



॥ भगवद् गीता ॥
... Bhagavad Gītā ...

Chapter 6

AI Summary - Class 210

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Summary

The Purpose of Vedāntic Meditation

Fundamental Distinction

Acharya Tadany emphasized a crucial distinction in Vedāntic meditation:

Key Insight: Meditation in Vedānta is not for acquiring new knowledge, but for assimilating self-knowledge that has already been received through teaching (Guru upadeśa).

The Process of Assimilation

The teaching focused on how knowledge becomes internalized:

- **Repeated Reflection:** Continuously contemplating the teachings received
- **Mental Replay:** Revisiting and reviewing the wisdom shared by the teacher
- **Internalization:** Allowing the knowledge to penetrate deeper layers of understanding
- **Integration:** Making the teachings part of one's lived experience

The Three Stages of Meditation

Acharya Tadany outlined the progressive stages through which meditation deepens:

1. **Withdrawal (dhāraṇa):** The initial stage of turning attention inward, away from external sensory distractions and mental noise
2. **Dwelling (dhyāna):** The middle stage where the mind rests steadily on the object of meditation, maintaining focus on Vedāntic truths
3. **Absorption (samādhi):** The culminating stage where the meditator becomes fully absorbed in the knowledge, experiencing unity with the truth being contemplated



Seven Definitions of Nirvikalpa samādhi

The session explored seven distinct definitions of Nirvikalpa samādhi (meditation without mental modifications) as presented in the Bhagavad Gītā:

1. Citta uparamanam

The quiet mind filled with Vedāntic thoughts

- Not mere mental silence or emptiness
- A mind at peace, yet actively engaged with spiritual wisdom
- The foundation for all deeper meditation
- Characterized by mental clarity and focus on higher truths

2. ātmā-darśanam

Invoking knowledge of one's higher nature

- Recognizing the Self beyond body and mind
- Contemplating one's true spiritual identity
- Seeing oneself as consciousness rather than the physical form
- Understanding the eternal nature of the Self

3. Ātyantikam-sukhaṃ

Happiness born from self-knowledge (Atma Ananda)

- Joy that arises from understanding one's true nature
- Not dependent on external circumstances or objects
- A state of contentment rooted in spiritual realization
- Transcends temporary pleasures and worldly happiness

Tattva-niṣṭhā (तत्त्वनिष्ठा)

Firm abidance in the Truth.

- **tattva** – reality, the ultimate truth
- **niṣṭhā** – steadfastness, firm establishment

A stable assimilation of Self-knowledge where one's identity remains firmly rooted in the truth of the Self.



5. Ātyantika-lābhaḥ (आत्यन्तिक लाभः)

The ultimate gain.

- **lābhaḥ** – gain, attainment

The highest attainment in life—the recognition of one's true nature. Once gained, nothing greater remains to be achieved.

Ātyantika-duḥkha-nivṛttiḥ (आत्यन्तिक दुःख निवृत्तिः)

The complete and final cessation of sorrow.

- **duḥkha** – suffering, sorrow
- **nivṛttiḥ** – cessation, removal

The total freedom from existential suffering that comes through Self-knowledge.

The Role of Guru upadeśa

Essential Teaching: True knowledge arises from Guru upadeśa (the teaching of a qualified teacher). Meditation serves to deepen and assimilate this knowledge, not to generate it independently. (Acharya Tadany)

Key points about the teacher-student relationship:

- The Guru transmits knowledge that cannot be gained through personal effort alone
- The student's role is to receive, reflect upon, and internalize these teachings
- Meditation becomes the bridge between intellectual understanding and experiential realization
- The lineage of teaching ensures the purity and authenticity of the knowledge transmitted

Prerequisites for Effective Meditation

The Quiet Mind

A fundamental requirement for Vedāntic meditation:

- Mental stillness as the foundation for contemplation
- Freedom from excessive mental chatter and distraction
- Cultivation of inner peace through practice and discipline
- Creating space for Vedāntic thoughts to take root



Vedāntic Content

The mind must be filled with appropriate content:

- Contemplation of teachings from scriptures and teacher
- Reflection on the nature of Self and reality
- Engagement with profound spiritual truths
- Continuous return to core Vedāntic principles

The Paradigm Shift: A Transformative Perspective

The session concluded with a profound reframing of spiritual identity:

Traditional View: We are human beings seeking spiritual experiences

Vedāntic View: We are spiritual beings experiencing temporary human experiences

Implications of This Shift

Human Seeking Spirit	Spirit Having Human Experience
<ul style="list-style-type: none">• Identity rooted in body and mind	<ul style="list-style-type: none">• Identity rooted in consciousness
<ul style="list-style-type: none">• Spiritual experiences as goals to achieve	<ul style="list-style-type: none">• Human experiences as temporary phenomena
<ul style="list-style-type: none">• Seeking fulfillment externally	<ul style="list-style-type: none">• Recognizing inherent completeness
<ul style="list-style-type: none">• Meditation as a means to become spiritual	<ul style="list-style-type: none">• Meditation as remembering what we already a

Practical Applications

Daily Practice

How to integrate these teachings into everyday life:

1. Begin with establishing a regular meditation practice, even if brief
2. Regularly review and reflect on teachings received from study or teacher
3. Cultivate mental quietude through breath awareness and mindfulness
4. Repeatedly contemplate the nature of the Self throughout the day
5. Notice when identification shifts from body-mind to consciousness
6. Practice seeing challenges as temporary experiences, not threats to essential being



Integration with Life Challenges

Connecting spiritual practice with real-world situations:

- Use work pressure as an opportunity to practice mental steadiness
- Apply the understanding of temporary human experiences to difficult emotions
- Recognize that balance comes from knowing one's true nature, not from perfect external circumstances
- See life transitions as changes in experience, not changes in essential Self

Looking Forward

The session concluded with anticipation for future teachings:

- **Next Class Preview:** The seventh and final definition of Yoga samādhi from the Bhagavad Gītā
- Continued exploration of how these definitions interconnect and support each other
- Deeper investigation into the practical application of Nirvikalpa samādhi
- Further guidance on assimilating self-knowledge through meditation

Key Takeaways

Essential Points to Remember:

1. Meditation in Vedānta is for assimilation, not acquisition of knowledge
2. True knowledge comes from Guru upadeśa and must be internalized through practice
3. A quiet mind filled with Vedāntic thoughts is the foundation of spiritual growth
4. The three stages of meditation—withdrawal, dwelling, and absorption—form a natural progression
5. Nirvikalpa samādhi has multiple definitions, each revealing different aspects of the meditative state
6. The paradigm shift from "human seeking spirit" to "spirit having human experience" transforms our entire approach to life and practice
7. Spiritual practice must integrate with daily life challenges, not exist separately from them

Conclusion

This session provided a comprehensive framework for understanding Vedāntic meditation as a tool for assimilating self-knowledge. By exploring the seven definitions of Nirvikalpa samādhi and emphasizing the role of the teacher, the quiet mind, and the fundamental paradigm shift in identity, Acharya Tadany offered both theoretical understanding and practical guidance for



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spiritual seekers. The teachings bridge ancient wisdom with contemporary life challenges, showing how profound spiritual truths can be lived and experienced in the midst of everyday responsibilities and transitions.