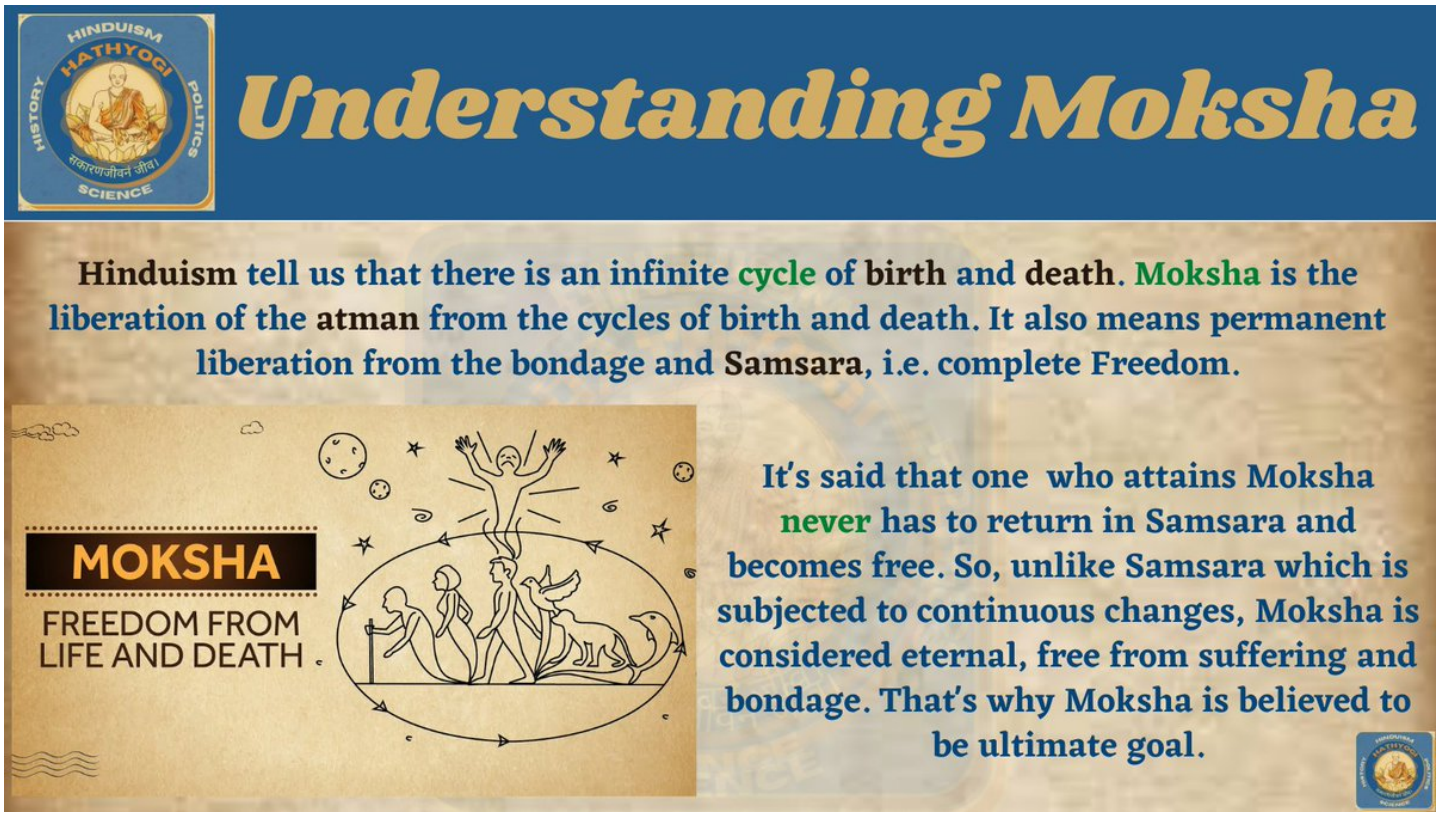
Twitter Thread by Hathyogi

Hathyogi
@hathyogi31

#Thread on Understanding The concept of moksha-



https://t.co/3CjHPKQH4t

Understanding Moksha

According to Katha Upanishad 1.3.7 & 1.3.8:

यस्त्वविज्ञानवान् भवत्यमनस्कः सदाऽशुचिः ।
न स तत् पदमाप्नोति संसारं चाधिगच्छति ।।

But whoso is devoid of a discriminating intellect, possessed of an unrestrained mind & is ever impure, does not attain that goal, but goes to samsara.



यस्तु विज्ञानवान् भवति समनस्कः सदा शुचिः ।
स तु तत् पदमाप्नोति यस्माद्भूयो न जायते ।।

But, whoso is possessed of a discriminating intellect and a restrained mind, and is ever pure, attains that goal from which he is not born again.

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Understanding Moksha



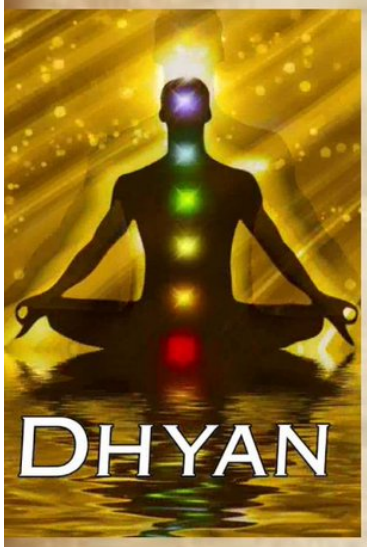
Why Moksha?

A parrot, even if put it into a golden cage with all kind of food in it, would still try to fly. Because FREEDOM is irreplaceable. We too are trapped inside a golden cage (Maya) and just like the parrot we too forget to fly after spending somedays inside the cage.

For us Moksha is the real freedom but we don't realize it due to the presence of the Maya. Also, Moksha is not an easy thing to achieve. many had died trying but couldn't attained it. There can be many ways to attain moksha however, 4 are the most known one-

https://t.co/mIb7CyfSyQ

Understanding Moksha



- **Dhyan yoga-**

Word dhyana means which gives ultimate bliss. Dhyan Yoga can be divided into two types-

1. Saguna dhyana - As mentioned in Atharvaveda Dhyana by concentrating over an idol or symbol is sagunadhyana.
2. Nirguna dhyana - Dhyana by controlling over soul (atma)is nirguna dhyana (shandilyopnishad).

According to Bhagavad Gita 12:8

मय्येव मन आधत्स्व मयि बुद्धिं निवेशय |
निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ||

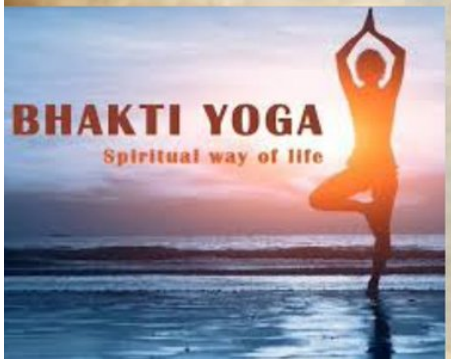
Fix your mind on Me alone &surrender your intellect to Me. There upon, you will always live in Me. Of this, there is no doubt.

https://t.co/KGQkwOqyYT

Understanding Moksha

- **Bhakti Yoga-**

"Bhakti-Yoga is a real, genuine search after the lord, a search beginning, continuing, and ending in love. One single moment of the madness of extreme love to God brings us eternal freedom", mentioned in Swami Vivekanand's book over Bhakti yoga.



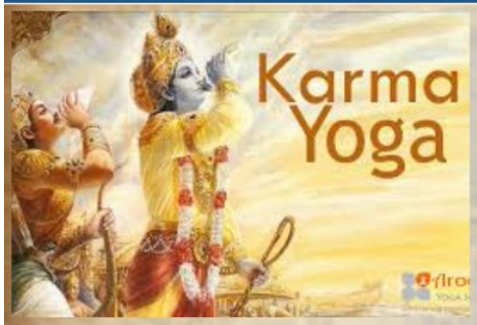
According to Bhagavad Gita 12.9:

अथ चित्तं समाधातुं न शक्नोषि मयि स्थिरम् |
अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय ||

If you are unable to fix your mind steadily on Me, O Arjun, then practice remembering Me with devotion while constantly restraining the mind from worldly affairs.

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Understanding Moksha

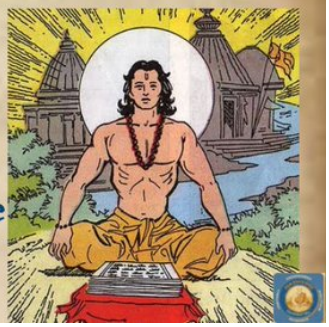


- **Karm Yoga-**

According to Bhagavad Gita - 12.11;

अथैतदप्यशक्तोऽसि कर्तुं मद्योगमाश्रितः |
सर्वकर्मफलत्यागं ततः कुरु यतात्मवान् ||

If you are unable to even work for Me in devotion, then try to renounce the fruits of your actions and be situated in the self.



- **Jnana Yoga**

According to Bhagavad Gita 4:38-

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते | तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति ||

In this world, there is nothing as purifying as divine knowledge. One who has attained purity of mind through prolonged practice of Yog, receives such knowledge within the heart, in due course of time.

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Understanding Moksha



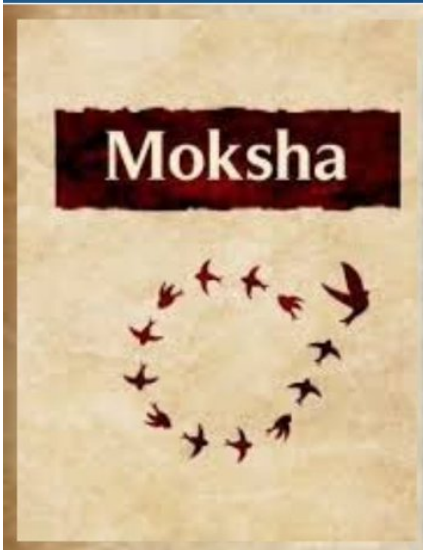
Rig Veda in 7.59.12 tells Shiva [Rudra] is the God who grants eternal Moksha Rishi Vasistha is the Seer and Rudra is the devta:

त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय माऽमृतात् ।।

The meaning of मृत्योर्मुक्षीय माऽमृतात् = मृत्यु + मोक्ष + मम अमृतात् ie. Death + Moksha + (to me) Immortality Which means Shiva Gives Immortal Moksha ie. Eternal Moksha/ Eternal Liberation. The above verse became popularly known as Mokshadayani mantra & Mahamrityunjaya mantra.

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Understanding Moksha



However some people also believe that Krishna who was the incarnation of Vishnu himself, is the one who provide moksha as he himself preach Bhagavad Geeta which give us detailed account on Moksha.

Nature of Moksha can be found in Mandukya Upanishad (with Gaudapada Karika) 2-32:

न निरोधो न चोत्पत्तिर्न बद्धो न च साधकः ।
न मुमुक्षुर्न वै मुक्त इत्येषा परमार्थता ॥

There is neither dissolution nor creation, none in bondage and none practicing disciplines. There is none seeking Liberation and none liberated. This is the absolute truth.

@hathyogi31