Twitter Thread by ■yudhika



■yudhika
@Satyamev1310

Pravritti and Nivritti #Thread

Pravritti is worldly interaction i.e from inside to outside whereas Nivritti is inner contemplation i.e from outside to inside.

Let's understand both with examples

> This Shloka appears in Gita Bhasya by Adi Shankaracharya.
>
> 'Pra' means different and 'Vritti' stands for chitta and 'Ni' means inwards.
>
> Companion words : "Pravritti and Nivritti" #Sanskrit #AdiShankaracharya pic.twitter.com/mF7gpy7kxV
>
> — IndicIdeas (@IndicIdeas) May 29, 2021

Pravritti:

It naturally flows out of us and is there from the time we are born till we die. And we are naturally inclined towards action.

A baby crawls, turns, twists , pulls, pushes, walks, runs without any formal training. Because it's the pravritti of the baby.



Outward interaction is essential for the continuity of life, for organising the Society, and concluding with Karma Yoga.

Right Karmas (action) can bring prosperity, happiness and contentment.

Nivritti

This needs training unlike Pravritti so that we can understand ourselves better, understand our nature, find how we react, how we feel and why do we feel so.

Meditation is that training.



Nivritti leads to the answers of the questions:

Who am I? What am I here for?

It stabilizes our physical body and purifies our thoughts. It also helps us to answer the question: Why should we do this?

Both Pravritti and Nivritti are interconnected.

A good blend of the two can elevate one spiritually.■■

@Tushar_KN @MumukshuSavitri @VIBHU_Tweet @SriramKannan77 @iKamalVeda @VertigoWarrior @RajniGoswami8 @davidfrawleyved @Voice_For_India @DharmaSuta @BhaktiSaamrajya @Siya_100720 @pahadanladki @Anjna116 @AadhySanatani @koyibhi

Śrīmad Bhagavad Gītā Bhāṣya

OF ŚRĪ ŚAṄKARĀCĀRYA



With Text and English Translation