

The basic level course on *Tattvabodha* comprises 11 lessons. Following are the topics covered in each lesson:

Lesson 1: Introduction

- The meaning of Veda
- Pramāṇa: The different means of knowledge
- Enquiry into 'Who am I?'
- Role of Vedas as an exceptional means of knowledge
- Definition of Vedānta
- Different sections of the Vedas: karma-kāṇḍa and jñāna-kāṇḍa
- What is Tattvabodha?

Lesson 2: Mangalācaraṇa and Anubandha-catuṣṭaya

- Definition of ṛṣī
- Introduction to prasthāna-traya
- What is a prakaraṇa-grantha?
- Mangalācaraṇa in context to Tattvabodha
- Anubandha Catuṣṭaya – the fourfold preliminary/basic considerations
- Sri Veda Vyāsa and Sri Ādi Śankarācārya – the two prominent Gurus in the paramparā

Lesson 3: Sādhana Catuṣṭaya

- Unique style of Tattvabodha
- Tattvaviveka-prakaraṇa
- Vastu-saṅgrah-vākya
- What are the qualifications to attain aparokṣa-jñāna?
- Sādhana-catūṣṭaya
 - What is viveka?
 - What is vairāgya?
 - Śamādiṣaṭka-saṁpatti – the six-fold wealth that will earn you Mokṣa

Lesson 4: Adhikārin, Mumukṣutva, Tattvaviveka

- Adhikārin
 - Who is an Adhikārin (qualified aspirant)?
 - Viveka – the most important qualification
 - Śamādiṣaṭka-saṁpatti – where do I begin?
- Mumukṣutva
 - What if I do not have the qualifications?
- Tattvaviveka

- How to do tattvaviveka?
- Satya vs mithyā
- What is Ātman?
- Taṭastha-lakṣaṇa and svarūpa-lakṣaṇa

Lesson 5: Sthūla-, Sūkṣma- and Kāraṇa-śarīra

- Sthūla-śarīra: The gross body
 - What is the gross body?
 - The material and efficient cause of the gross body
 - What is the function of the gross body?
- Sūkṣma-śarīra: the Subtle body
 - What is the nimitta-kāraṇa for the human mind/intellect?
 - Saptadaśa-kalā – the 17 components
 - Golaka and Indriya (faculty)
 - The five jñānendriyas
 - The five karmendriyās
 - Adhiṣṭhāna-devatās – the presiding deities
- Kāraṇaśarīra – the causal bod
 - Ajñāna – the individual kāraṇa-śarīra
 - Māyā – The total kāraṇa-śarīra

Lesson 6: Avasthātraya – The Three States of Experience

- How does the miniscule avidyā hide the Self?
- What is the waking state?
- What is the dream state?
- *Aham kimapi na jānāmi* – the blissfully ignorant deep sleep state
- Consciousness the Illuminator

Lesson 7: Pañcakośa (Five Sheaths) and Beyond

- Śarīra to kośa
- What is annamaya-kośa?
- What comprises prāṇamaya-kośa?
- The Ānandamaya experience
- How is happiness experienced as priya-moda-pramoda?
- Is happiness in the object?
- Analysis of 'I am beyond'

Lesson 8: Nature of the Self

- Ātman and anātman
- What is Sat-Cit-Ānanda?

Lesson 9: Māyā, Triguṇas and Pañcīkaraṇa

- Caturviṃśati-tattva-utpatti – matter of the 24 principles
- Māyā – the power of Brahman
- Mapping the jñānendriyas
- Mapping the karmendriyas
- What are manas, buddhi, citta and ahaṅkāra?
- Devatās – the presiding deities
- What is vyaṣṭi and samaṣṭi?
- Difference between subtle and gross
- Pañcīkaraṇa – creation of the gross elements
- Does māyā veil Brahman?

Lesson 10: Relationship of Jīva and Īśvara and Enquiry into “Tat Tvam Asi” Mahāvākya

- What is Tattvaviveka?
- Who is jīva? Who is Īśvara?
- Example of sun, water, bucket, ocean and the reflection of the sun
- What is meant by jīva-brahma-aikya?
- What is truth and what is apparent?
- Enquiry into “Tat tvam asi” mahāvākya
- Purpose of explaining creation in Vedānta
- Is Consciousness Ātman or Brahman?

Lesson 11: Jīvanmukta, Types of Karma and Result of Self-knowledge

- Who is a Sadguru?
- Who is a Jīvanmukta?
- What is karma?
- The three types of karma-phala: sañcita-, āgāmi- and prārabdha-karma
- Āgāmi-karma in context to the Jñānin
- Sañcita-karma in context to the Jñānin
- Liberation – from what? Two types of Liberation
- Three types of limitations
- Jīvanmukta – the one who has transcended all limitations
- Prārabdha-karma for a Jñānin
- Sañcita-karma: the end of the file for the Jñānin
- The Jñānin's two-fold āgāmi-karma
- Videhamukti