

Sakar Trust Expands Access to Drig Drishyam Vivek With Hindi, English Books and Video Sessions

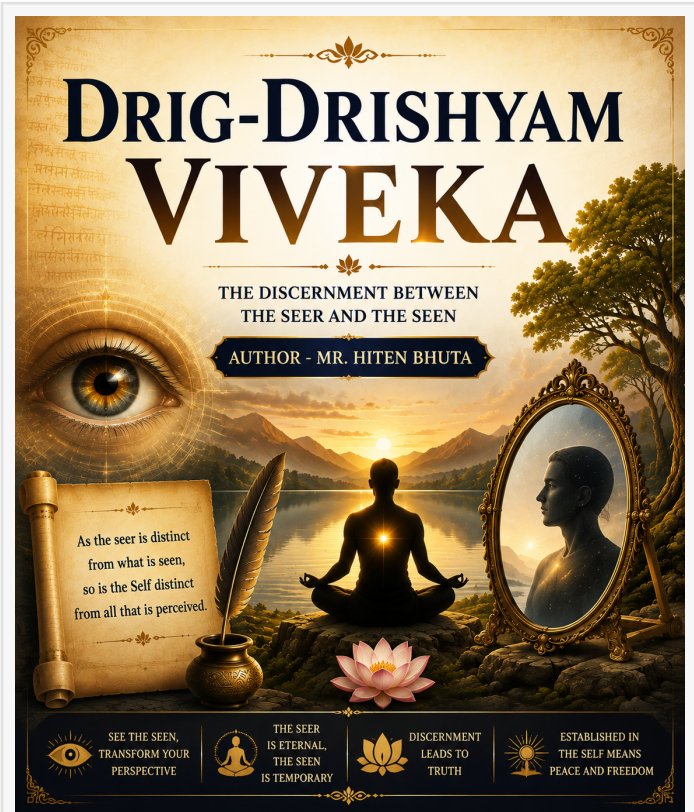
Books and Rasamay Bodhi sessions invite seekers to explore the seer, the seen, self-inquiry, discernment and the roots of inner suffering.

MUMBAI, MAHARASHTRA, INDIA, August 18, 2026 /EINPresswire.com/ -- [Sakar Trust](https://www.sakartrust.com/) is bringing renewed attention to Drig Drishyam Vivek, a Vedantic work centered on the distinction between the seer and the seen, by making the subject accessible through Hindi and English book editions and complementary Rasamay Bodhi video sessions.

The initiative is intended for spiritual seekers, students of Vedanta and readers interested in self-inquiry, consciousness, discernment and the relationship between perception and suffering. The current availability of both language editions, together with a dedicated online video series, gives readers different ways to approach the teachings through reading, listening and contemplation.

Drig Drashyam Viveka examines a deceptively simple question: if the body, thoughts, emotions and changing states of mind can all be observed, who or what is the observer? This distinction between Drig, the seer, and Drishyam, the seen, becomes a starting point for investigating identity and experience. Rather than asking readers simply to accept philosophical conclusions, the material encourages observation and inquiry into what changes and the awareness through which change is known.

People may encounter physical discomfort, relationship difficulties, financial concerns, uncertainty, criticism or emotional conflict. Practical problems can require practical responses.



Drig-Drishyam Vivek by Mr. Hiten Bhuta explores the timeless wisdom of discerning between the seer and the seen, guiding readers toward self-awareness, truth, inner peace and freedom.

Vedantic inquiry adds another dimension by examining how attachment, assumptions, labels, interpretations and identification can influence the experience of those circumstances.

Among the ideas explored are the traditional statements “Bhidyante Hṛdaya Granthi,” referring to the breaking of the knot of the heart; “Chidyante Sarva-Saṁśayā,” pointing to the cutting away of doubts; “Kṣīyante Cāśya Karmāṇi”; and “Tasmin Dṛṣṭe Parāvare,” pointing toward deeper seeing.

The material uses the metaphor of diagnosis to explain this approach. Just as a physician may look beyond visible symptoms to investigate an underlying condition, spiritual inquiry asks a seeker to look beyond the immediate appearance of an experience and investigate its deeper basis.

Another theme is the influence of language and interpretation. Words themselves can trigger happiness, anger, embarrassment or distress because the mind interprets them and assigns meaning. Becoming more aware of that process can help a person observe reactions rather than responding to every thought, label or judgment automatically.

The teachings also explore Shiva and Shakti as philosophical symbols for the relationship between unchanging consciousness and dynamic manifestation. Such themes are presented as subjects for contemplation rather than as shortcuts or promises of instant transformation.

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Quote text: Deeper inquiry begins when we stop looking only at changing experiences and start examining the awareness through which they are known.”

Hiten Bhuta

“Deeper inquiry begins when we stop looking only at changing experiences and start examining the awareness through which they are known. Drig Drishyam Vivek invites that journey from reaction toward discernment and inner clarity.” Hiten Bhuta, Founder associated with Sakar Trust.

For those who prefer guided study alongside reading, the Rasamay Bodhi video sessions provide discussions of Drig Drishyam Vivek and its inquiry into the observer and the observed. Sakar Trust’s Rasamay Bodhi page describes the



Drig-Drishyam Vivek presents the timeless wisdom of Adi Shankaracharya, exploring the distinction between the seer and the seen and guiding seekers toward self-knowledge, inner peace, freedom, and spiritual awakening.

series as exploring the subtle distinction between the inner witness and what is observed.

Contact Suraj Thakur today for a FREE consulting & review call to discuss your event or project and explore the right opportunity for collaboration with Sakar Trust and Hiten Bhuta.

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Connect today. Create greater impact tomorrow.

Reading Drig Drashya Viveka is more than studying spiritual philosophy—it is an invitation to examine why suffering arises, how the mind becomes bound by doubts and attachments, and how deeper self-inquiry can lead toward lasting inner peace. Don't let these teachings remain only ideas you encounter briefly. Read them, contemplate them, and bring them into your own Sadhana.

Choose Your Edition & Begin the Journey

✉ English Edition — Buy Now:

<https://www.amazon.in/dp/B0HDZ42WYN>

✉ हिंदी संस्करण — अभी खरीदें:

<https://www.amazon.in/dp/B0HDZ1F3DM>

Begin with a question. Go deeper with Viveka. Move from inner confusion toward clarity—and from suffering toward supreme peace. Order your copy today and begin the journey within.

The Drig Drashya Viveka Hindi Book and [Drig Drishyam Vivek English Book](#) are available through Amazon India at the links provided above, while the Drig Drishyam Vivek Rasamay Bodhi



Hiten Bhuta



Hiten Bhuta Addresses Attendees

sessions can be viewed through the dedicated YouTube playlist.

The combined reading-and-video format is intended to support Sadhana through continued study, reflection and contemplation. Readers can explore questions such as how attachments develop, how interpretations shape reactions, what distinguishes the observer from an observed thought, and whether deeper discernment can change one's relationship with difficult experiences.



Honoring Healthcare Professionals in Tampa

Sakar Trust describes its broader purpose around healthy, creative, happy and fulfilled human beings and includes education, life, language and culture among its areas of activity. Its spiritual resources are designed to provide opportunities for reflection and self-understanding without requiring readers to abandon the practical responsibilities of everyday life.

Spiritual study groups, educators, community organizations, interviewers and others interested in Vedanta, self-inquiry and contemplative education may contact Sakar Trust regarding the Drig Drishyam Vivek resources, Rasamay Bodhi sessions and relevant educational or community collaborations.

About Sakar Trust

Sakar Trust is a social-impact organization with initiatives spanning healthcare, education, life, language and culture, and public policy and social assets. Its spiritual and educational activities include Rasamay Bodhi, through which seekers can explore philosophical and contemplative teachings intended to support deeper reflection and meaningful living.

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