperative that you apply your mind to the teachings and commit them to memory, ultimately, you cannot study Vedanta like you would a degree in university. Many inquirers get stuck believing that if they can parrot the teachings or learn Sanskrit, they are Self-realized. But even though all teachings require an intellectual understanding, the difference with Vedanta is that it is not a philosophical thought system. It is who you are. There is no distance between the subject matter of Vedanta and you. Vedanta requires a certain kind of intellect – one that is refined, purified, and surrendered so that it is capable of assimilating the meaning of the teachings, which are extremely subtle and therefore, very counter-intuitive. Some inquirers are in love with their ability to think and have a lot of ego around their own ideas and intelligence, so it is harder for them to put their thinking aside.

Self-inquiry requires training the intellect to think differently and to want different things. While we need an intellect, it is not the intellect that removes ignorance. It is just an object known to you, the Self. You cannot 'think your way to 'enlightenment' because it is the ego, the doer, doing the thinking. The ego must surrender to a qualified teacher and the teachings and trust Self-knowledge to scour the mind of ignorance. And lastly, it is not necessary to have more than a very rudimentary knowledge of some

¹ <https://www.shiningworld.com/steps-to-self-inquiry/>

basic Sanskrit terms (most mentioned in this article) to undertake self-inquiry. Only a very few Sanskrit terms have no good English equivalents, most do.

1.2. What Exactly Is Vedanta?

The below excerpt from [“What is Vedanta? An Introduction by Rory Mackay”](#) provides an appropriate description of Vedanta.

The video in the App based on article can be found under Free Knowledge & Precourse (Same video).

“Vedanta is a science of consciousness that uses impeccable logic to help us understand the nature of the self, consciousness, and reality itself. Universal in scope, it deals with the questions mankind has wrestled with since the very dawn of time:

Who am I?

What am I?

Where did the universe come from?

What is the purpose of life?

Again, Vedanta is not a philosophy. It's not attributable to any one person or group of people. It's a body of knowledge which has been revealed over time, carefully refined, and guarded for millennia.

It's not a religion, either. Although it deals with theological topics, it works without any of the religious trappings. As such, it's not necessary to have an affiliation with Hinduism or any other religion.

All that's required is an open and questioning mind.

Vedanta is taught in a structured way. The teaching progresses through a specific sequence of logic, leading the student to not only understand but eventually integrate and fully realise the essence of the teaching.

The fruit of the teaching is a completely different understanding of yourself and life; one that forever changes your relationship to the world of objects. Instead of relying on external objects, such as people, situations, and attainments to bring fleeting moments of happiness, you discover a

limitless well of happiness and wholeness within your own self.

This is called moksha, or liberation. Some people call it enlightenment. I just call it freedom. In a sense, Vedanta is a roadmap to freedom.

Vedanta is traditionally only taught to those who are ready to hear the teaching. There's little point dipping in and out, reading occasional books and attending the odd lecture.

One must first prepare the mind to be able to grasp and assimilate the teaching; a teaching that may at first seem radical and counterintuitive, but which, upon reflection, makes perfect sense.

Vedanta requires a clear and open mind. You must be willing to let go of everything you think you already know and carefully consider the teaching as unfolded by a skilled Vedanta teacher.

In that sense, Vedanta is not for everyone, for it does require a commitment of time and effort.

Vedanta is a system. It works by following the teaching sequentially from beginning to end. There's no point jumping ahead until the logic of each stage has first been understood and accepted.

This approach doesn't appeal to everyone. Many Western spiritual seekers prefer a more rebellious, 'follow your own vibes' approach. They believe that enlightenment isn't something that can be taught; that words are insufficient, and the truth can only come from within. For them, sitting down and listening to someone teaching from centuries old texts doesn't seem very punk-ass.

This is, nevertheless, the way the teaching works — and it does work!

Vedanta contends that our suffering — the sense of being a lacking, limited, person who must continually chase after objects and experiences in order to be happy and whole — is based on ignorance of our nature.

The only cure for ignorance is knowledge. Knowledge destroys ignorance as rapidly as a light destroys darkness.

Vedanta is known as jnana yoga, the yoga of Self-knowledge.

It requires a mature mind. It doesn't negate meditation and yoga. In fact, meditation and yoga are seen as necessary practices (sadhanas) to prepare the mind to receive the teaching. These practices are viewed not as ends in themselves, but as necessary means for cultivating a pure and qualified mind.

There's a reason that of the many hundreds of thousands of seekers in the world, only a few every 'get' enlightened. This is not down to the capricious hand of fate. It's because only those few have done the necessary groundwork to cultivate an appropriately calm, discriminating, dispassionate, and clear mind. That's the primary qualification for Vedanta.

If you aren't yet 'qualified', however, you needn't worry. Vedanta offers karma yoga, upasana yoga and meditation as means of managing the mind and neutralising our entrenched desires and aversions, which over a lifetime have conspired to create worlds of suffering for us.

It takes time to fully grasp and integrate this radically different understanding of reality. Yet the teachings of Vedanta prove, in numerous ways and with impeccable logic, that all you ever experience — and all you ultimately ever are — is actually consciousness.

This, in time, dissolves your identification with the limited mind-body-ego entity you assumed yourself to be; which is but a superimposition in consciousness and literally the source of all your troubles. You discover a far more expansive identity as awareness, and the result is freedom from the suffering of samsara. The Vedas proclaim this freedom, moksha, to be the highest goal of human life.

In actuality, there's nothing particularly mystical or magical about enlightenment. It's simply a sense of freedom from limitation, freedom from suffering, brought about by knowledge of your self and reality as it actually is.

In a world where knowledge is power, the ultimate knowledge — Self Knowledge — is nothing less than liberation."

1.3. What is Enlightenment?

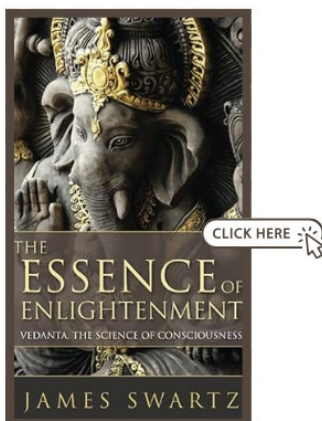
Enlightenment is not a state, feeling or spiritual experience, it is self-knowledge. As opposed to any sensation, emotions or experience, knowledge or understanding cannot be negated. As understanding this truth can very well move you along on your path, it is recommended that you keep an eye on the Vedanta 4 All schedule for satsangs on this topic. The topic is also discussed in a simple and pragmatic manner in Chapter 9 of How to Attain Enlightenment: The Vision of Non-Duality by James Swartz. Click [here](#) to purchase a copy of the book.

See “What is Enlightenment” under Free Knowledge in the App for an in-depth discussion based on above mentioned chapter.

1.4. Prescribed Textbooks

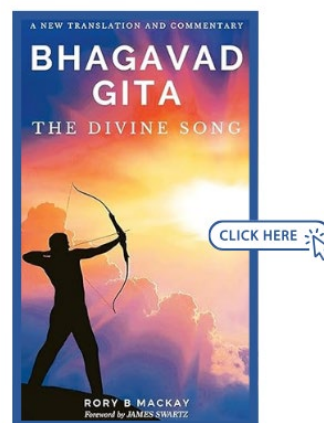
Prescribed textbook will depend on the course, please ensure you have the correct textbook when starting a course.

[Click here to buy](#)



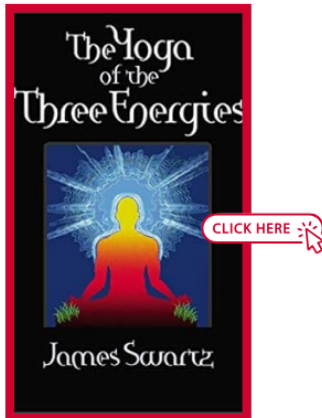
The Essence of Enlightenment

[Click here to buy](#)



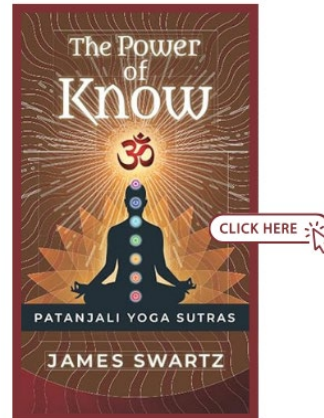
Bhagavad Gita

[Click here to buy](#)



The Yoga of the Three Energies (The 3 Gunas)

[Click here to buy](#)



The Power of Know: Patanjali Yoga Sutras

[Click here to buy](#)



Yoga of Love

1.5. Social Media

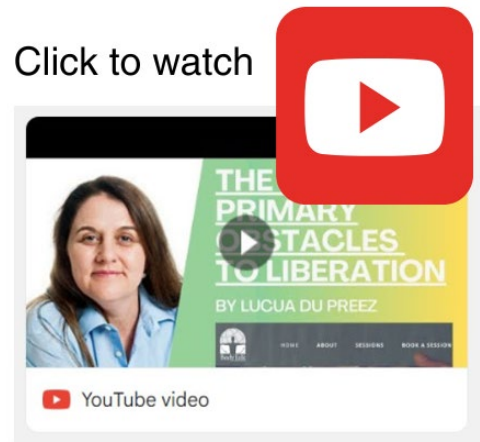
You can join the *Vedanta 4 All* online community by following us on [Facebook](#) and [Instagram](#)

1.6. The Two Primary Obstacles to Liberation

I discussed the two main obstacles to liberation during a satsang that was hosted by Shiningworld in July 2023.

[Watch the talk on this critical topic.](#)

Click to watch



1.7. Optimal Study and Assimilation

The following guidelines are recommended for optimal study and assimilation of the knowledge:

- Make sure that you complete the compulsory reading after each class
- Complete any additional recommended reading at your own pace
- Allow yourself sufficient time to reflect on the teaching
- Consider that there is a league of biases that will affect how you process the knowledge at the start. For this reason, it is best to:
 - o Refrain from asking inappropriate questions during live classes
 - o Resolve any doubts on the knowledge that may arise during your studies or the teachings, through the following:
 - [Email your questions](#)
 - [Book a one-on-one online.](#)

1.8. For online attendance



Minimize Distractions

Avoid multitasking: Set up your laptop and phone so that you won't be distracted.



Video and Speaker View

Keep your video on for interaction and use speaker view to avoid watching the participants instead of the teacher.



Commit to Learning

Śravaṇam is not casual entertainment; it requires commitment. Join classes regularly and on time.



Focus Exclusively

Stay muted unless speaking and avoid private chats during class. Only a silent, non-projecting mind can learn.



Ask Questions Thoughtfully

Wait until after the class to ask questions, as they might be addressed during the session.



Meet Your Teacher

Meet the teacher in person when possible and attend Vedanta seminars for advanced study.



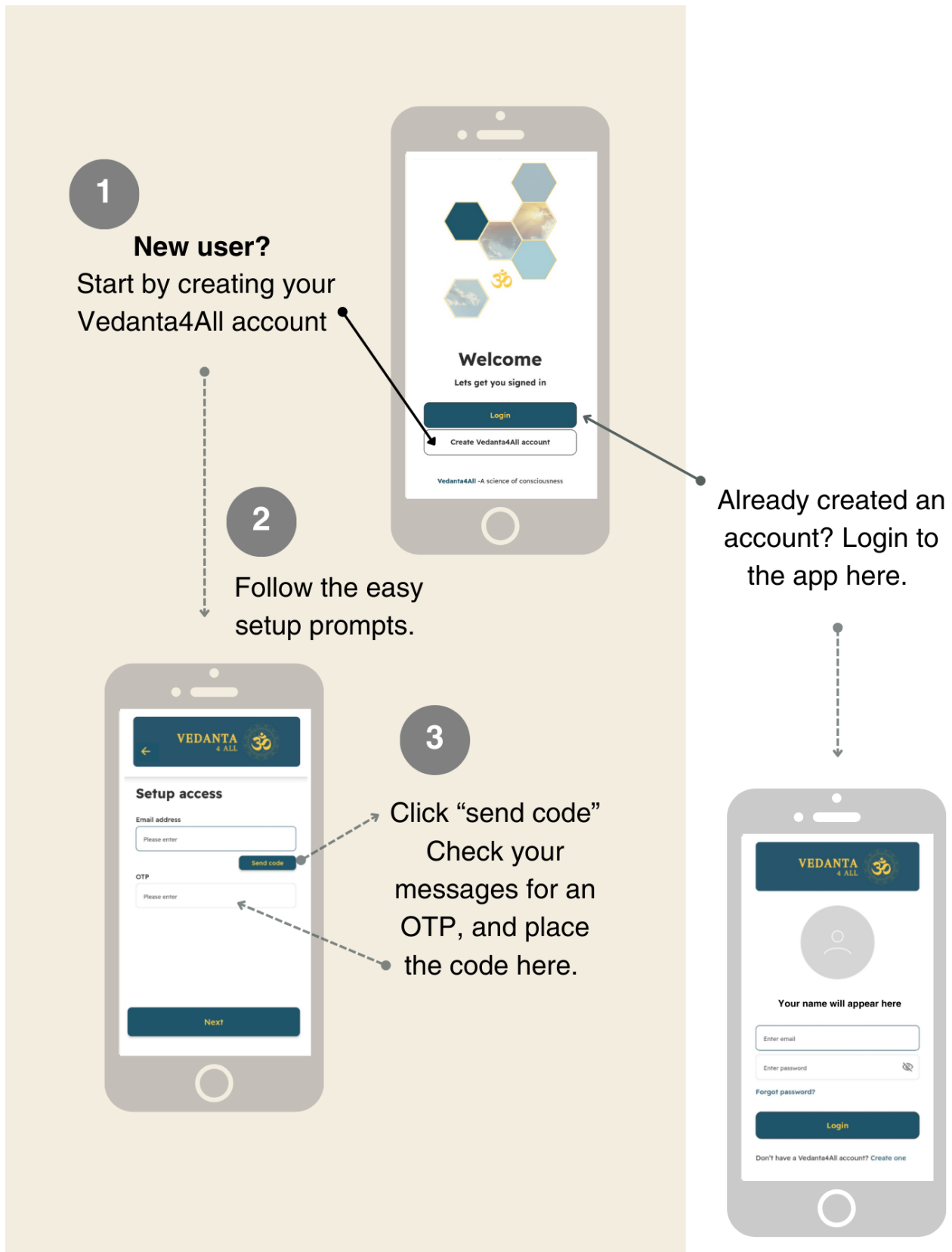
Reflect on Vedanta

Continuously think about your life in light of Vedanta. The teacher's goal is to help you understand and discover your true nature.

1.9. Donations

In keeping with the ancient tradition, Vedanta is taught on a donation-only basis. This does *not* mean it is free, but that you pay what you can. You can utilise any of the [following payment methods for your donation](#).

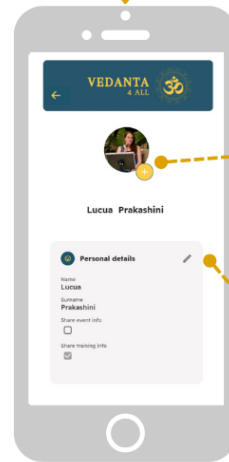
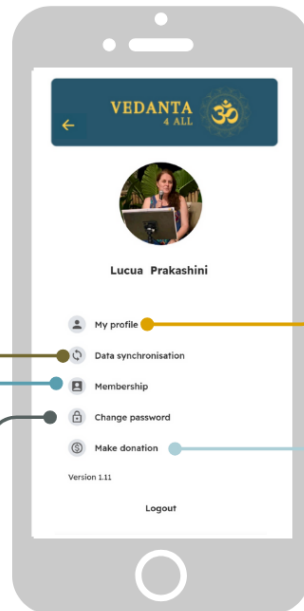
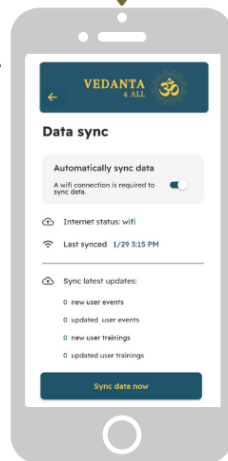
2. NAVIGATING THE VEDANTA4ALL APP



Navigating your profile after setup

4

Sync your app's data here to keep it working optimally.



You can load/update your profile picture here

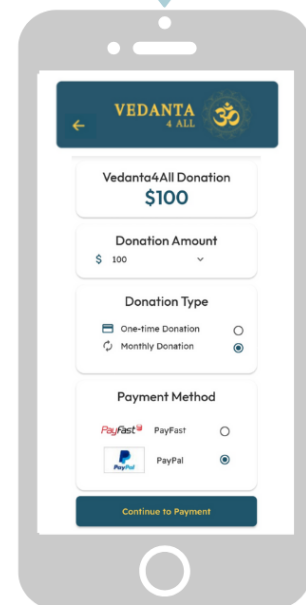
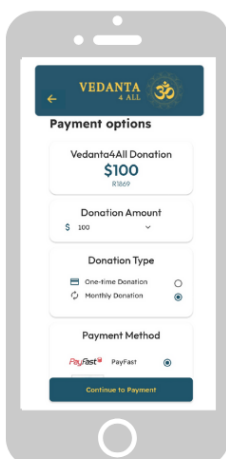
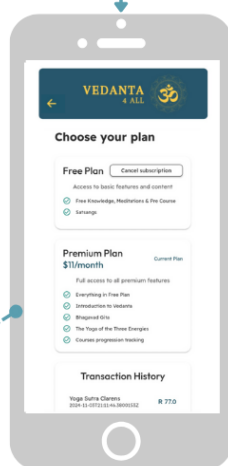
You can edit your profile information here.

You can change your password here.

To start Courses you need a subscription.

Vedanta4All uses the following secure payment platforms:

PayFast
PayPal



Vedanta4All uses the following secure payment platforms:

PayFast
PayPal

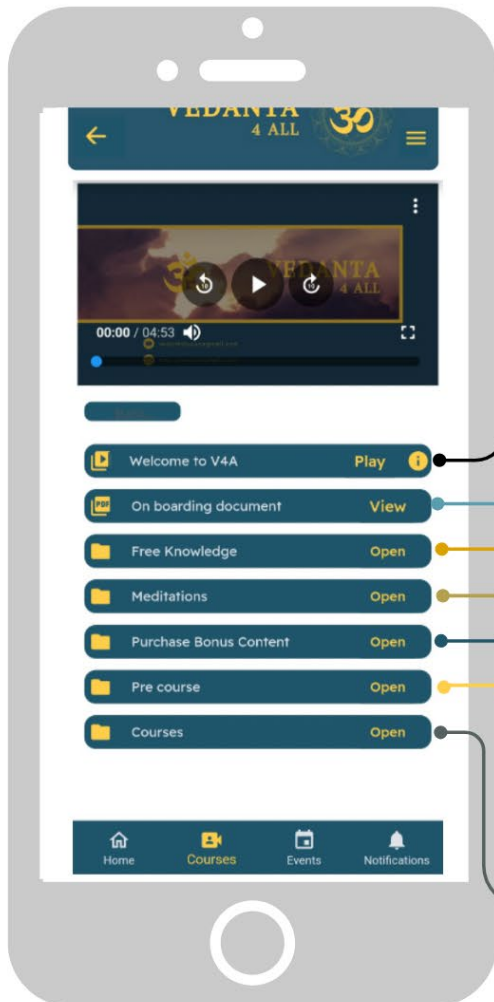
Navigating the home page

5



Courses

6



→ Please start with Welcome video

→ On boarding for all your questions and navigation

→ Free Knowledge will grow continuously with resources and short videos.

→ Various meditations recorded

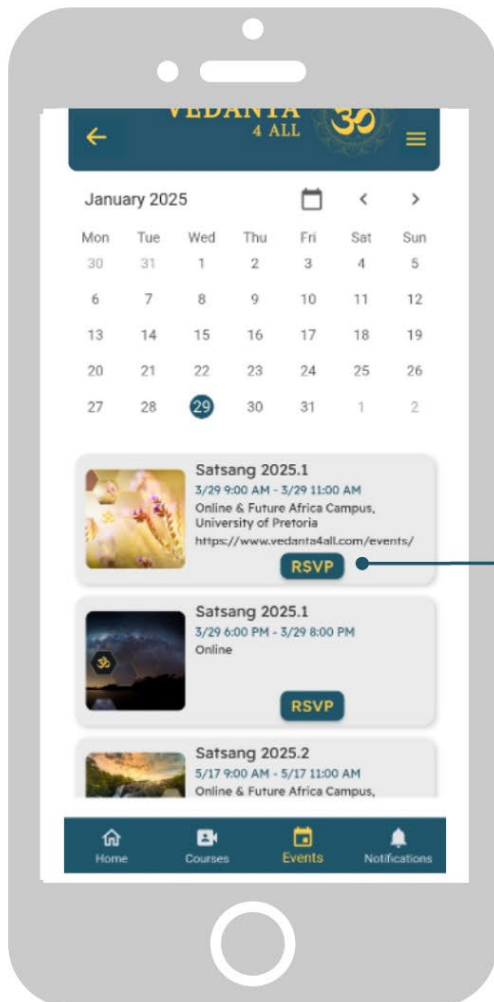
→ Contains retreats, that can be bought once off and watch as pleased

→ Pre course, please watch before starting the courses

→ For Courses you will need a subscription

Events

7



Events need to rsvp
Minimal cost apply to cover cost (\$5)

Fee is on Donation Basis. **On donation basis does not mean FREE. The Vedanta teaching is for liberation, therefore it is something we cannot put a price on. You simply contribute what you are able to based on the value you receive.

3. INVOCATIONAL CHANT

Traditionally, the invocational chant is chanted at the start of Vedanta teachings, to offer gratitude for the ancient lineage and teachings that has been passed on from generation to generation.

Click [here](#) to listen.

Sadashiva samarambhaam

From the first guru, pure existence/consciousness,

Shankaracharya madhyamaam

Down to Shankaracharya in the middle,

Asmad acharya paryantaam

And my teacher at the end

Vande guru paramparam

I prostrate to guru-disciple tradition.

Isvaro guratmeti

Isvara, my guru,

Murthi bedha vibaghine

Is beyond form and duality,

Vyomavad vyapta dehaya

Beyond space and the body,

Dakshinamurthtiyaa namaha

I bow to Isvara in the form of Dakshinamurti, the one who brings self-knowledge.

Sarva vedanta siddhanta

The import of all Vedanta texts,

Gocharam tamagagocharam

Is beyond the known and the unknown

Govindam paramanandam

It is the limitless bliss and unborn light,

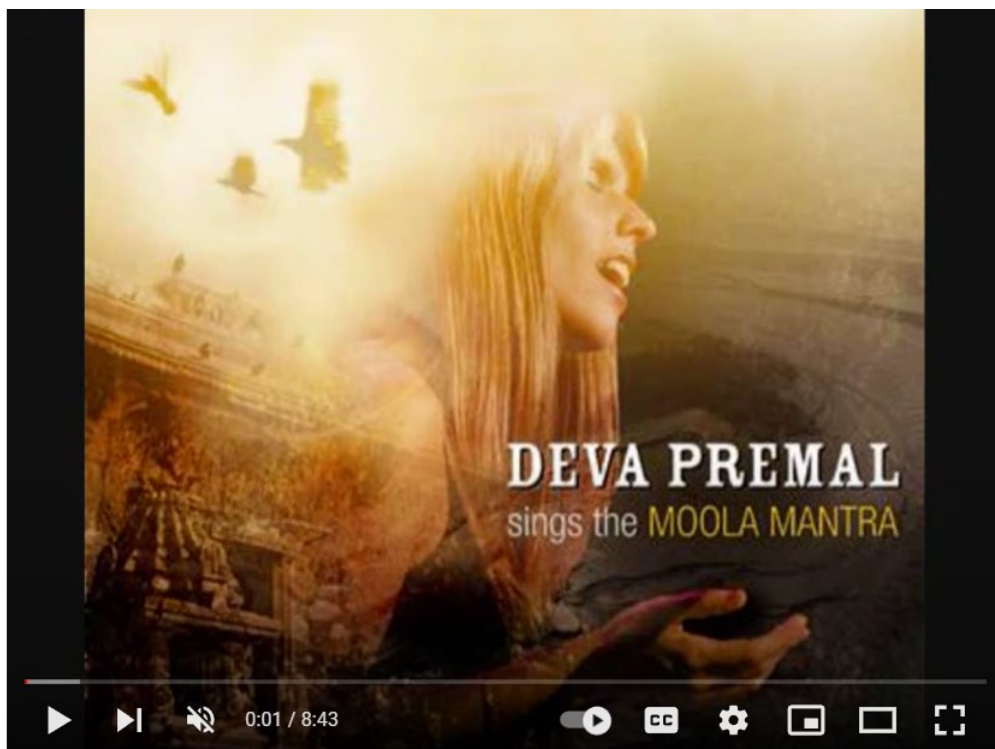
Satguru pranatoshmahaam

I worship that reality as my guru.

4. MOOLA MANTRA

Mantras are useful devices for clearing your mind of distractions so you can discriminate between what is real and what is not and keep the focus on the one true Self. The mantras provided here below are aligned with non-dual Vedanta teachings.

Click [here](#) to listen to Deva Premal's rendition of this powerful mantra, the core lyrics of which are cited below.



Deva Premal - Moola Mantra Part 1

MOOLA MANTRA LYRICS:

Om Satchitananda Parabrahma

Purushothama Paramatma

Sri Bhagavati Sametha

Sri Bhagavate Namaha

Hari om tat sat.

The mantra is a hymn to the Self, Isvara, who is beyond form and gender, the unmoved mover responsible for the creation and free of it. Meaning, it is worship of your self (jiva/jagat) as that = Jivatman/Self.

Satchitananda Parabrahma Purushothama

I worship The limitless Self, shining as ever full Consciousness, the Original or Supreme Limitless Personified Being,

Sri Bhagavati Sametha

Sri Bhagavate Namaha

*Isvara, the non-dual and non-different essence
(shakti/creation/female/male = jiva/jagat) of all things and beings*

Hari om tat sat

May Self knowledge destroy my sins (ignorance)

5. Additional resources

Utilise any of the following recommended tests to gain a better understanding of your human design:

- *Natal Chart*
<https://bigskyastrology.com/product/sky-within-birth-chart-report/>
- *Enneagram*
<https://www.truity.com/test/enneagram-personality-test>
- *Briggs Myers*
<https://www.16personalities.com/free-personality-test>
- *Strength Test*
<https://store.gallup.com/p/en-us/10108/top-5-clifton-strengths>

Thank You,
Prakashini

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For queries, please email vedantalucua@gmail.com