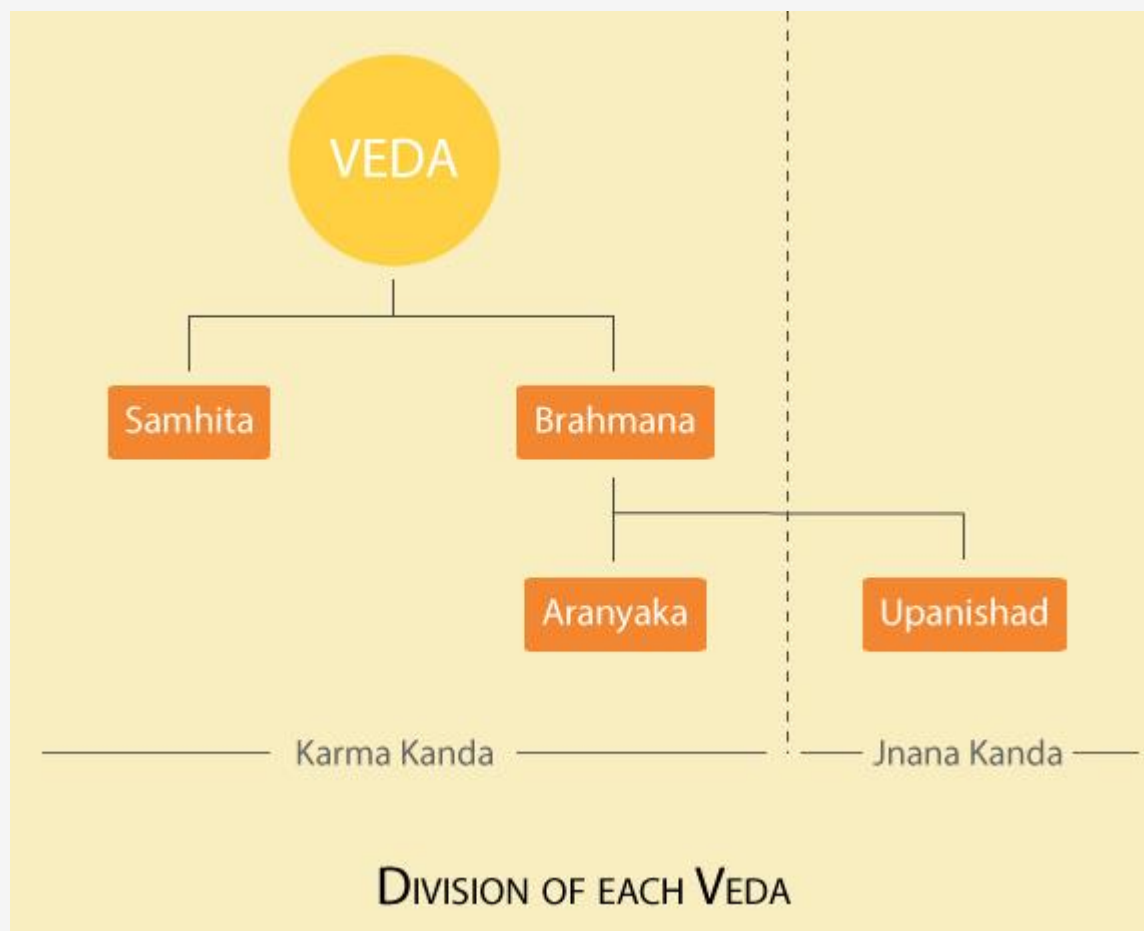
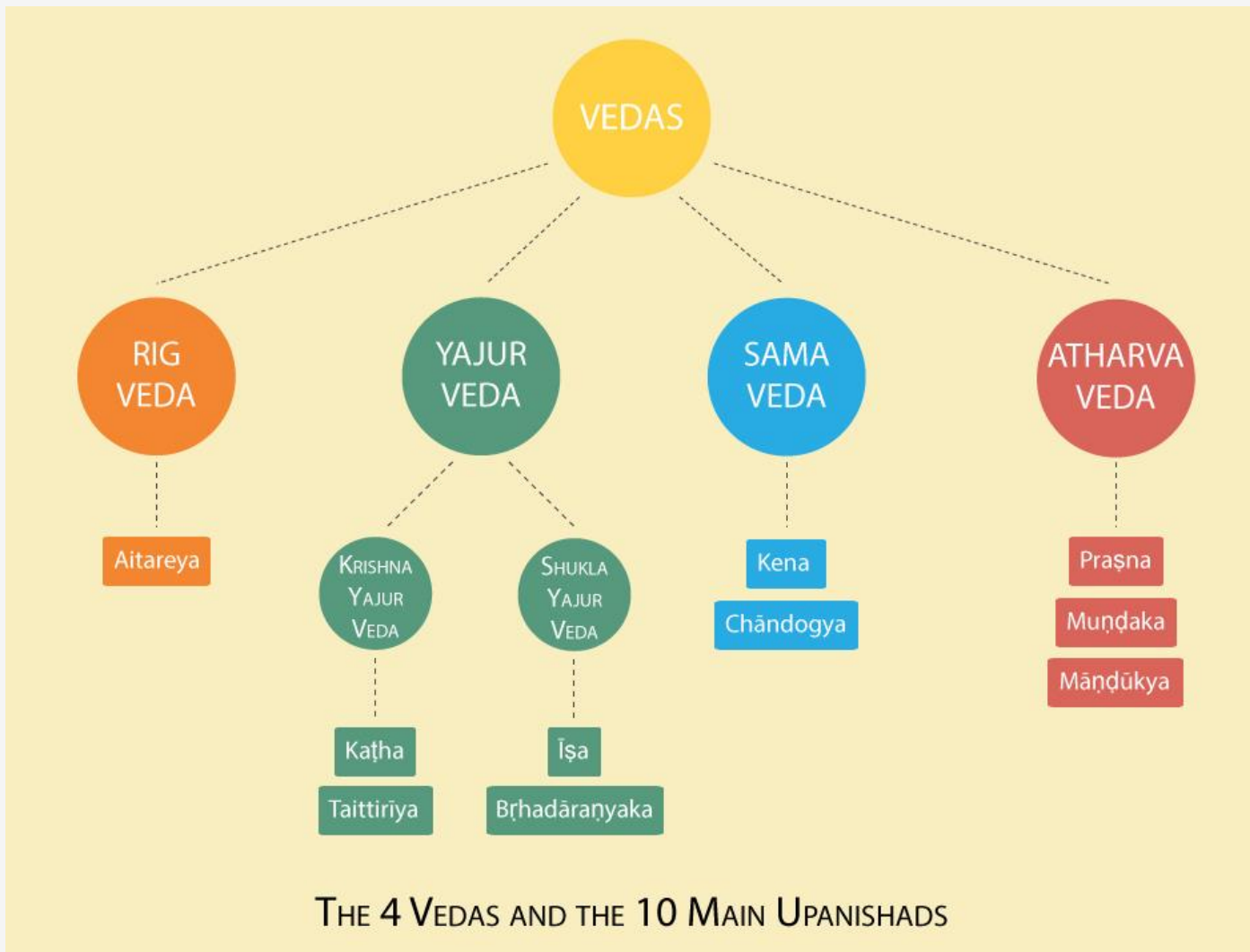
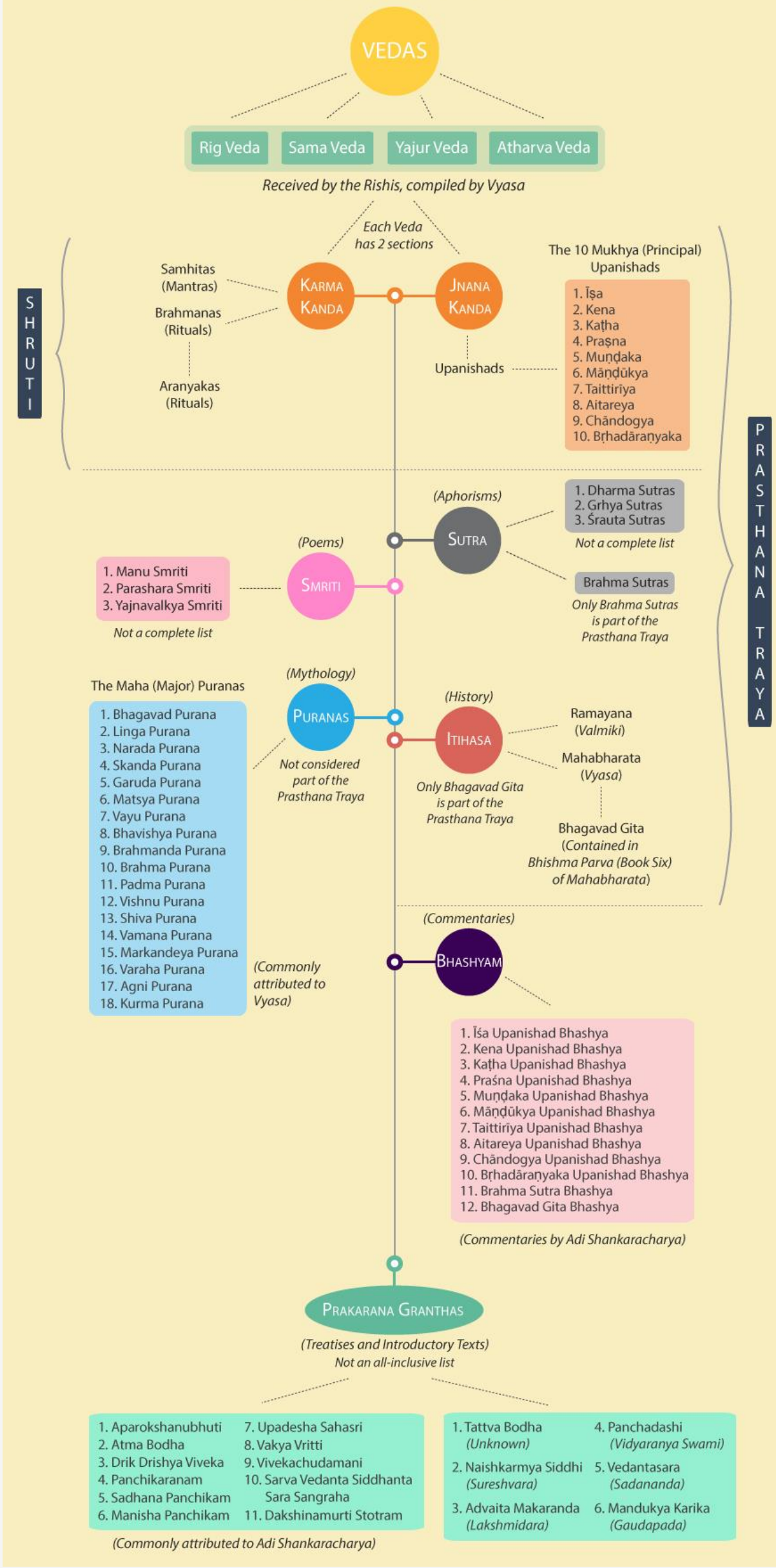


# Vedas in pictures



# SYSTEM OF VEDIC SCRIPTURES



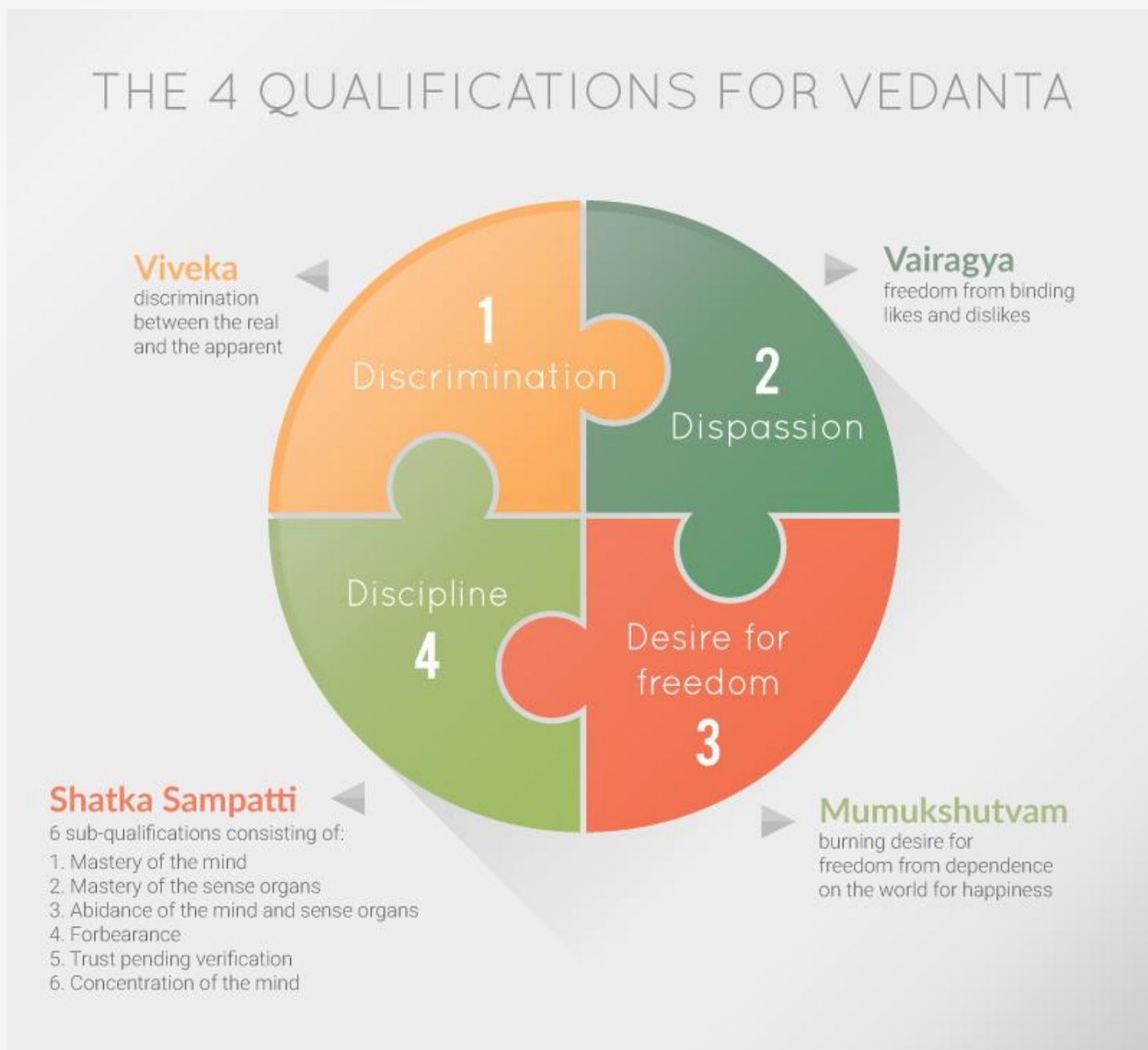
# THE 4 GOALS OF HUMAN LIFE



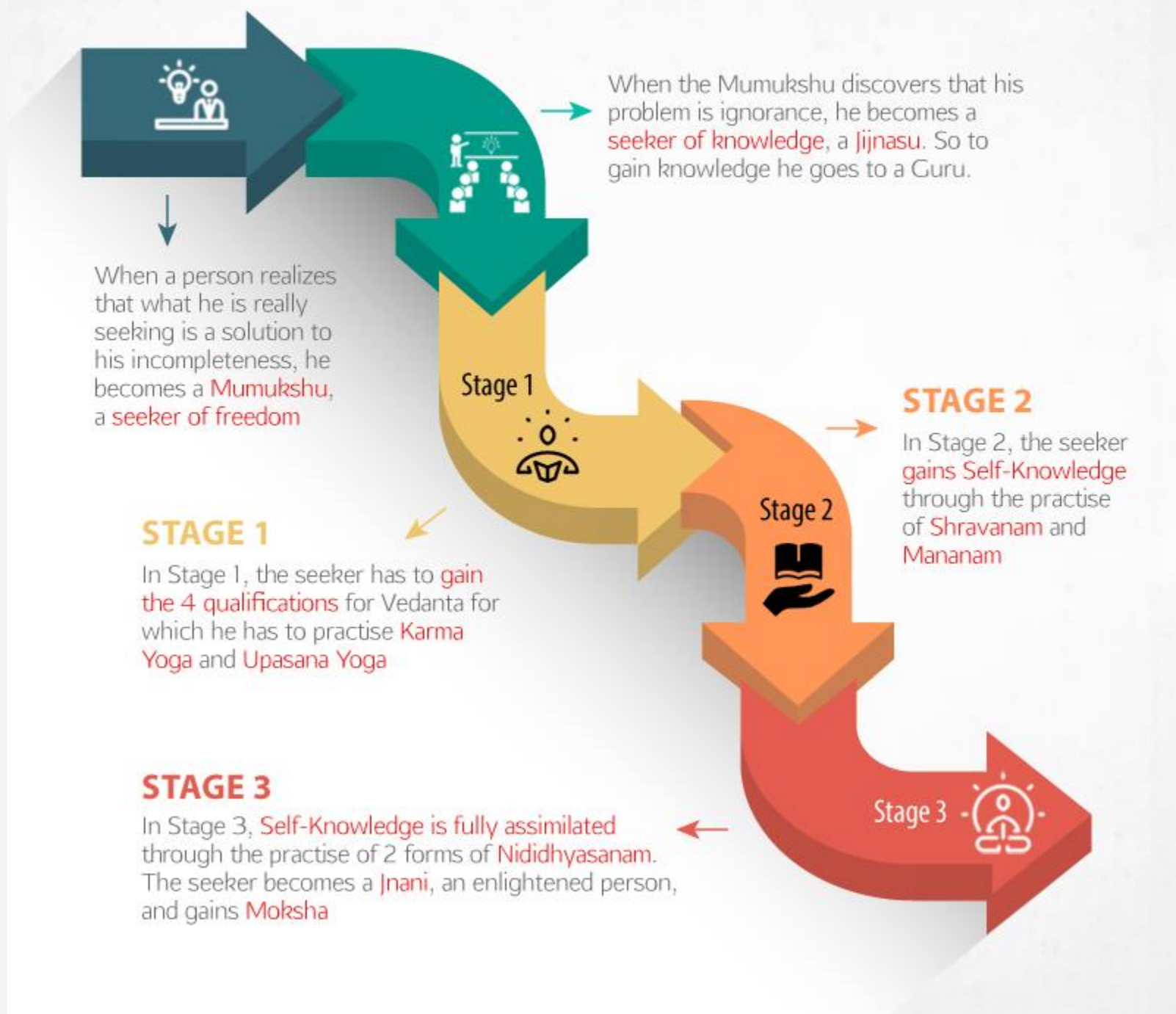
## The Fundamental Problem



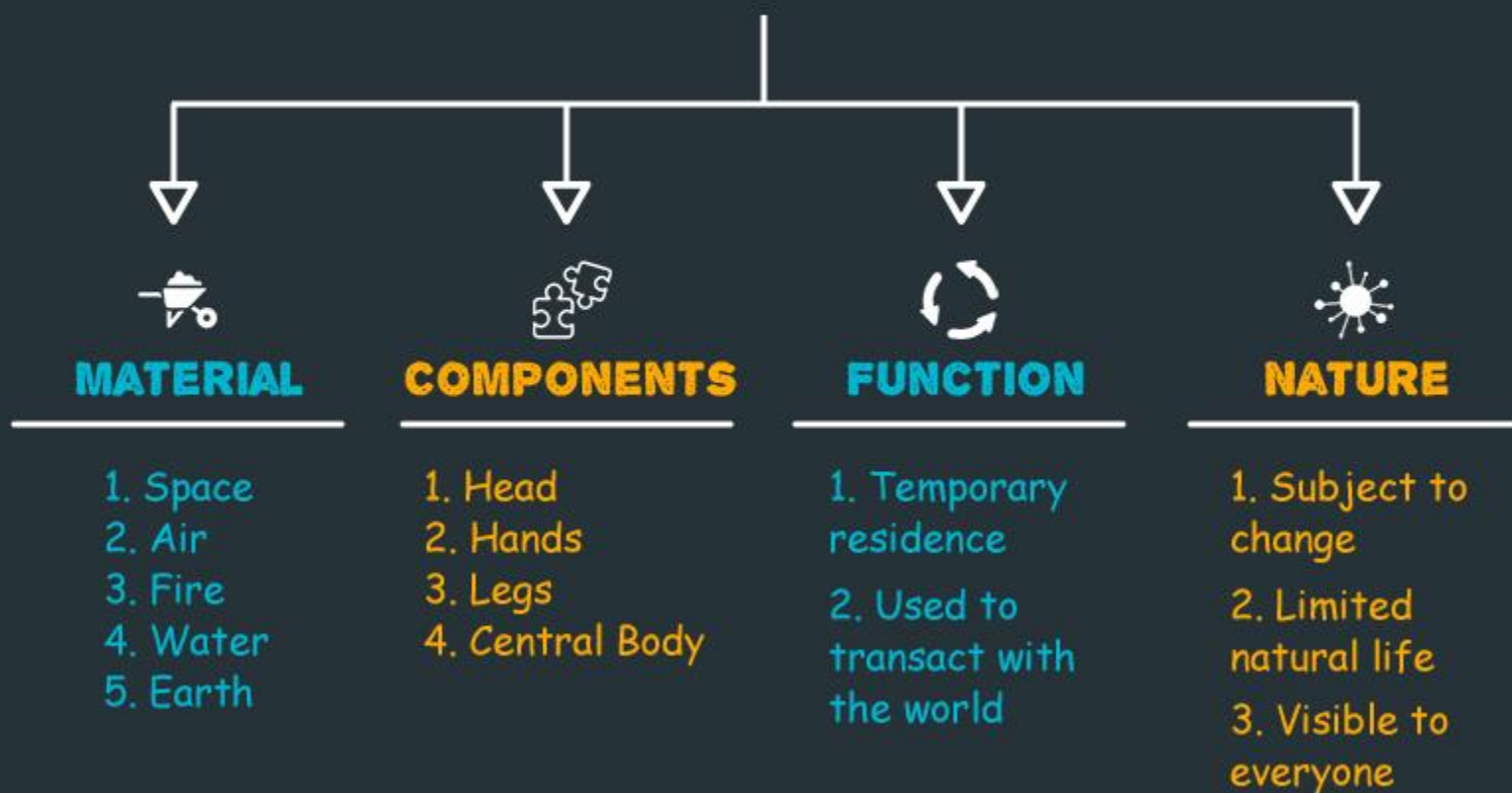
# THE 4 QUALIFICATIONS FOR VEDANTA

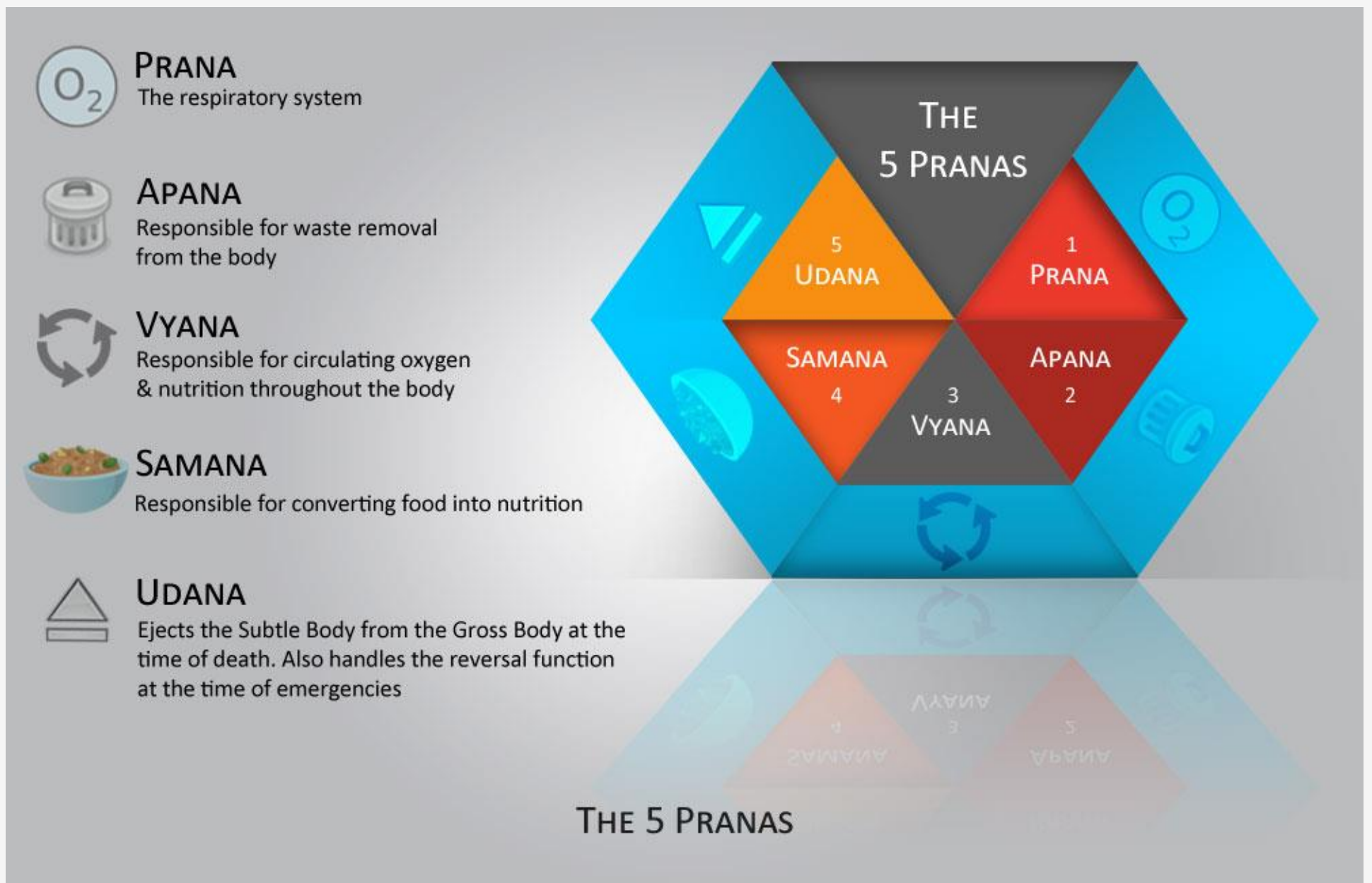
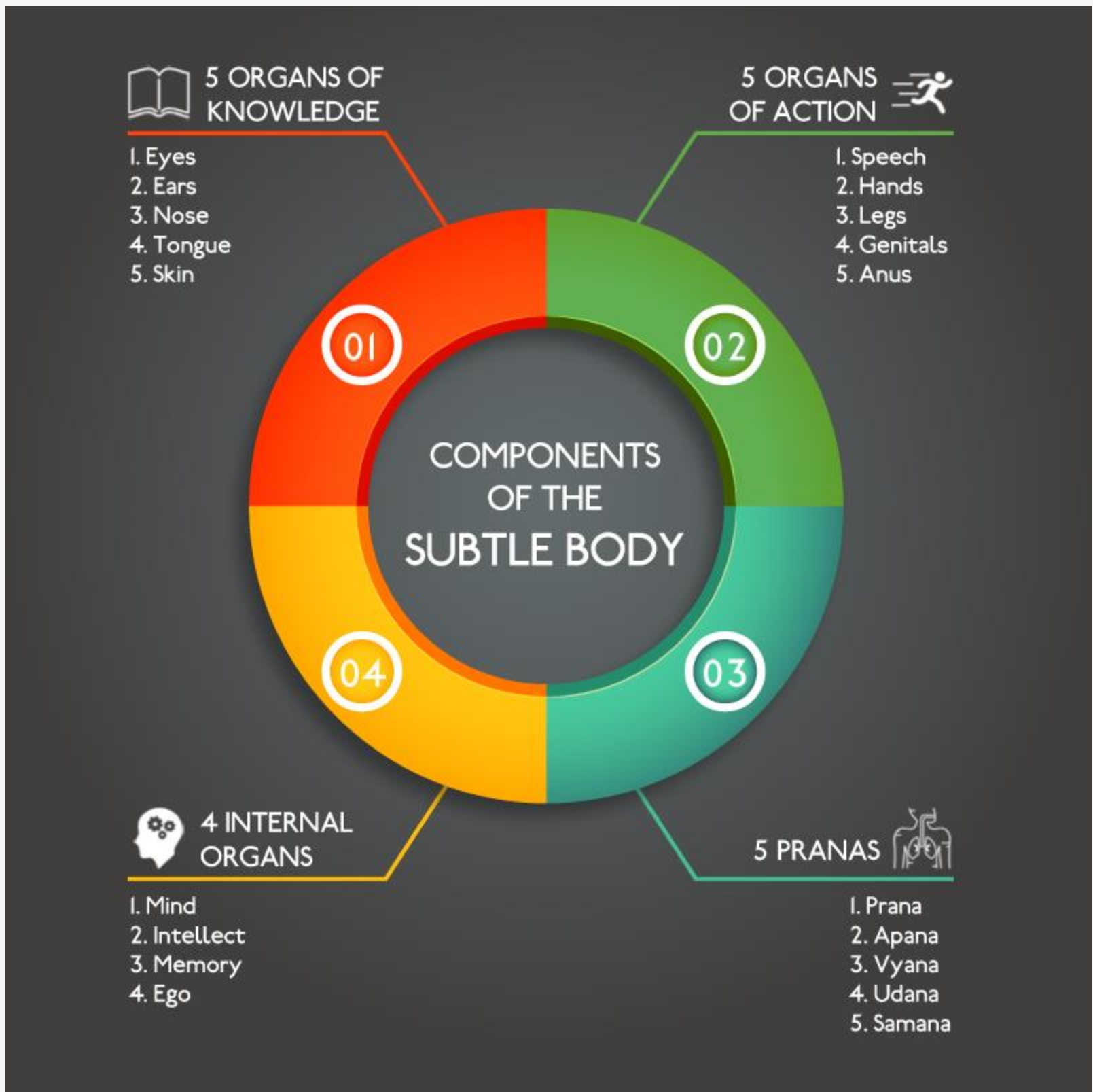


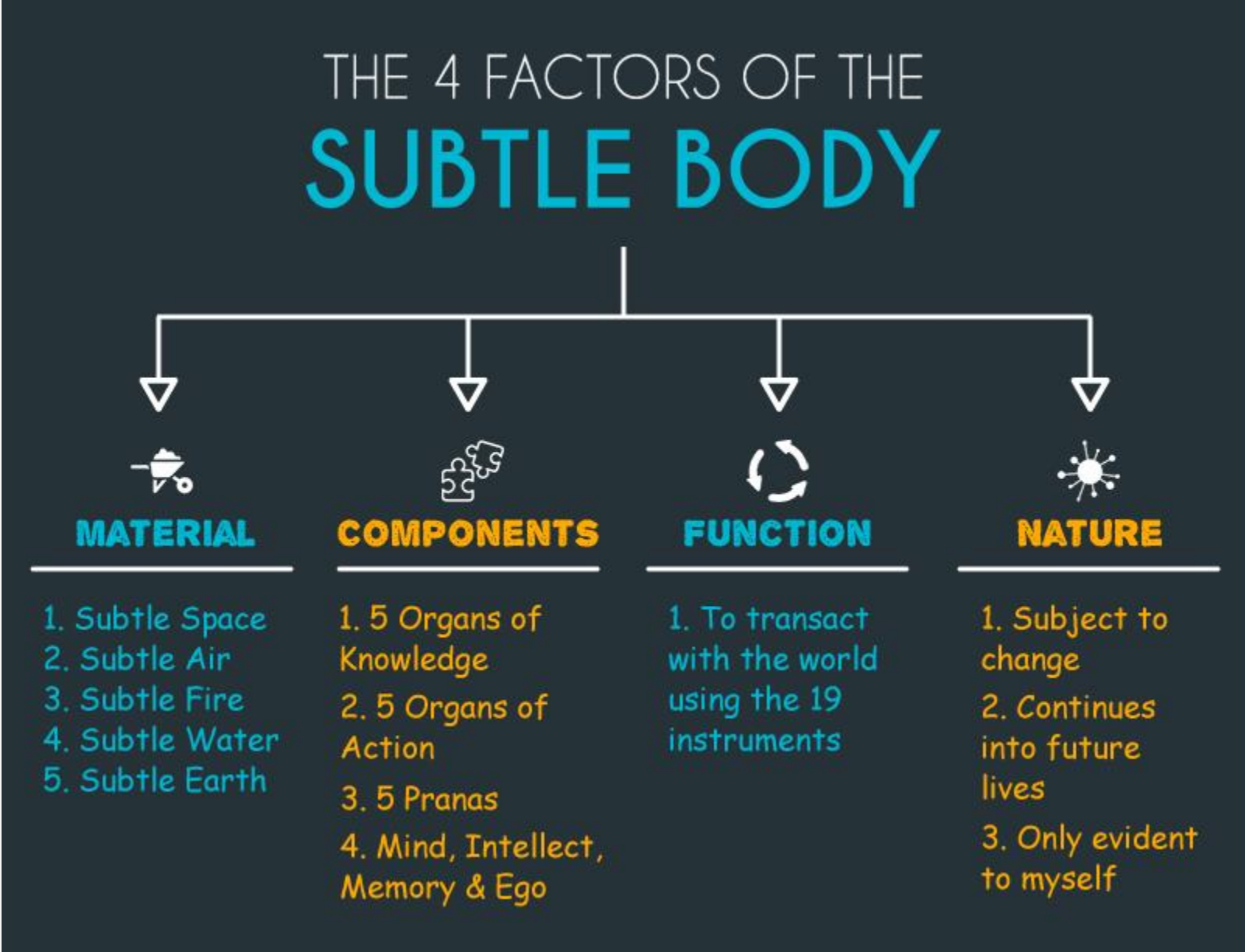
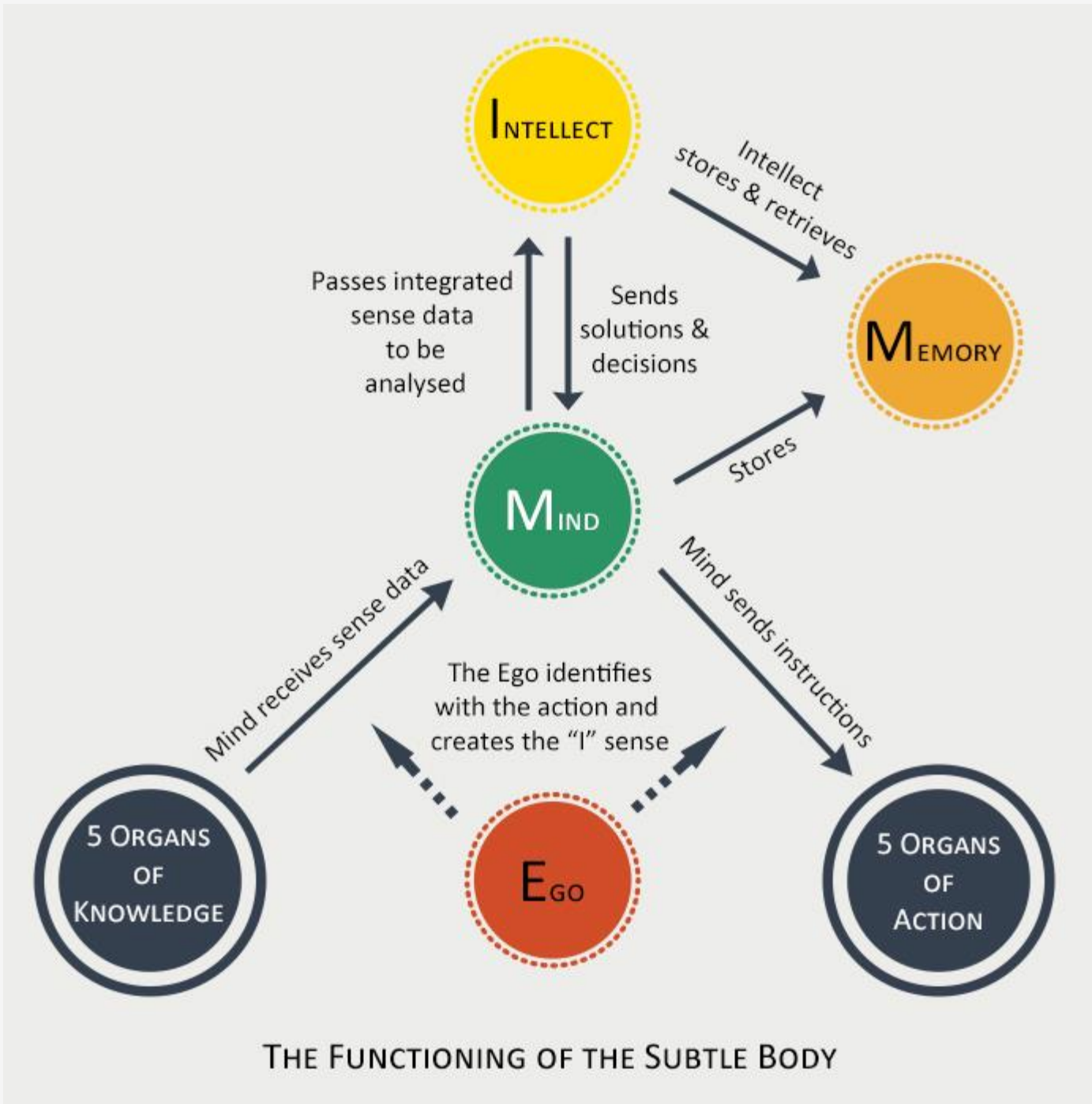
# SPIRITUAL JOURNEY OF A SEEKER



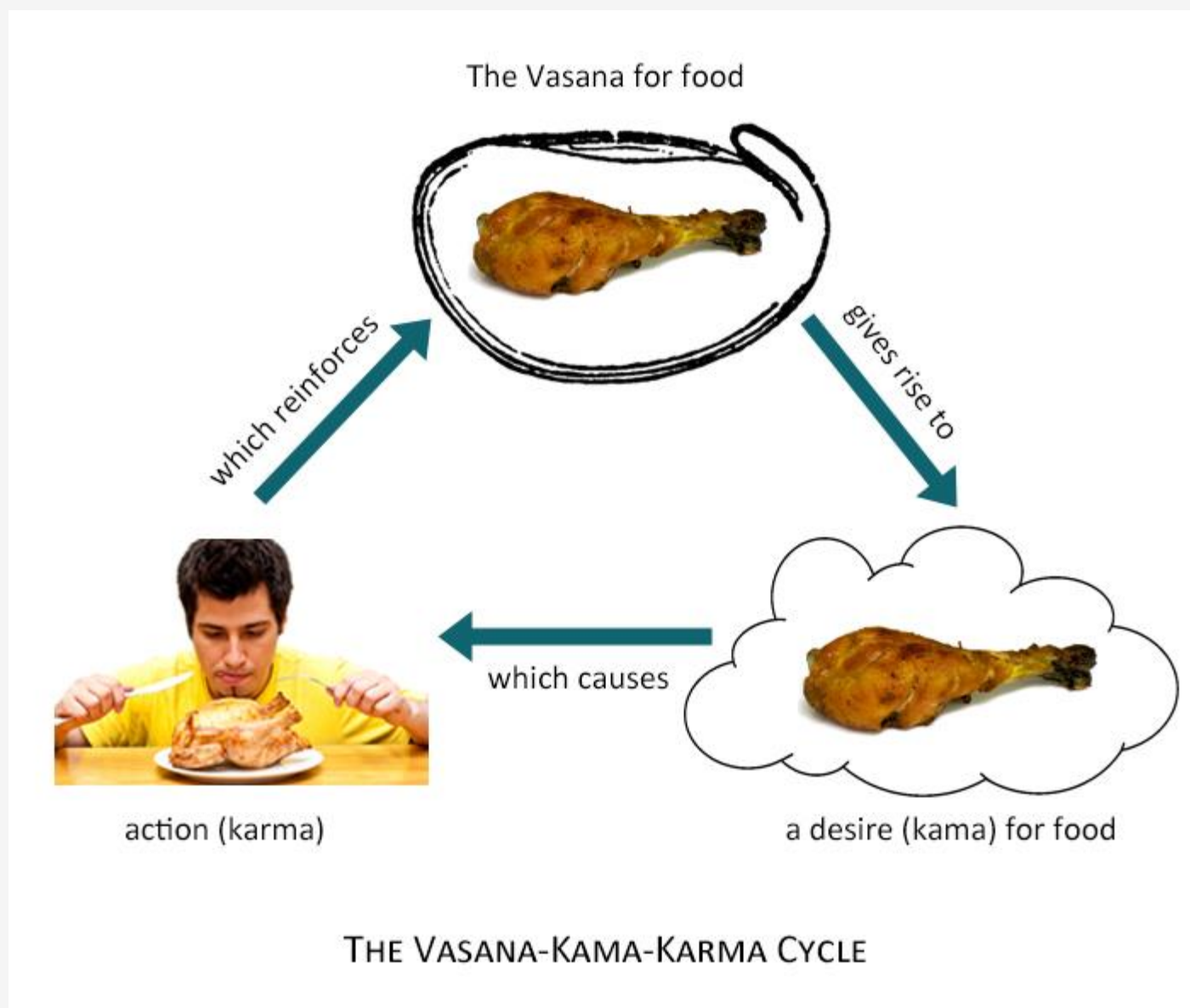
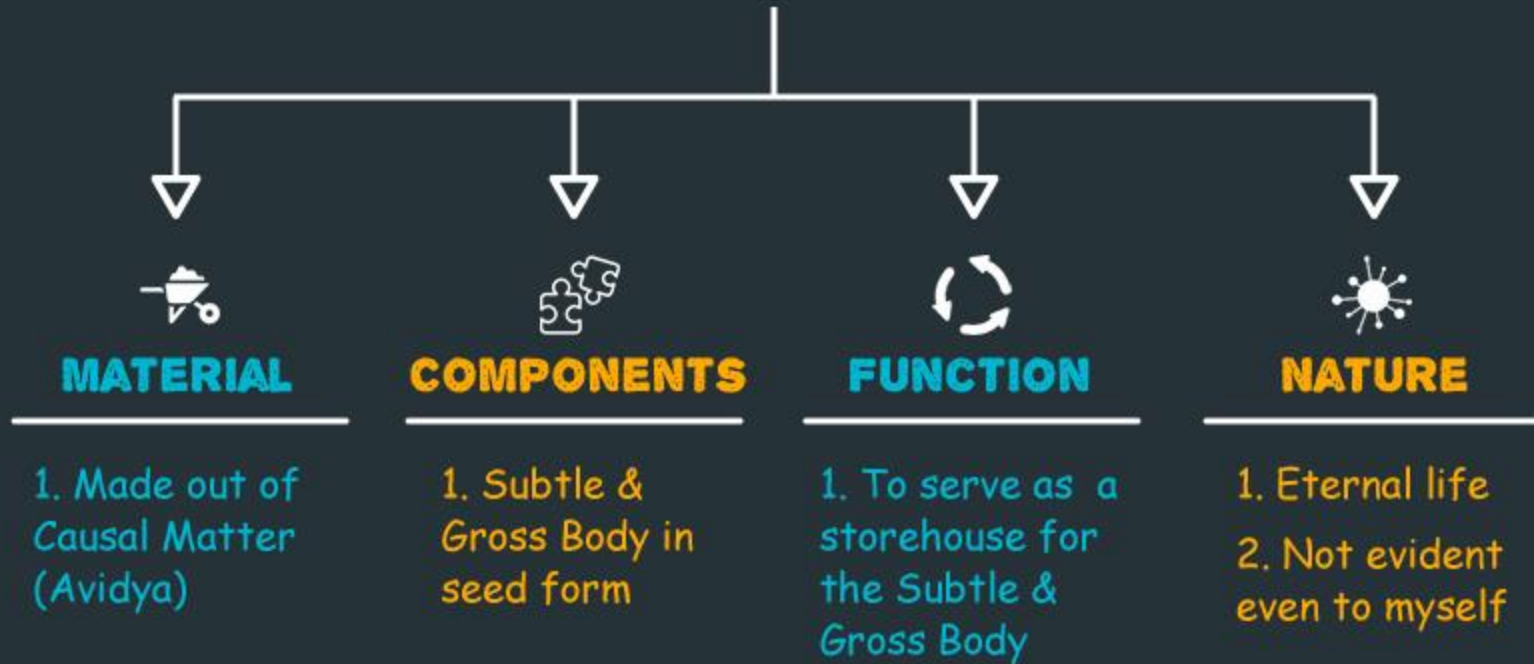
## THE 4 FACTORS OF THE GROSS BODY



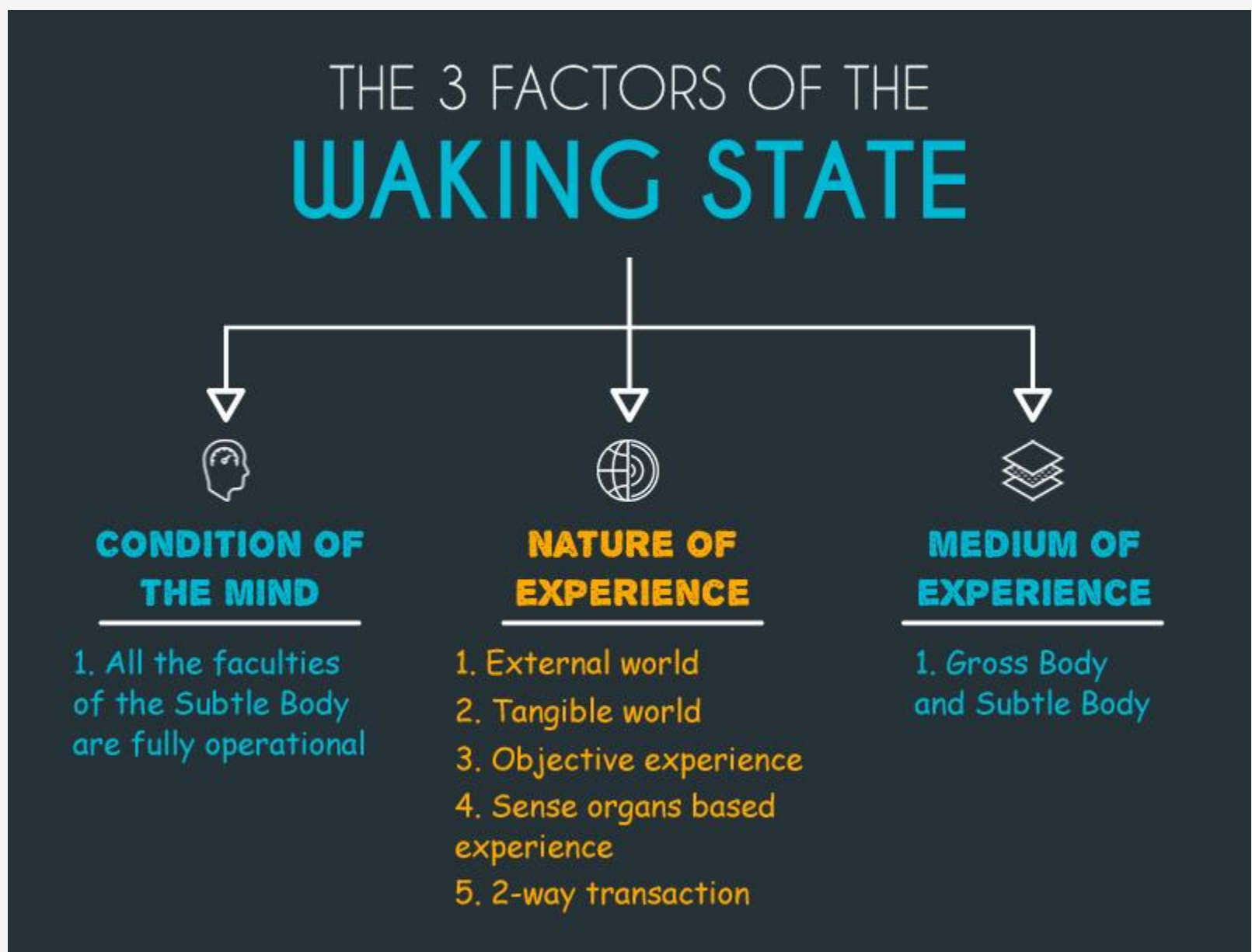
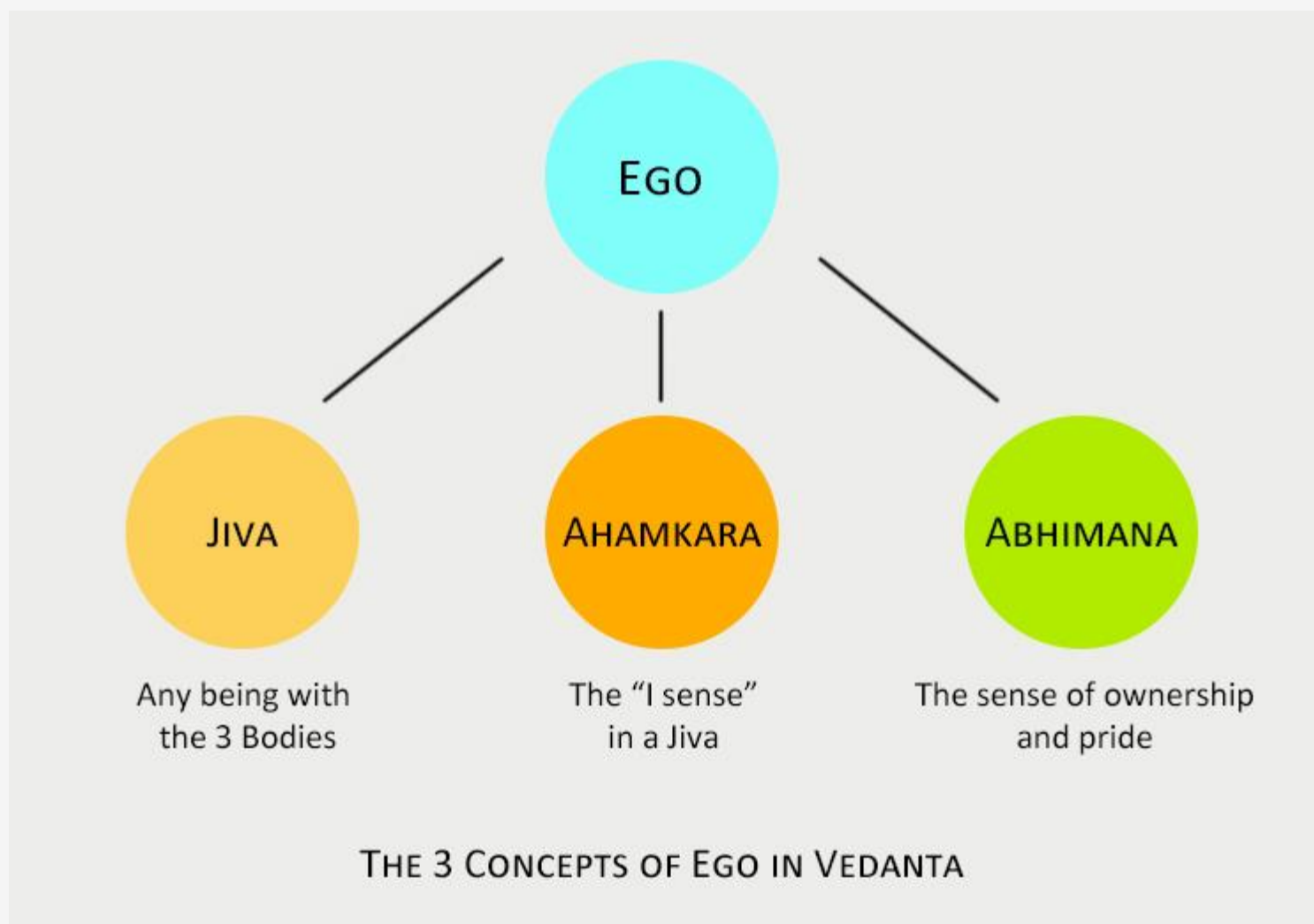




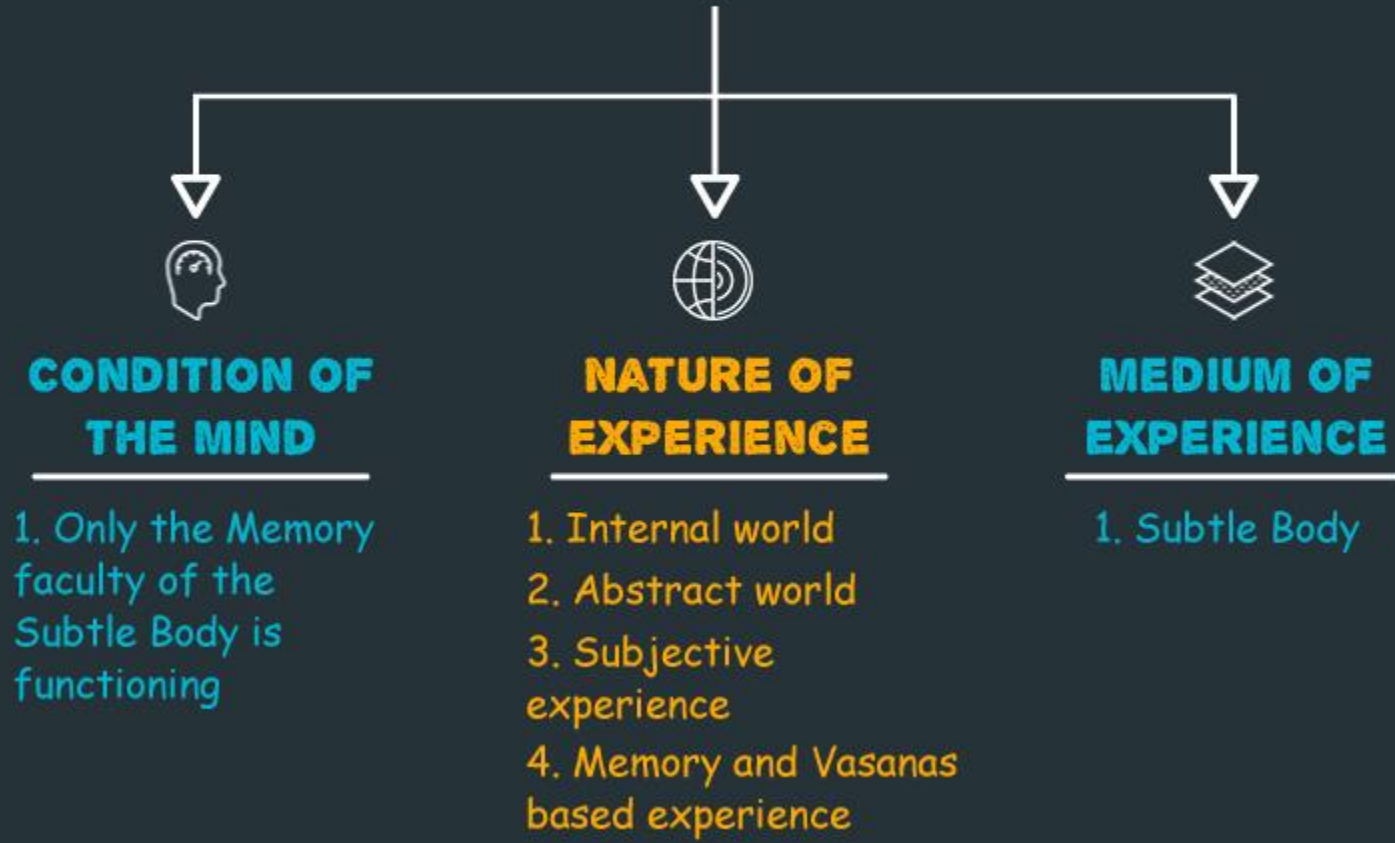
# THE 4 FACTORS OF THE CAUSAL BODY





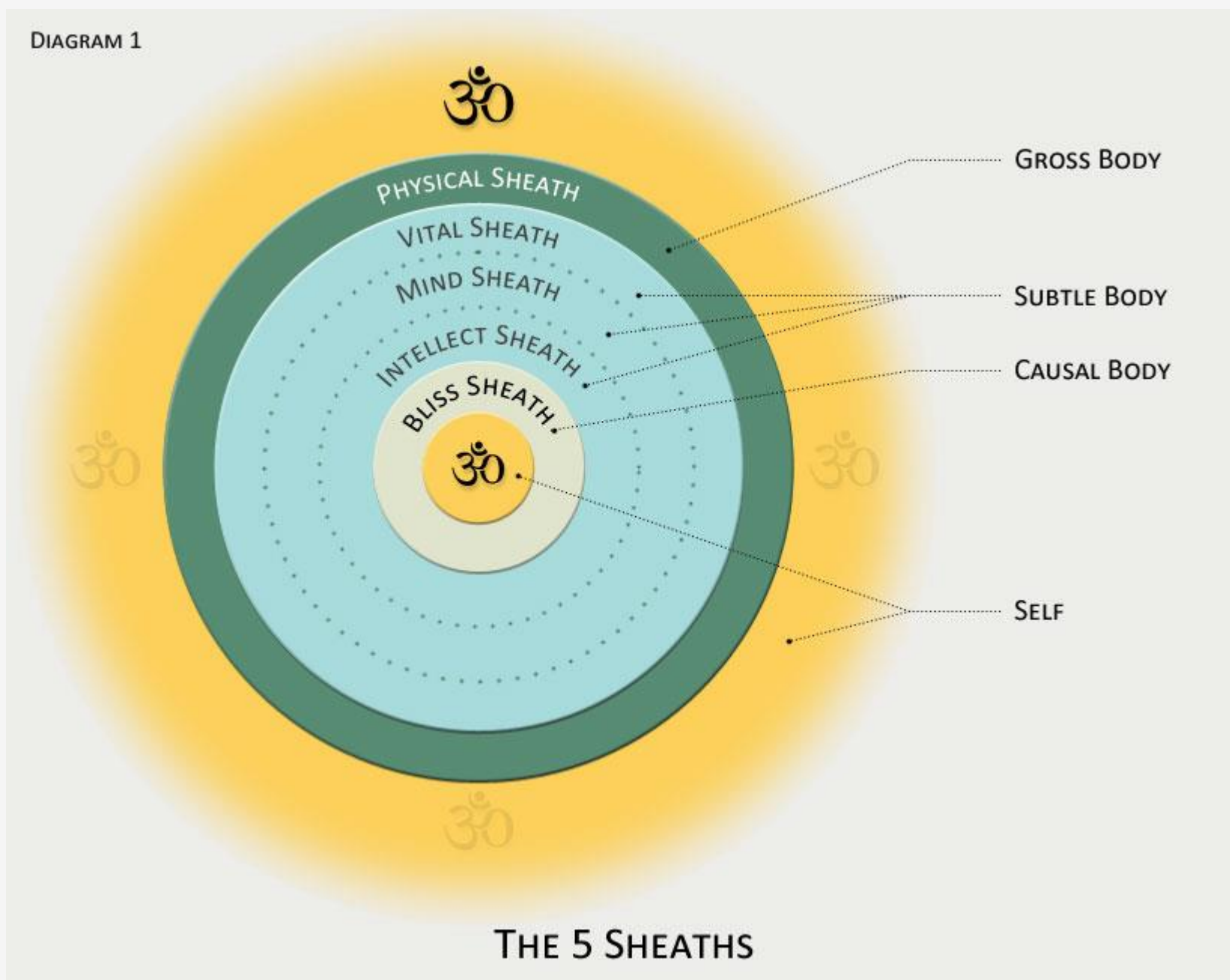
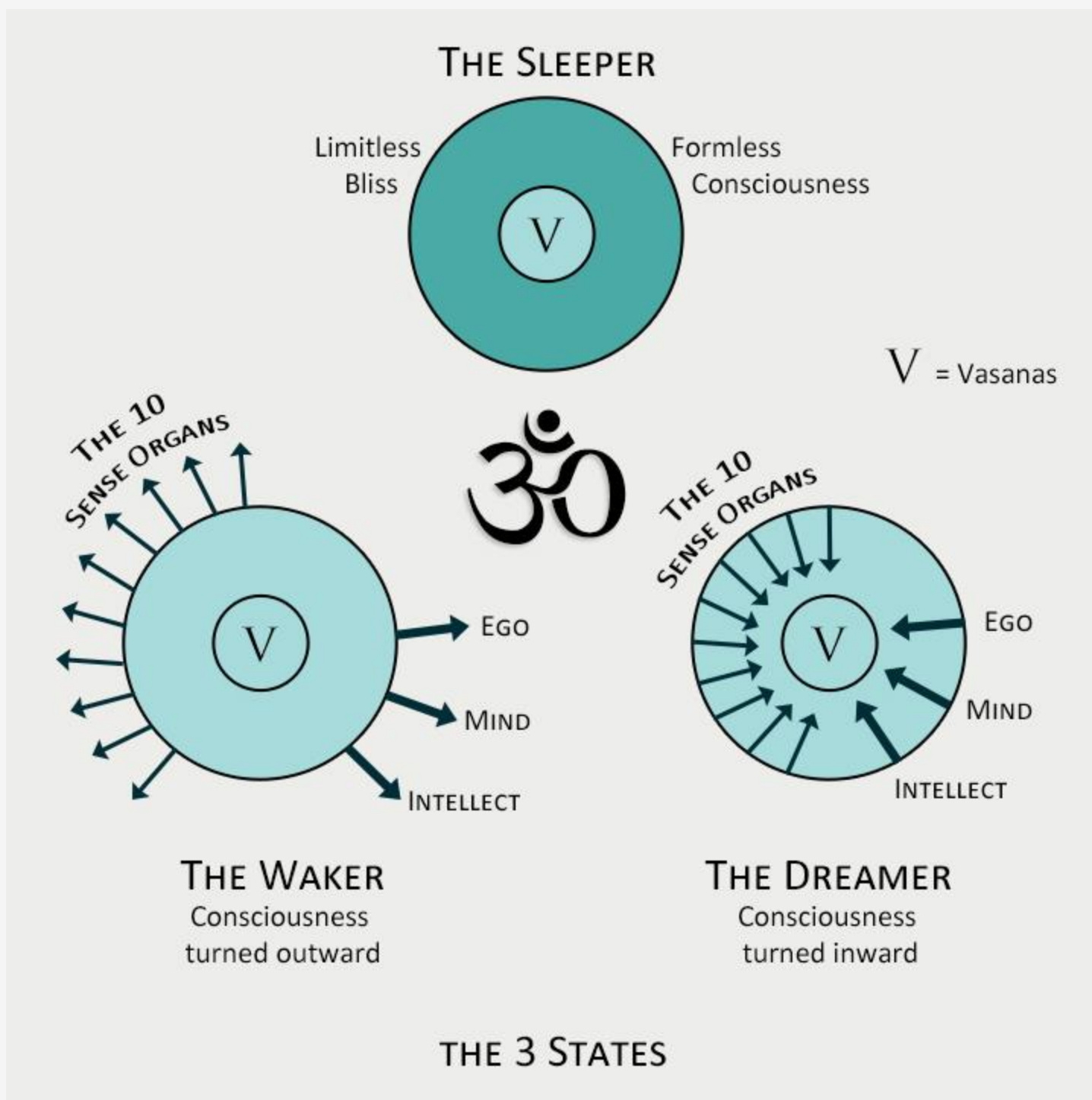


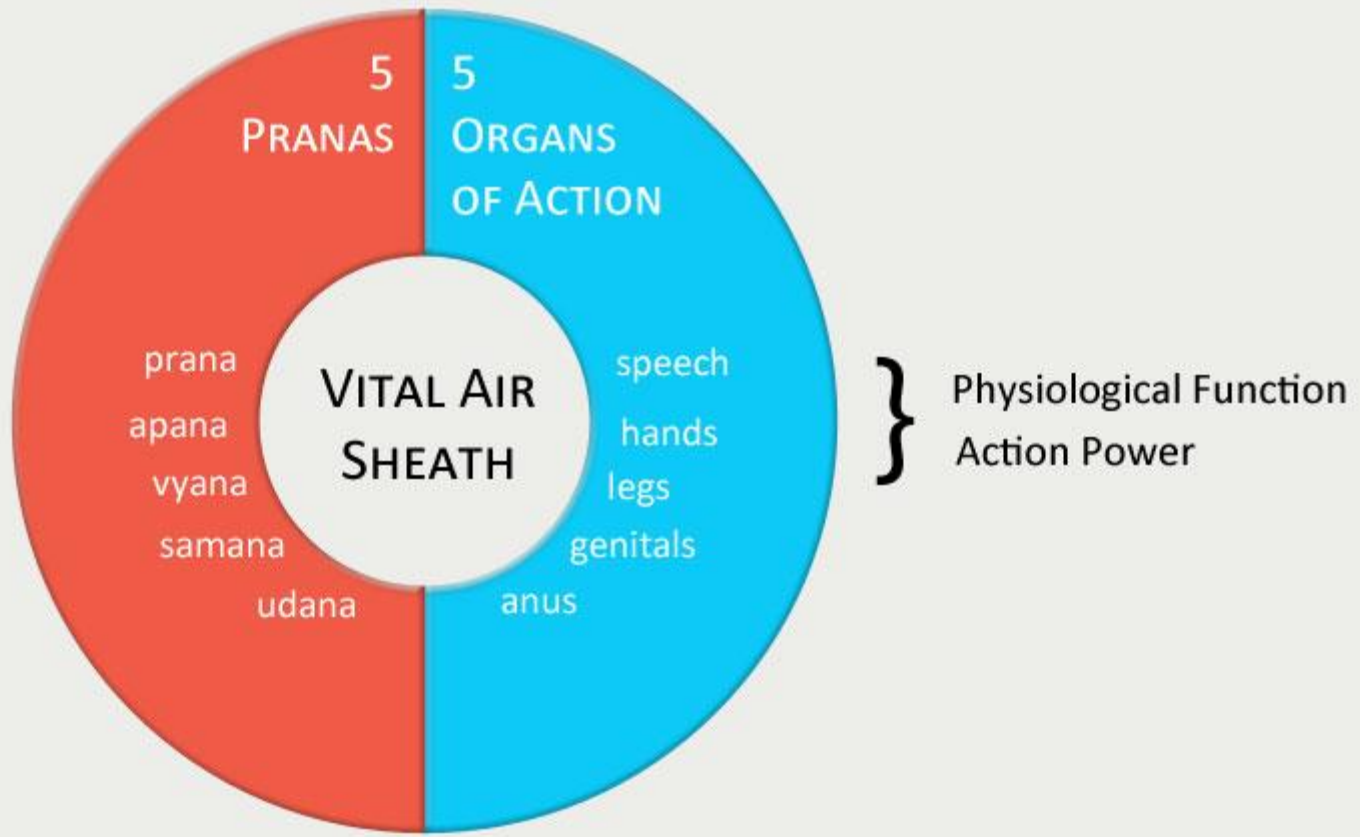
# THE 3 FACTORS OF THE DREAM STATE



# THE 3 FACTORS OF THE SLEEP STATE



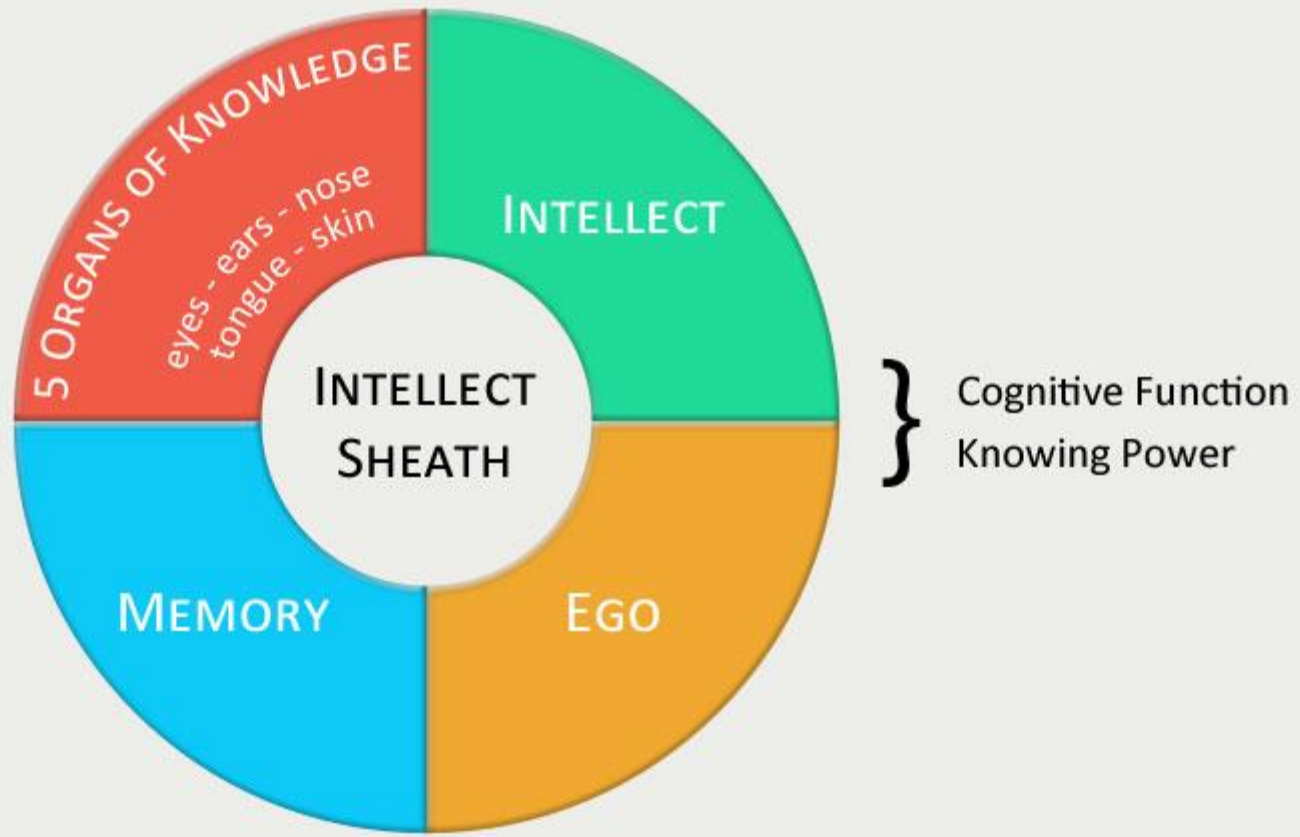




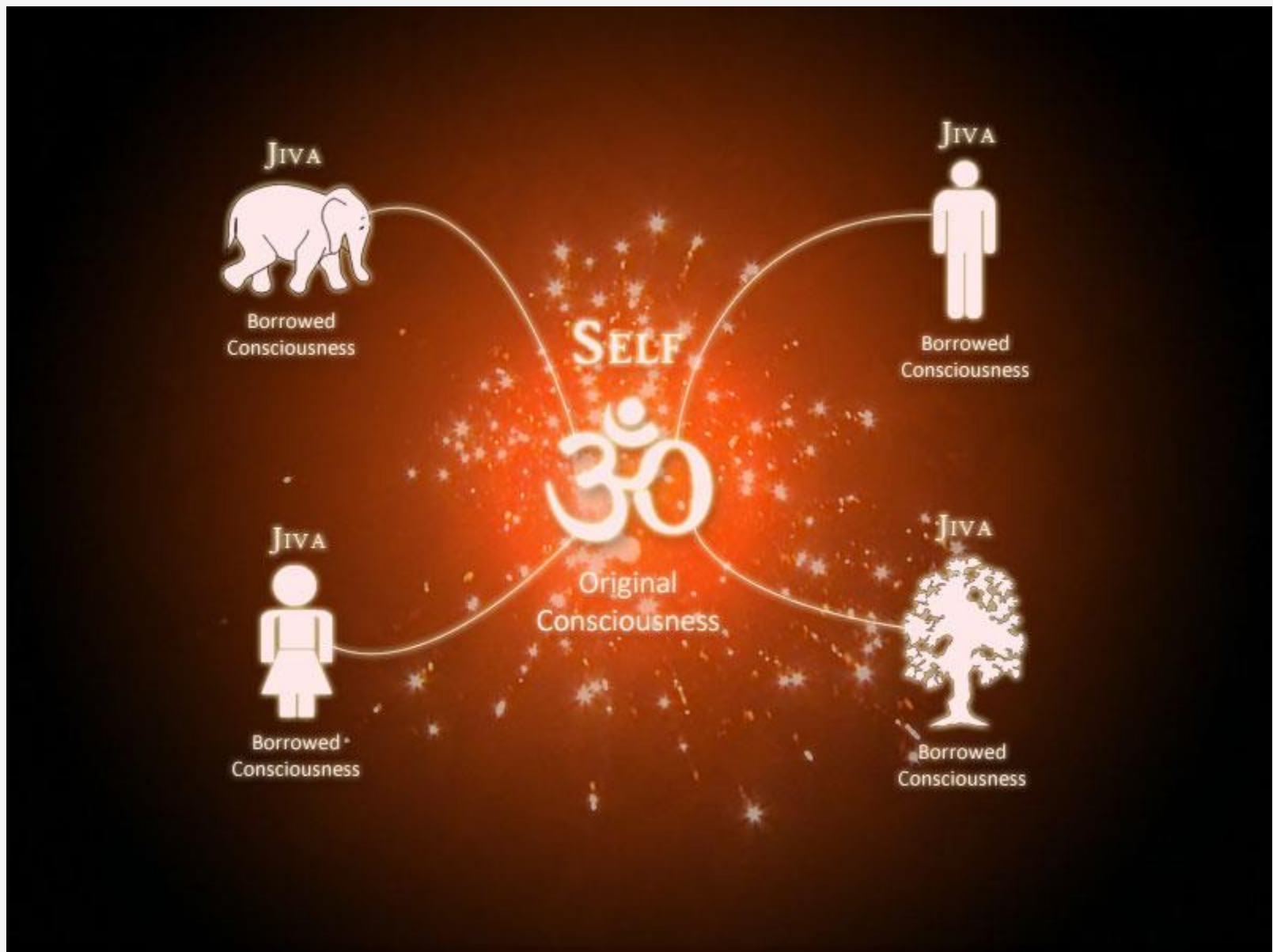
COMPONENTS OF THE VITAL AIR SHEATH



COMPONENTS OF THE MIND SHEATH



COMPONENTS OF THE INTELLECT SHEATH





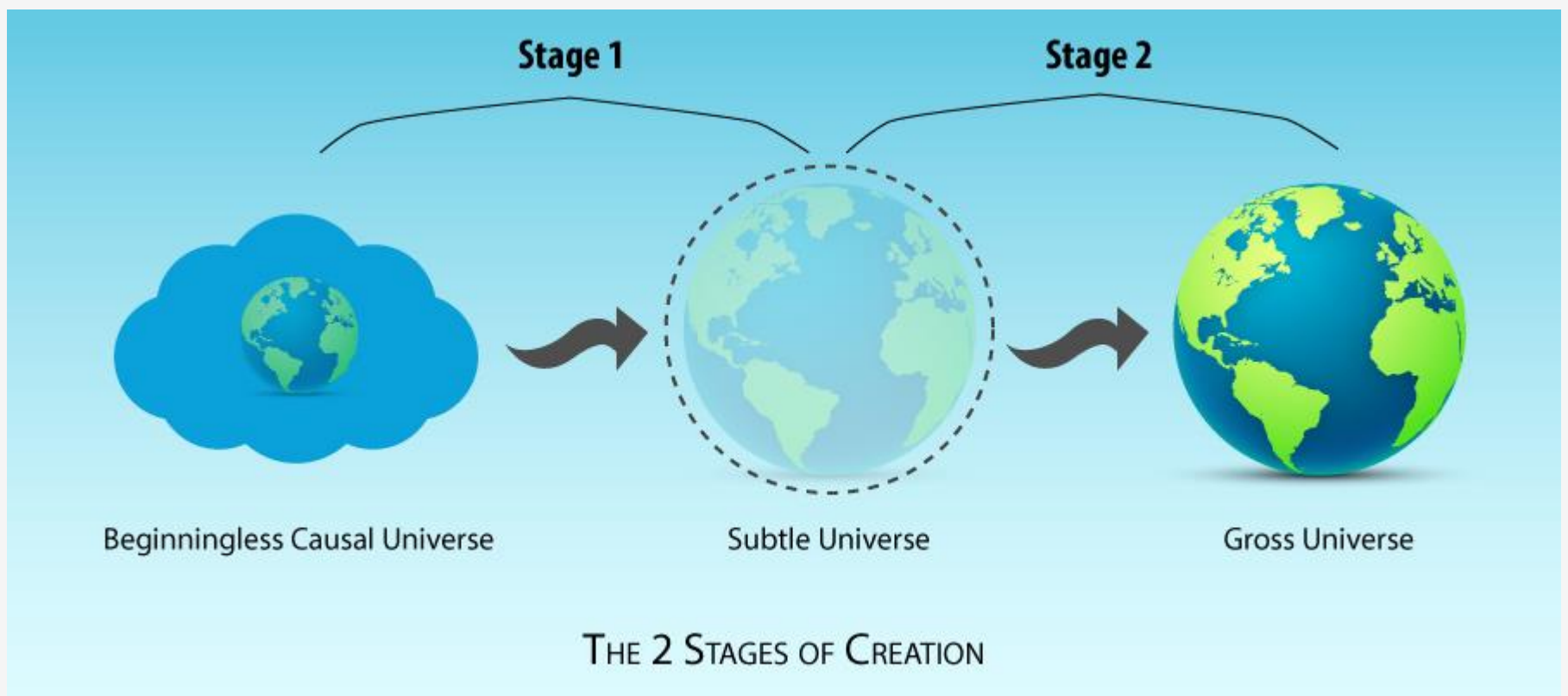
I am different from whatever I witness.

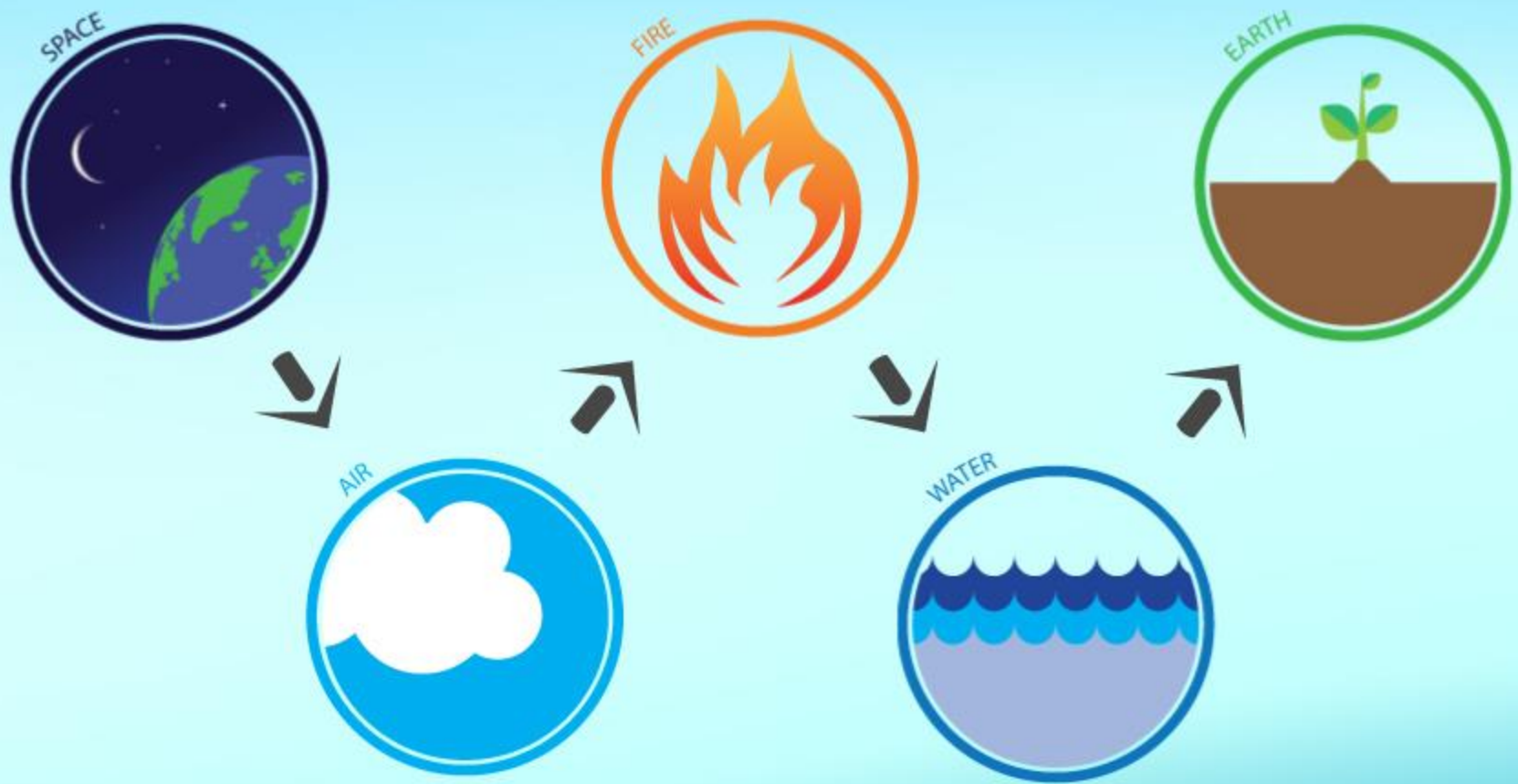


I, the witness, am always free from the attributes of the objects.

SEER SEEN DISCRIMINATION

## DIFFERENCES BETWEEN BRAHMAN & MAYA







## THE 5 GREAT ELEMENTS

## The 3 GUNAS

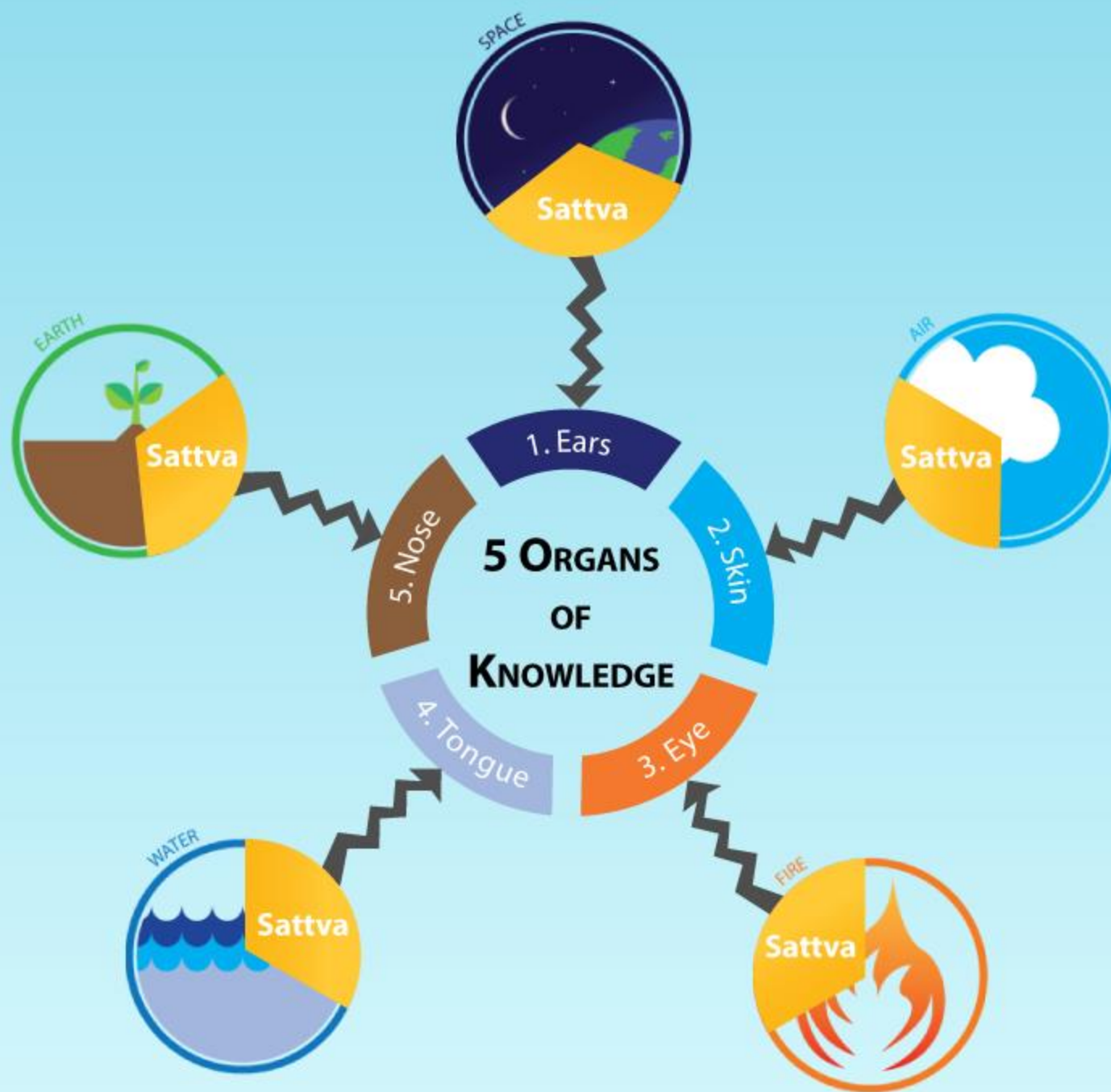
  
**RAJAS**  
Rajas is the doing function and the projecting function. Rajas extroverts the mind.



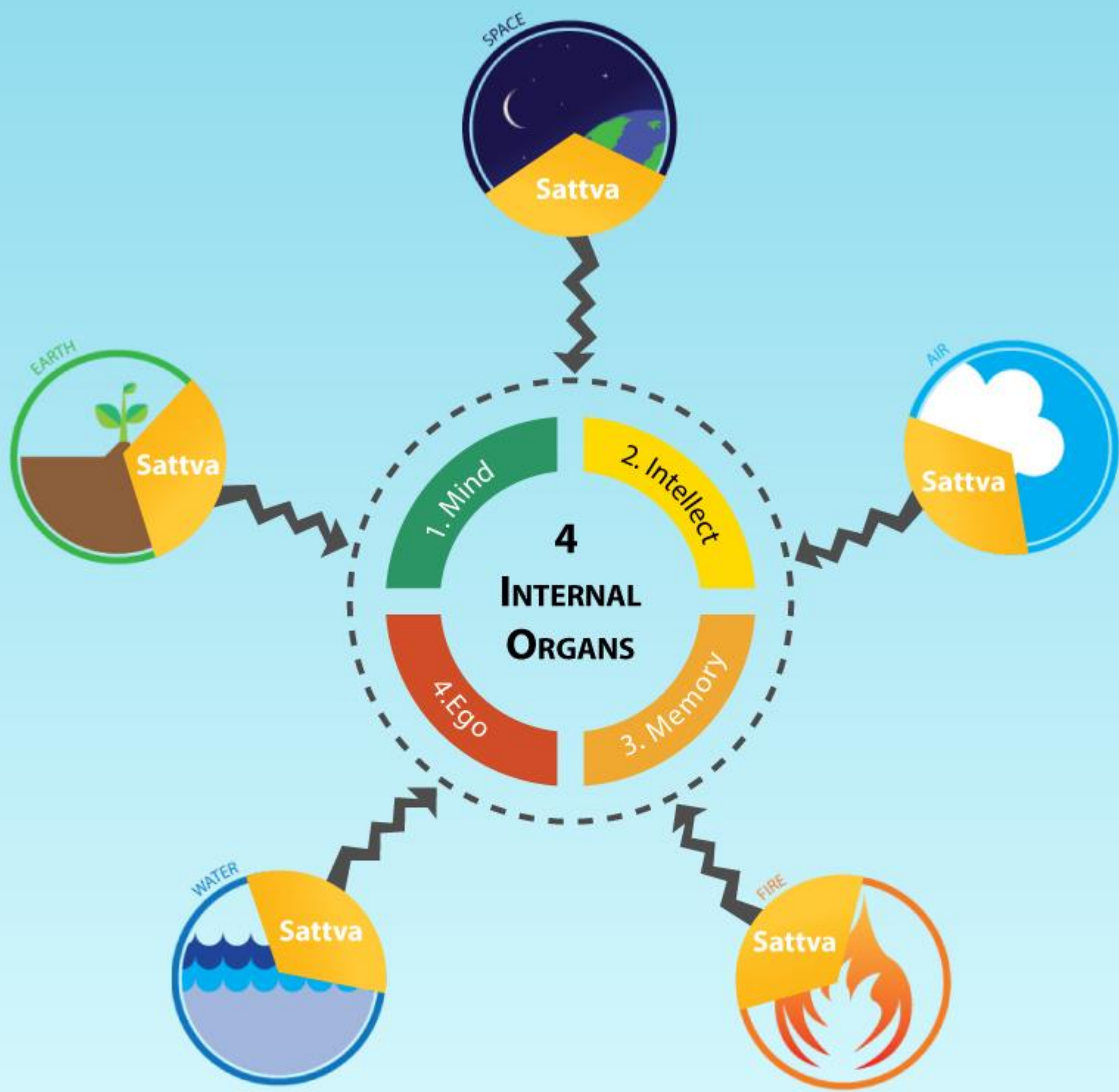
  
**SATTVA**  
Sattva is responsible for the thinking, knowing and perceiving functions of the sentient beings.

  
**TAMAS**  
Tamas is inertia. It is not capable of knowing or doing. A dull Tamasic mind hides the truth.

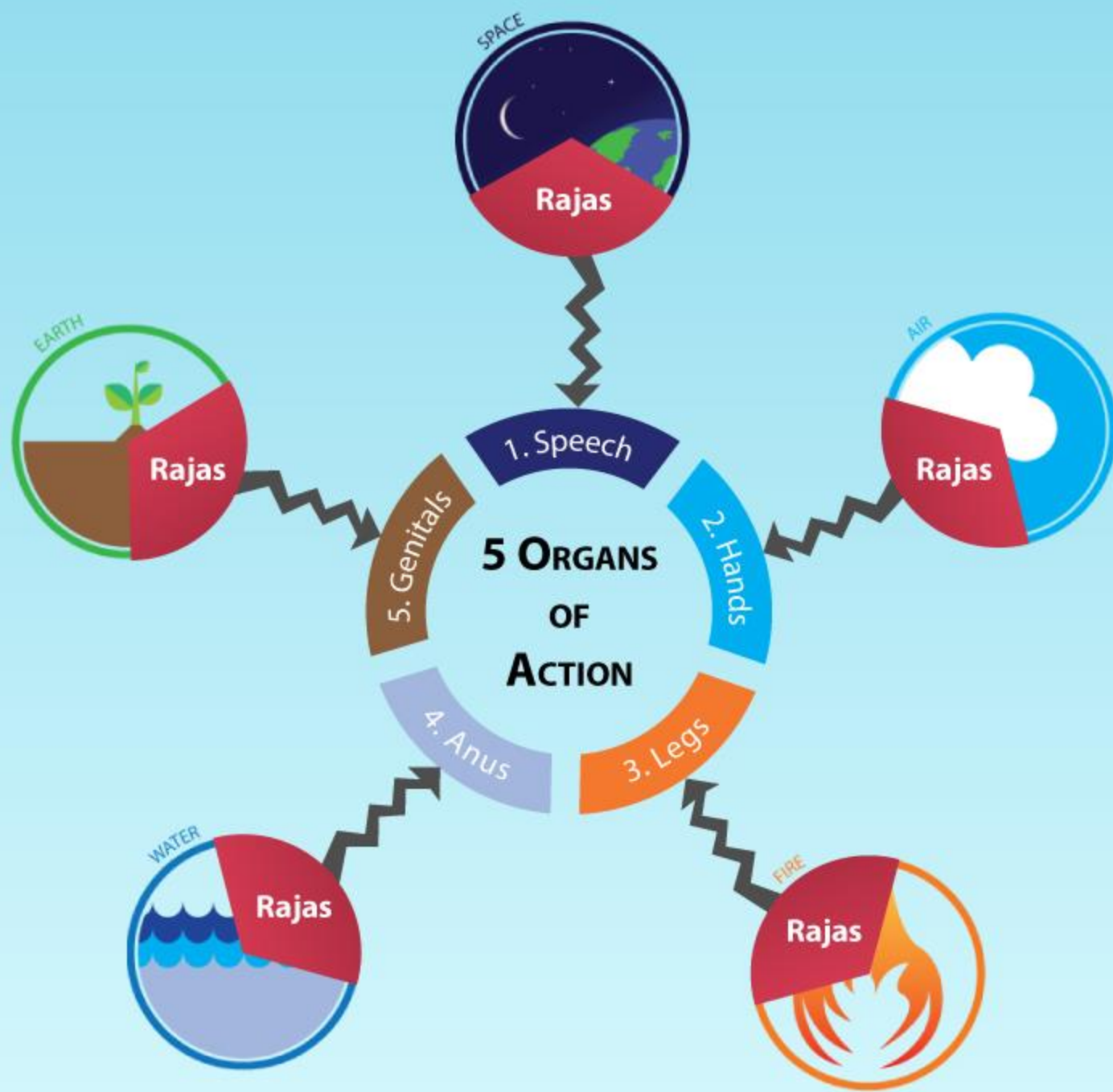




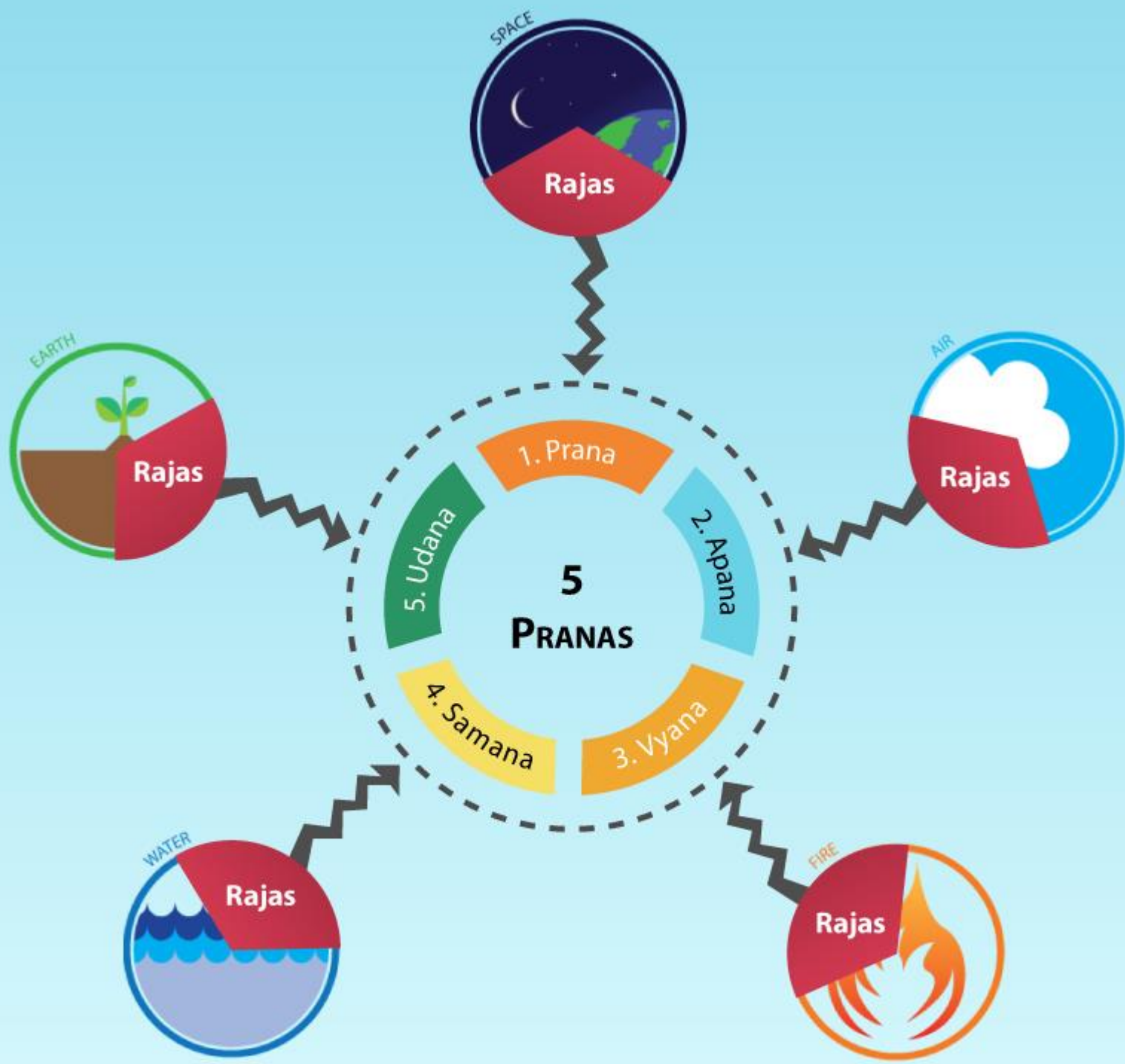
ROLE OF SATTVA GUNA IN THE MANIFESTATION OF THE 5 ORGANS OF KNOWLEDGE



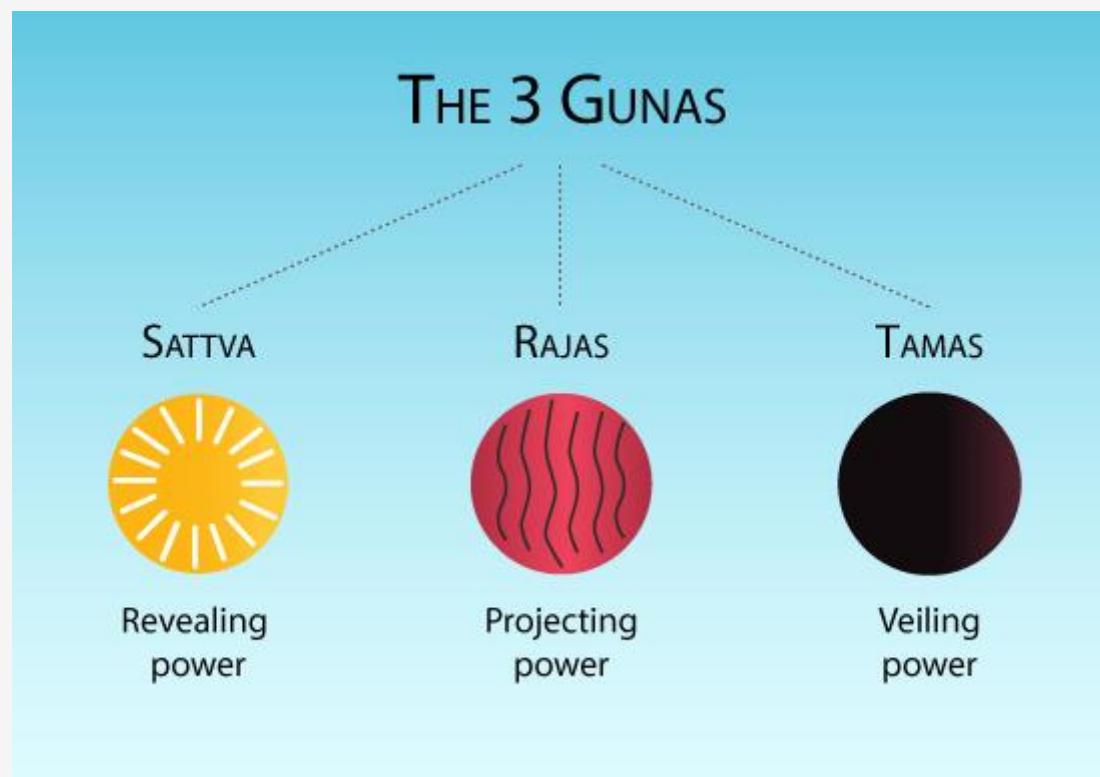
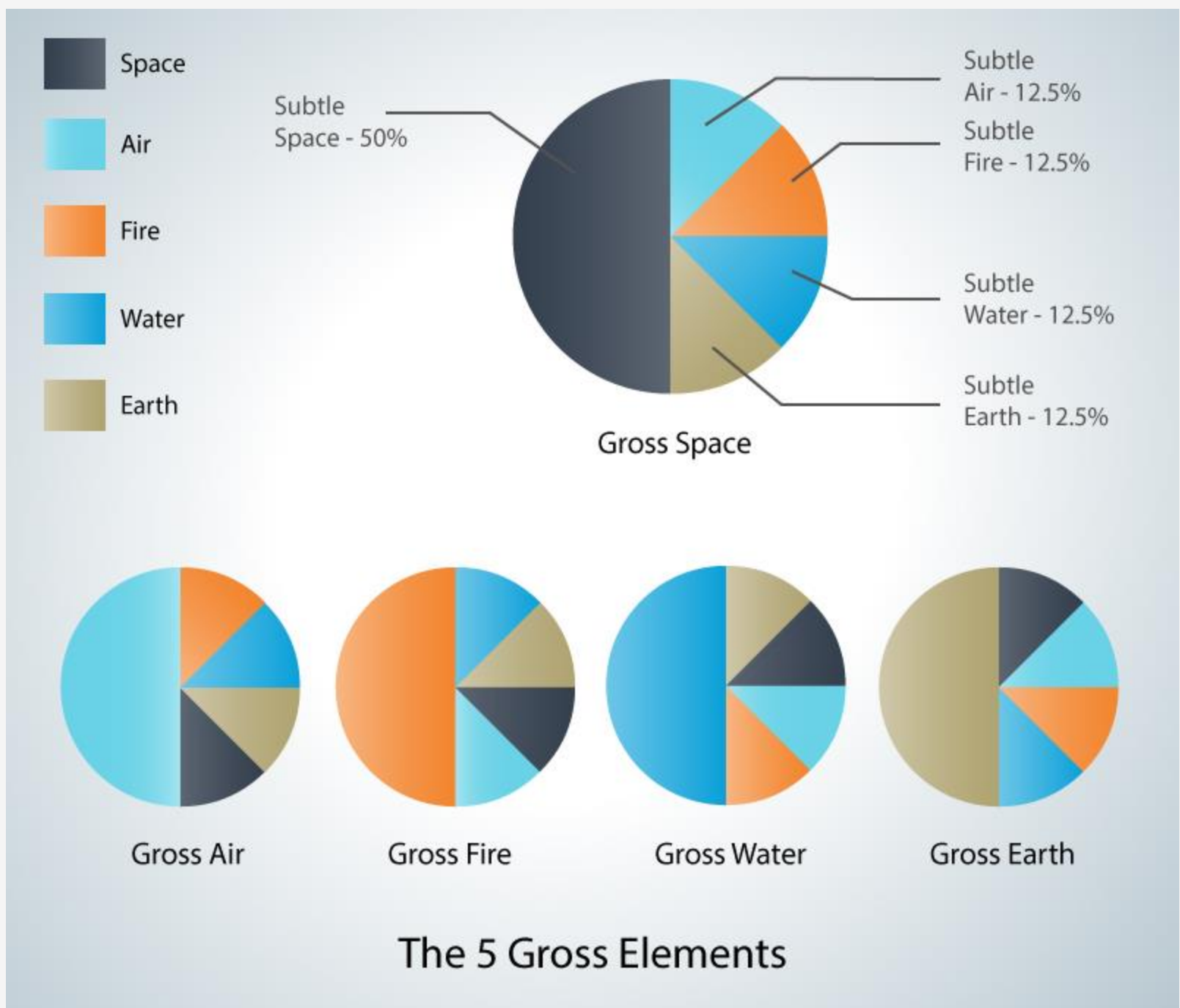
ROLE OF SATTVA GUNA IN THE MANIFESTATION OF THE 4 INTERNAL ORGANS






ROLE OF RAJAS GUNA IN THE MANIFESTATION OF THE 5 ORGANS OF ACTION



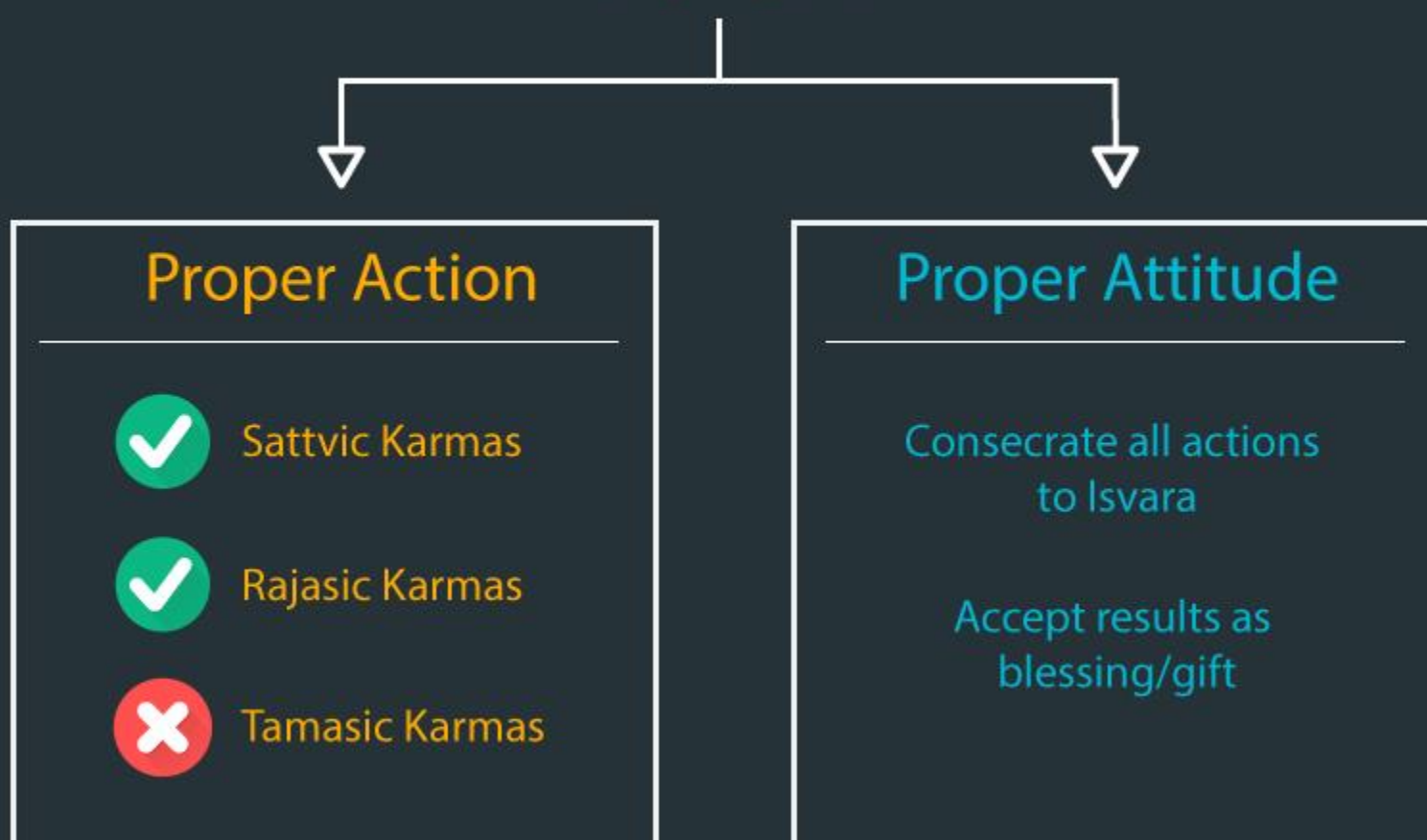
ROLE OF RAJAS GUNA IN THE MANIFESTATION OF THE 5 PRANAS



# COMPARISON OF THE 3 GUNAS

TAMAS	SATTVA	RAJAS
		
Tamas is a dull mind	Sattva is a calm mind	Rajas is an extroverted mind
Hides Awareness	Reveals Awareness	Hides Awareness
A Tamasic mind is dull, sluggish, lazy and prone to depression	Mind is present, wise, happy and free of desire	Anger, anxiety, frustration, aggression, boredom are common
Fear interprets experience	Truth interprets experience	Desire interprets experience
Upside of Tamas is that it allows one to rest	Allows proper discrimination	Rajas is a great motivator to accomplish things in the world
Hinders Self Inquiry	Facilitates Self Inquiry	Hinders Self Inquiry

# KARMA YOGA



**1** HELPS ASSIMILATE SELF KNOWLEDGE

**2** NEUTRALIZES BINDING VASANAS

**3** REMOVES ANXIETY AND GIVES PEACE OF MIND

**4** REDUCES TAMASIC KARMAS

## BENEFITS OF KARMA YOGA

## KARMA YOGA IN A NUTSHELL

YOU HAVE THE RIGHT TO  
CHOOSE YOUR ACTION

1

YOU ARE NOT THE GIVER  
OF THE RESULT OF ACTION

2

TAKE THE RESULT  
AS A GIFT

3

### PRACTICAL EXAMPLE OF KARMA YOGA

*(You need to make a presentation for which you will receive a grade.  
How will you apply Karma Yoga in this situation?)*

1

Is the presentation for a good purpose?  
Did I do my best with the skills and time  
at my disposal? Yes.

2

Can I control the result?  
No, the grade is given by the  
teacher.

3

Offer the action to God. Put the action  
and all stressful thoughts in a "visual bag"  
and give the bag to God.

4

Accept the result as a gift from God.  
Accept the result because you have  
no choice. Don't be a victim.





UPASANA YOGA

The diagram features a vertical grey semi-circle on the left with the text 'UPASANA YOGA' written vertically. To its right is a vertical line of four colored circles: yellow, red, blue, and green. Each circle is connected to a corresponding text block on the right. The yellow circle contains a stick figure icon, the red circle contains a head with sound waves, the blue circle contains a person at a computer, and the green circle contains a person in a yoga pose. The text blocks are: 'PHYSICAL DISCIPLINE' (with a description), 'VERBAL DISCIPLINE' (with two bullet points), 'SENSORY DISCIPLINE' (with a description), and 'MENTAL DISCIPLINE' (with four bullet points).

## PHYSICAL DISCIPLINE

Physical discipline involves a well-balanced diet, exercises including physical activities like Yoga, and adequate rest.

## VERBAL DISCIPLINE

- Speech quantity control
- Speech quality control

## SENSORY DISCIPLINE

Sensory discipline involves avoidance of unhealthy objects that can pollute our mind, and moderation of healthy objects.

## MENTAL DISCIPLINE

- Relaxation meditation
- Concentration meditation
- Expansion meditation
- Value meditation

# THE 3 STAGES OF JNANA YOGA



## SHRAVANAM

The systematic and continuous listening to the scriptures or teachings for a length of time from a competent teacher.



## MANANAM

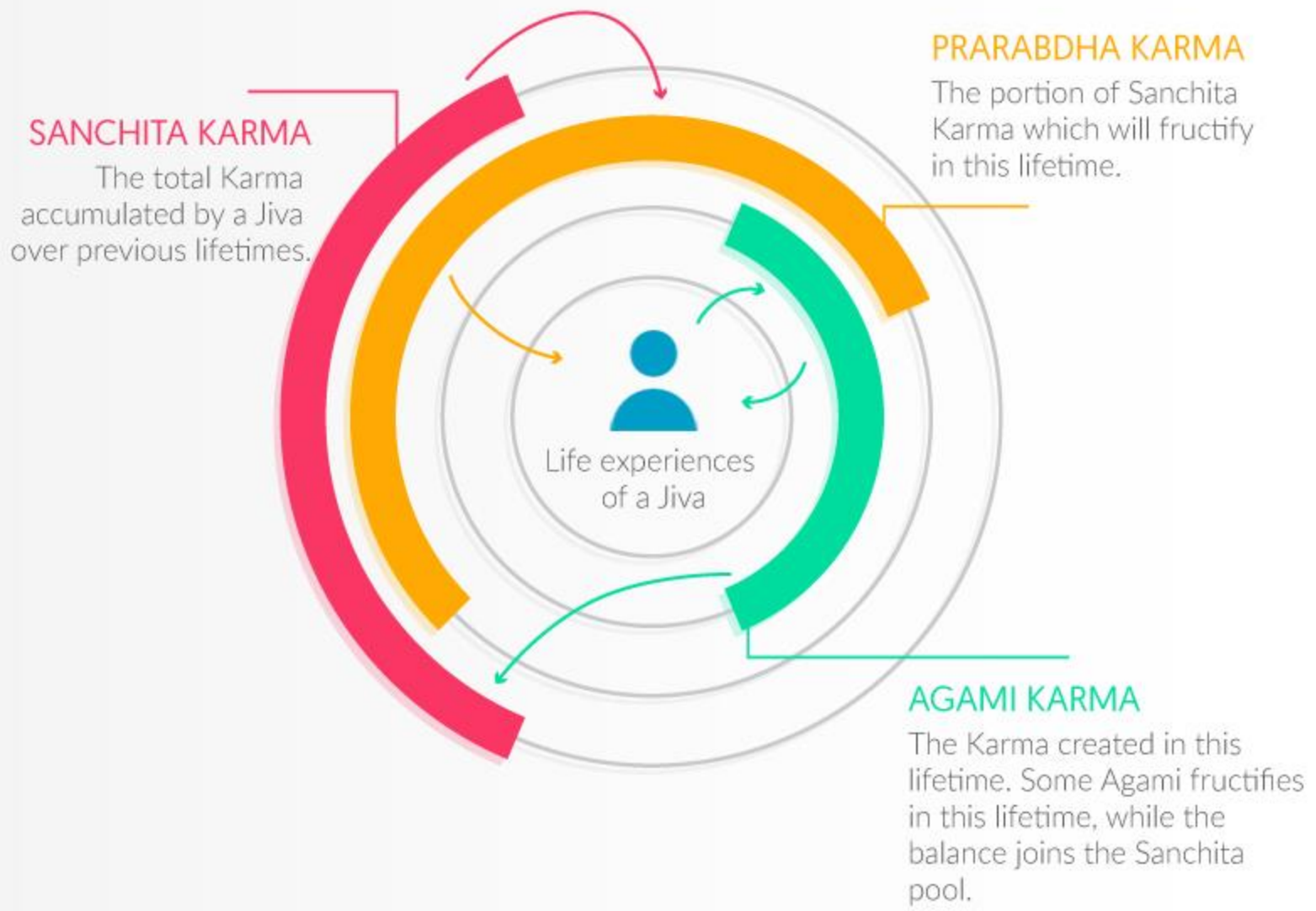
Resolving all intellectual doubts till I am able to say "I am Brahman" with total conviction.



## NIDIDHYASANAM

Transformation of intellectual knowledge "I am Brahman" into emotional strength, i.e. assimilating Self-Knowledge.

# THE 3 TYPES OF KARMA





# THE 5 TYPES OF DHARMA



### STAGE 3

#### ENLIGHTENMENT

Ego/Mind, the prior subject, becomes the object. The Self, the prior object, becomes the subject.

## THE 3 STAGES OF ENLIGHTENMENT

### STAGE 2

#### SELF-INQUIRY/SELF-REALIZATION

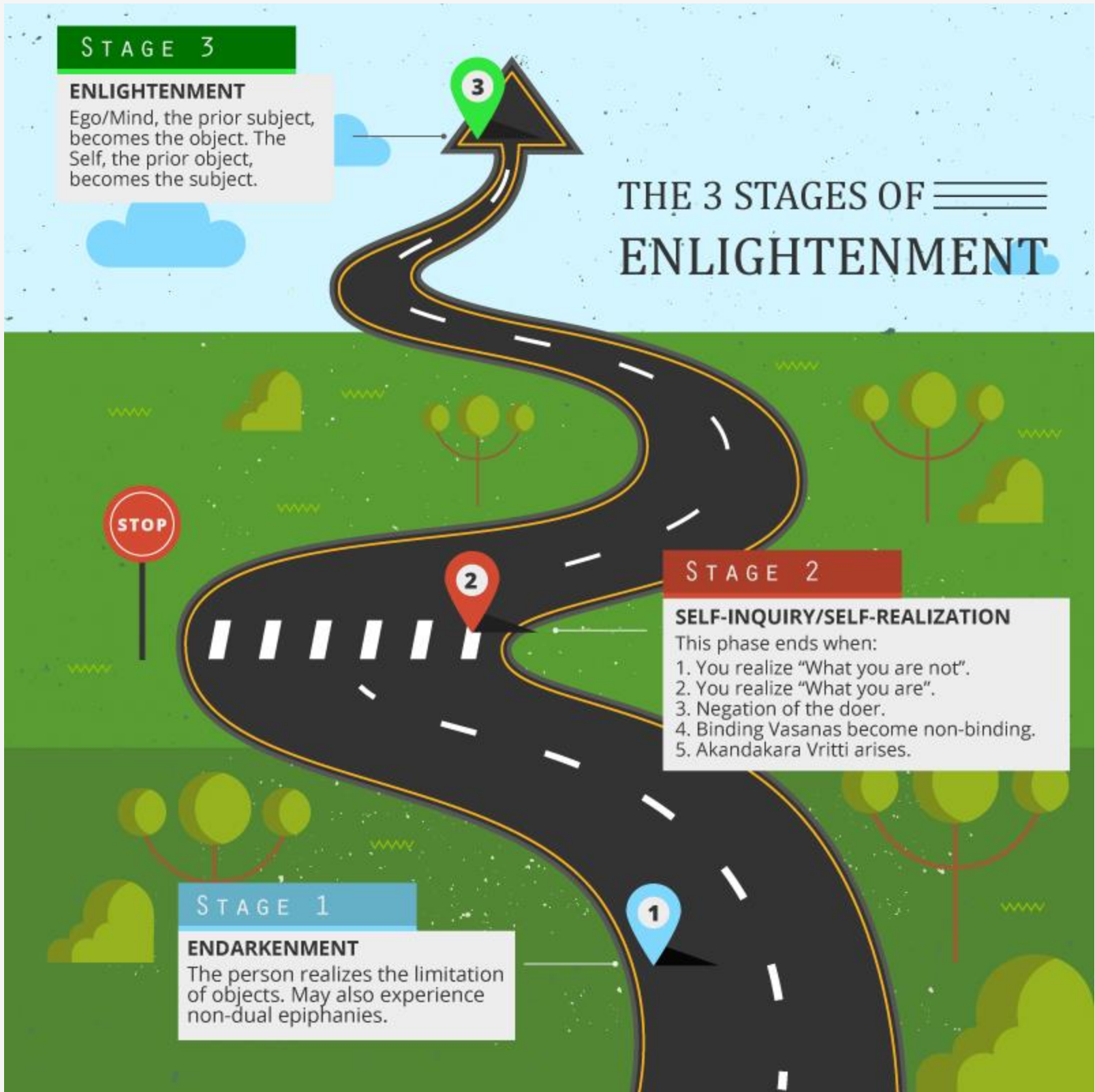
This phase ends when:

1. You realize "What you are not".
2. You realize "What you are".
3. Negation of the doer.
4. Binding Vasanas become non-binding.
5. Akandakara Vritti arises.

### STAGE 1

#### ENDARKENMENT

The person realizes the limitation of objects. May also experience non-dual epiphanies.



# THE 5 CAPSULES OF VEDANTA



1 I AM OF THE NATURE OF ETERNAL  
AND ALL PERVADING CONSCIOUSNESS

2 I AM THE ONLY SOURCE OF PERMANENT  
PEACE, SECURITY AND HAPPINESS

3 BY MY MERE PRESENCE, I GIVE LIFE TO  
THE MATERIAL BODY, AND THROUGH  
THE BODY, I WITNESS THE  
MATERIAL UNIVERSE

4 I AM NOT AFFECTED BY ANYTHING THAT  
TAKES PLACE IN THE MATERIAL WORLD  
AND IN THE MATERIAL BODY

5 BY FORGETTING MY NATURE, I CONVERT  
LIFE INTO A BURDEN AND BY  
REMEMBERING MY NATURE I CONVERT  
LIFE INTO A BLESSING