

## USHAS SUKTA of Rishi Vishvaamitra

One among the many suktas addressed to Ushas, the Divinity of Dawn, is the one envisioned by Vishvaamitra rishi. This is sukta 61 in the third mandala of the Rgveda. The very phenomenon of daybreak becomes the central focus from which the seeker can draw nourishment. Here we find a perfect companion to the Ratri suktam of Kushika Rishi.

The coming of Dawn each day informs us of the perennial source of Wisdom and Grace, available in the form of Light. From the Heavens above, Ushas, the beautiful Lady spreads Light from the ends of her garment. She does this for all of us below on Earth, thus connecting us to the regions above. It is up to each one of us to synchronize with this cosmic energy when we wake up. The energy and wisdom can be internalized to sublimate our lower nature smoothly and surely. Benefit accrues to oneself and to others. Each day Ushas reminds us that indeed we are born to delight in Immortality. This the very same path we are on.

This sukta reveals what thought processes one can engage in, so as to direct energy and wisdom right from the moment one wakes up, towards a life of Beauty and Substance. The lesson course is based on excerpts taken from pravachans given in 2001 at the East West Cultural Center in Culver City. The suktas are given in Devanaagari and transliterated English. Following that are word to word English approximations, which may not all be grammatical translations necessarily. The commentary *dōgdhrī* that follows helps in applying the meaning of this sukta to our life.

There are two sections to this course and one quiz at the end.

Please contact consultations@ambahouse.org to sign up for this course

