

**hētudharmaḥ** (*Dharma as a cause*)

**abhyudayahētuḥ**  
(*Dharma is the cause of prosperity*)

**niśrēyasahētuḥ**  
(*Dharma is the cause of liberation or freedom*)

**Golden rule-03**

**svādhyāyānmā pramadaḥ** / (*taittirīyōpaniṣat-1-11*)

<b>svādhyāyāt</b>	<i>from the solemn recitation of the scriptures</i>	<b>mā</b>	<i>not</i>
<b>pramadaḥ</b>	<i>(you) be heedless about</i>		

**MEANING**

*be not heedless about the solemn recitation of scriptures*

**svādhyāyaḥ** (*recitation of scriptures*)

**śāstrādhyayanam**  
(*Scriptural study*)

**pravṛttigranthāḥ**  
*Studying the scriptures dealing with normal life and unselfish actions.*

**nivṛttigranthāḥ**  
*Studying the scriptures dealing with freedom and super soul concept.*

**japaḥ**  
(*Chanting*)

**nityajapaḥ** (*Routine Chanting*)  
*Chanting the prayers at the beginning of each action.*

**naimittikajapaḥ** (*Occasional Chanting*)  
*Chanting some prescribed prayers only at special occasions.*

japavidhiḥ  
(Method of Chanting)

upāñśujapaḥ  
(Silent Chanting)

vaikharījapaḥ  
(Loud Chanting)

mānasajapaḥ  
(Mental Chanting)

dōṣatrayam  
(Three defects)

pramādaḥ  
(Heedlessness)

ālasyam  
(Laziness)

nidrā  
(Sleep)

pramādaḥ (Heedlessness)

*One should never be careless in scriptural study. If the mind ever so slightly strays from the Ideal, and becomes outgoing, then it goes down and down, just as a play-ball inadvertently dropped on the staircase bounds down from one step to another.*

Effects of carelessness

mōhaḥ (Sleep)

ahañkāraḥ (Egoism)

bandhaḥ (Bondage)

vyathā (Misery)

*Hence to the discriminating knower of Brahman there is no worse death than inadvertence with regard to concentration. But the man who is concentrated attains complete success.*