

CARYA'CARYA

SHRII SHRII ÁNANDAMÚRTI constructed the ÁNANDA MÁRGA trisha'stra - that is, its Dharma Sha'stra (Spiritual Treatise), its Darshan sha'stra (Philosophical Treatise) and its Sama'ja Sha'stra (Social Treatise) - from the perspective of ÁNANDA MÁRGA's monistic Philosophy. Parts 1, 2 and 3 of ÁNANDA MÁRGA CARYA'CARYA (CARYA'CARYA means "Code & Usages") constitute the Sama'ja Sha'stra (Social Treatises).

CARYA'CARYA PART 1 sets forth, among other things, guidelines for social functions and ceremonies, such as those for naming an infant, for entering a new house, for giving an invitation, for marriage, for cremation, for tree planting, and for a number of socio-spiritual festivals. BA'BA' dictated the original CARYA'CARYA Part 1 in 1956, almost immediately after the ÁNANDA MÁRGA mission was founded.

ÁNANDA MÁRGA CARYA'CARYA - Part 1

Contents:

Publisher's Note

- 1 Infant's Játakarma: The Naming of and First Feeding of Solid Food to an Infant
- 2 The Process of Initiation
- 3 Sádhaná
- 4 Táttvika, Ácárya/á, and Purodhá
- 5 Self-Analysis
- 6 Relationship with an Ácárya/á
- 7 Methods of Salutation
- 8 Páincjanya
- 9 Dharmacakra
- 10 Svádhyáya
- 11 Dharma Mahácakra
- 12 Tattvasabhá
- 13 Jágrti
- 14 Laying of the Foundation Stone
- 15 House-Entry Ceremony
- 16 Tree-Planting Ceremony
- 17 Commencing a Journey
- 18 Marriage Ceremony
- 19 The Ideal Householder
- 20 Birthday Ceremony
- 21 Social Functions and Festivals
- 22 The System of Invitation
- 23 Dress
- 24 Social Relationship between Men and Women
- 25 Livelihood
- 26 The Livelihood of Women
- 27 Economic Policy
- 28 Ideal System of Inheritance
- 29 Science and Society
- 30 Social Punishment
- 31 Disposal of the Dead Body

- 32 Shrāddha Ceremony
- 33 Widows
- 34 Bhukti Pradhāna
- 35 Samājmitram, Smārtta, Jivamitram and Dharmamitram
- 36 Formation of Boards
- 37 Upabhukti Pramukha
- 38 Sāndhivigrāhika, Janamitram and Lokamitram
- 39 Your Various Organizations
- 40 Tāttvika, Ācārya/ā, Purodhā and Their Concerned Boards
- 41 Avadhūta/ikā and Avadhūta Board
- 42 Treasures of Ananda Marga
- 43 Guru Vandanā
- 44 Concluding Words

ĀNANDA MĀRGA CARYA'CARYA - Part 2

Contents:

- 1 Sādhanā (Intuitional Practice)
- 2 The Body
- 3 Society
- 4 Miscellaneous
- 5 Paincadasha Shiila (The Fifteen Rules of Behaviour)
- 6 Conduct Rules for Sādhakas
- 7 Sixteen Points
- 8 Social Norms
- 9 Concluding Words

ĀNANDA MĀRGA CARYA'CARYA - Part 3

Contents:

Preface

- 1 Bathing Procedure and Pitr Yajina
- 2 Procedure for Eating
- 3 Procedure for Fasting
- 4 Taking the Air
- 5 Physical Restraint
- 6 General Health Rules
- 7 Different Yoga Practices
- 8 Āsanās
- 9 Mudrās and Bandhas
- 10 Prāñāyāma

Appendix

Samskrta Glossary

Then in the 1960s, 1970s and 1980s, BA'BA' added directives for the further benefit of followers of the Marga.

Sometimes the new material would make its appearance in the edition of one language, sometimes in the edition of another language. Naturally there came to be a slight variation in content among the different editions.