



Paravidya

Radiant Divinities! Immortal *Atma-svarupa jijnasus!* *Jijnasa* means thirst for knowledge. The ultimate Knowledge that takes one forward and liberates one from the limited experience of body consciousness, or the name and fame consciousness and bestows upon one the Cosmic Consciousness is known as the highest knowledge, *Paravidya*. This higher knowledge should clearly be differentiated from the lower knowledge, which pertains only to things that are within the confines of time, space and causation. This latter knowledge of things that are limited within time and space is therefore finite and temporary, it is non-eternal. It is the lesser knowledge, and at best it can help you to have a comfortable life of physical conveniences, sense satisfaction, and temporary partial desire-fulfilment. It has not the power – limited, finite things do not have the power – to liberate you from fear and sorrow, to liberate you from all the limitations and imperfections that pertain to this limited life bound by birth and death, hunger and thirst, joy and sorrow, and the ever-changing experiences of sense-contacts. Those who seek the Knowledge that is beyond this relative knowledge are the aspirants of *Paravidya* or the higher knowledge which ultimately bestows upon you freedom from bondage, fear and sorrow. This higher Knowledge bestows upon you the Experience of your real identity, your true Self which is beyond the apparent, limited self. It ultimately confers upon you spiritual Illumination and Perfection, absolute Bliss, the Peace that passeth understanding, and freedom from all limitations.

Paravidya is not only for knowing, but also for doing. It is not simply for acquiring information, but more importantly, for putting information to use by translating it into action, into practice. Because, Paravidya is the science of Yoga, and Yoga is a practical science that is to be applied in living your life. Right from the very start, every part of Yoga is knowledge imparted for conversion into *abhyasa*. Yoga is a practical science of Self-realisation, and *abhyasa* is the very essence of this science. Therefore, always remember this concept of *abhyasa*. Learn in order to do, to live.

■ *Swami Chidananda*

“Dwell always in the centre. The centre is Atma or the immortal Soul. This is your original abode. This is the Param Dham, Aspire. Know the Self. Regain the lost divine glory. Develop the eye of wisdom, the inner third eye. Regular meditation only can open this eye of intuition. The joy knows no bounds when the inner eye of knowledge is opened. The body-consciousness disappears, fear, sorrow, doubt and delusion vanish.”

— *Swami Sivananda*