

# Vedic Gyan with numbers

## 1. Brahm

### Two's

**Vrittis:** Kalishta Aklishta

**Bhakti:** Par bhakti Apar bhakti

**Karam:** Laukik Alaukik

**Kinds of Yoga:** Hatha Yoga Raj Yoga

**Vairāgya:** Par - Higher Apar - Lower

**Vidya:** Aparvidya Laukik / circular vidya - material and sciences about Prakriti.  
Parvidya Brahma knowledge of Atma.

**Itihasa/Epics:** Ramayan avatar is Lord Ram, treta Yug the 2nd Yug written by MahaRishi Valmiki  
Mahabharat avatar is Lord Krishan in Dwapar Yug 3rd Yug written by Maharishi Vyas.

**Eshnas:** Bondages Lokeshna - attached to Name & Fame , Putreshna - bonded to our Children, Vitteshna - attached to wealth.

**Samadhis:** Sabij - partial state of awareness, impression/ seeds still lingering in the chit,  
Nirbij - highest state, spiritual bliss, NO seeds of impression left in the chit  
everything roasts

### 3 Three's

**Main Yogic Cleansing:** Vaatsar - Air cleaning, Varisar - Water, Agnisar - Fire

**Vedas have Kands:** - Karam kand - Rituals, Upasana kand - sitting near a guru to gain Knowledge, Gyan kand - understanding of God.

**3 parts of OM:** Bhu - Earth, Bhuv -sky, Svah - beyond sky.

### 3 Three's

**Gunas:** Sattva Rajas Tamas

**Karams:** Sanchitta Parabda ???Agami or Kriaman

**Vital bodies:** Sathul Sharir (Gross/physical body), Suksham Sharir (Subtle body),  
Karan Sarir (Causal body).

**Powers of God:** Brahma - creator, Vishnu- Sustainer, Mahesh - Destroyer

**Paths of Yoga:** Karam Yog, Bhakti Yog, GyanYog.

**Vedic Debts:** Pitri - Parental, Dev Rin - 5 elements of earth, Rishi Rin - ancestor sages

**Bandhas of Yoga:** Mula Bandha - Pelvic floor muscle, Uddiyana Bandha - The abdominals  
Up to the diaphragm, Jalandhara Bandha - Throat lock chin down to chest.

**Main Naadis:** Ida-(left), Pingala(right) & Sushumna starts at the root chakra and goes all the  
way to the crown chakra

**Types of Consciousness:** Jagrat- awake, Swapan - Dream, Susupti - Dreamless Deep  
Sleep.

**Layers of Covering:** Mala - mental impurities, Vikshepa - agitation of the mind,  
Avaran - veil of Ignorance.

**Goddess stages of Learning:** Saraswati - Knowledge, Lakshmi - Wealth, Parvati - Removal  
of injustice.

**Levels of Problems:** Adi Bhautik - Physical, Adi Devik - Mental, Adhyatmik -Spiritual.

**Ways to Remove Coverings of Mal, Vikshap & Avarn:** Shudhata - Pure with calm positive  
thoughts, Ekagrata - concentration / Single pointed mind, & Sookshamta - small, tiny

**Dhyan's Jyoti** - Sathool - light of Diya/candle/ sun etc... Sooksham - Minds light,  
Atmiya - Light of the self Atma.

**Hridaya Granthi:** 3 knots of the heart, Avidya, Kaam, Karam

**BrahmaGranthi-** Root Muladhar,

VishnuGranthi - Heart - Anahata chakra,

Rudra Granthi- Ajna chakra.

#### **4- Four's**

Karmas	Purusharthas	Vedas
Ashrams	Varnas	Antakaran
Yugas	Dharmas	Sections of Vedas
Ways to clean the mind.		

#### **5 - Five's**

Bhoots	Tanmatras	Kleshas
Action organs	Sense organs	Vrittis
Yagyas	Yamas	Niyams
Bhavas	Koshas	Pranas
Up-prans	P's of Hindus	

#### **6 -Six's**

Shat Ripus	Shat Sampatti	Shat Ras
Shat Darshan	Shat Chakras	Shat Karmas
Surrender	Ved Angas	Inherent Powers of Human

#### **7 - Seven's**

Sapta Puris	Sapta Bhumis	Sapt Rishis
Steps of Hatha Yoga		

**8 - Eight's**

Ashtanga Yoga

Ashta Siddhis

Ashta Satvik Bhav

**9 - Nine's**

Nav Dwar

Antraya

Nav Nidhi

Nav Widha Bhakti

**10 - Ten's**

Bhaktis

Pranayam

Dharma Lakshan'