



Suddha Dharma Mandalam Vidyalaya

Sección Chilena

Reseña Histórica	Jerarquía Espiritual SDMV	Fundamentos	Sentencias Doctrinales	Principio Básico	Filosofía Suddha	¿Qué es Yoga?
Práctica SDMV	GITÁ Según SDMV	Meditación Suddha	English Version	Publicaciones	Horarios de Reuniones	Importancia del SDMV

TO ALL WHO WANTS TO KNOW ABOUT OUR SUDDHA DHARMA PHILOSOPHY

Religion in general terms being distinct from convention, may be said to embody the philosophy, principle and, practice of human conduct and bearing in relation to Whole Life, pervading and energising Cosmos; these principles, practice and philosophy apply to temporal and spiritual existence and experience; as such the approach to study and understanding of such religion must necessarily be integral in its character. Suddha (Sanatana)Dharma gives the pre-eminent lead to such an approach. The expression Suddha Dharma signifies the Law of Transcendence as a result of the Syntesis of Spirit and Matter co-functioning in the evolutionary World-process which obtain through all time.

The Supreme Spirit or Suddha Brahm or Supreme God in its very nature transcends time and space and it is the goal who suddha aspirants search in their own spiritual heart though Suddha meditation exercises. Suddha Brahm in its primal expression is triple, being known as: Life Principle, Energy Principle and Matter Principle, and all those elements also constitutes the main structure that forms the bodies of all creatures in the cosmos into an evolutionary and eternal process.

In order to know this divine functioning, Suddha Dharma leads to aspirants to practice spiritual excercises or meditations and such practices varies with individual development with reference to their increasing evolutionary responsiveness.

Besides constant study, meditation and selfless actions in own life, Suddha Dharma enjoins on every aspirant the practice of RAYA YOGA or Suddha Meditation. This meditation has to be conducted on three levels of man's consciousness with the reference to the triple aspect of BRAHMA, namely SAGUNA or FORM, NIRGUNA or WITHOUT FORM and SUDDHA or the Transcendence of both mentioned.

Such meditation also called DHYANA includes the raising of normal consciousness in man from lower to higher levels, maintaining him a mental attitude of universal unity to the inmanent aspect of Divinity as Atman.

An intensive aid to this practice is furnished by intoning mantras or syllabes of power



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that purifies the body, heart and mind to the aspirant who wishes a divine contact with God in its own spiritual heart.

The results of these knowledge and spiritual exercises leads to aspirant to follow by himself a peaceful, wise and lovely life, in order to serve everyboby in the suffering mankind.