

# Why human birth so important ?

- Life as per Sanatana Dharma is:
- 3 tatvas – Isvara, Cetana and acetana. The controller and guide is Isvara. Cetana is the decision maker. Cetana (the atma) has to decide between acetana and Isvara, leave one and hold the other.
- If atma leaves Isvara and holds on to acetana, then he undergoes birth and death in cycles.
- If atma leaves acetana and holds on to Isvara then he gets liberated.
- Liberation is a result of realisation which is also the distinct quality of humans. So human birth is relevant

# Why birth ?

- Birth is a result of our actions – good and bad actions – actions have to be awarded or punished. Points earned in your credit card are redeemed, else they lapse. Here, papa and punya do not lapse, but are carried over to the next birth
- Atma is born to enjoy or suffer for punya or papa – prarabdha karma. Birth, family, education, health, wealth are primarily decided by past karmas.
- Abundant punya would give a deva birth, equal measure of punya and papa would give human birth, cruel papa would result in asura / rakshasa birth or naraka.
- Mental offence leads to tree or stone birth, Vocal offence results in bird or animal birth, physical offence ends in lower birth.
- Count on the effect of vasana and ruchi – imprints of previous births and compelling taste to err. Atma carries, karma, vasana, ruchi and subtle indriyas when migrating to another birth.

# Human life in this context

- Kapuya carana: kapuyam yonim apanneran; ramaneeya carana: ramaneeyam yonimapanneran – Papa results in papi birth and punya results in a punyasali birth. This chain can be broken by Jiva svatanrya. This is the challenge
- Whichever birth, deva asura etc, atma has to return to a human birth once the prarabdha is spent. Ksheene punye marthya lokam visanti – dharmena papam apanudati.
- The purpose of human life is two fold – enjoy or suffer results of karma (inevitable but can be mitigated) earn more karma (inevitable but can be avoided) get rid of karma (can be achieved by practicing karma / bhakti yoga)
- Logically, as trees, animals and upto age 12 in human birth, karma are not counted. So human life is very relevant

# The progressive steps in redemption

- Phase 1 - Isvara sauhardam (good wish)
- Yadruccha sukrtam (incidental past credits)
- Vishno: kataksham ( the glance of Bhagavan)
- Advesham (no hate)
- Abhimukhyam (love God)
- Sadhu samagamam (company of noble souls)
- Acharya prapti (recipient of preachings)
- These preachings reminds the nature of atman and goal of birth – redemption and release.
- Phase 2 – Saranagati, Kainkaryam and Guna anubhavam. All these are possible only in human birth

# Process in Phase 2

- Realise the unsurmountable obstacle – karma
- Surrender and plead for redemption of karma
- He assures redemption but expects a discipline in rest of the life, in line with the realisation. At the end of that birth all karmas are wiped off and we reach His lotus feet.
- Gnana – Saranagati – kainkaryam – papa nivritti – Moksham.
- Once in Phase 2, any lost link can be continued in subsequent human births – Bhagavan helps in conducive birth.
- assumed we won't commit papa (knowingly) in this phase – if we commit or like material pleasure then the process is delayed. Inadvertent papa is condoned.