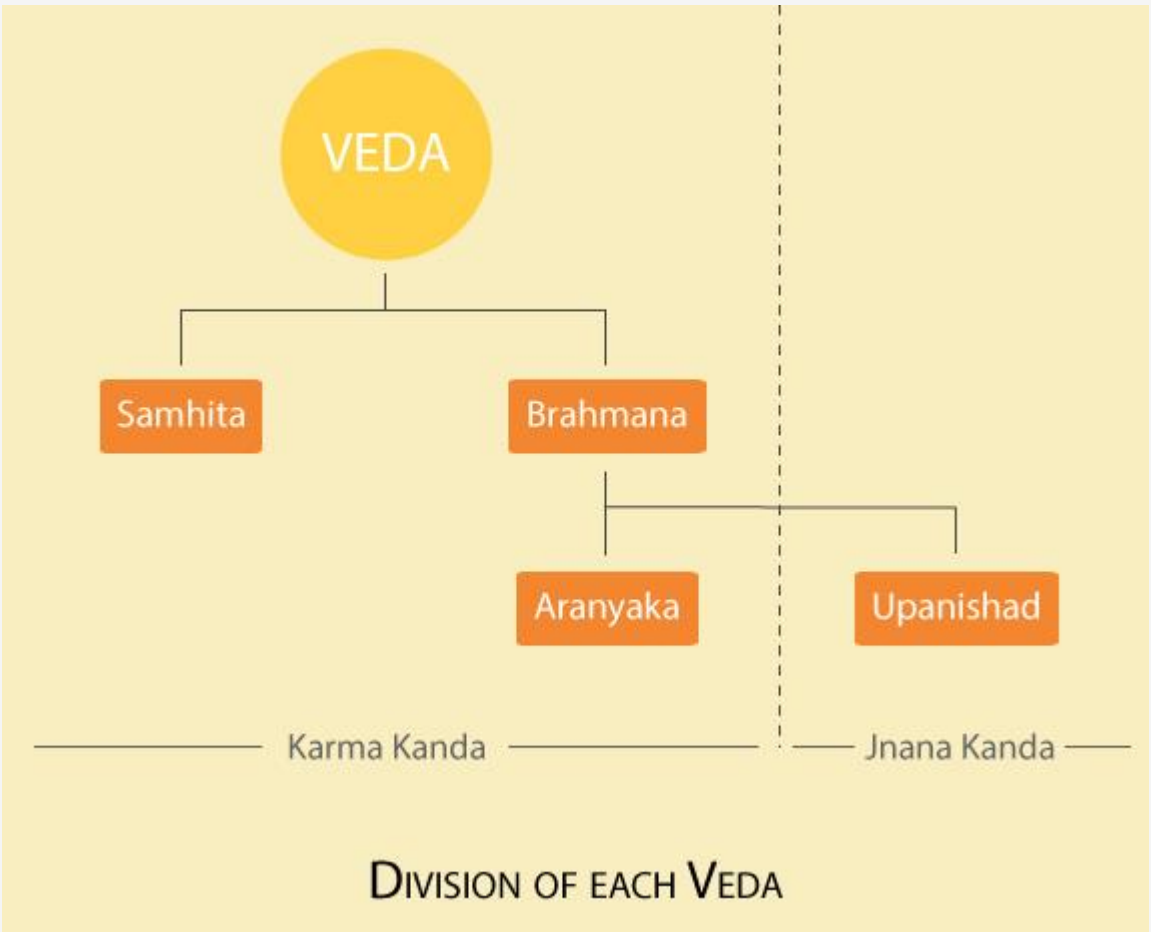
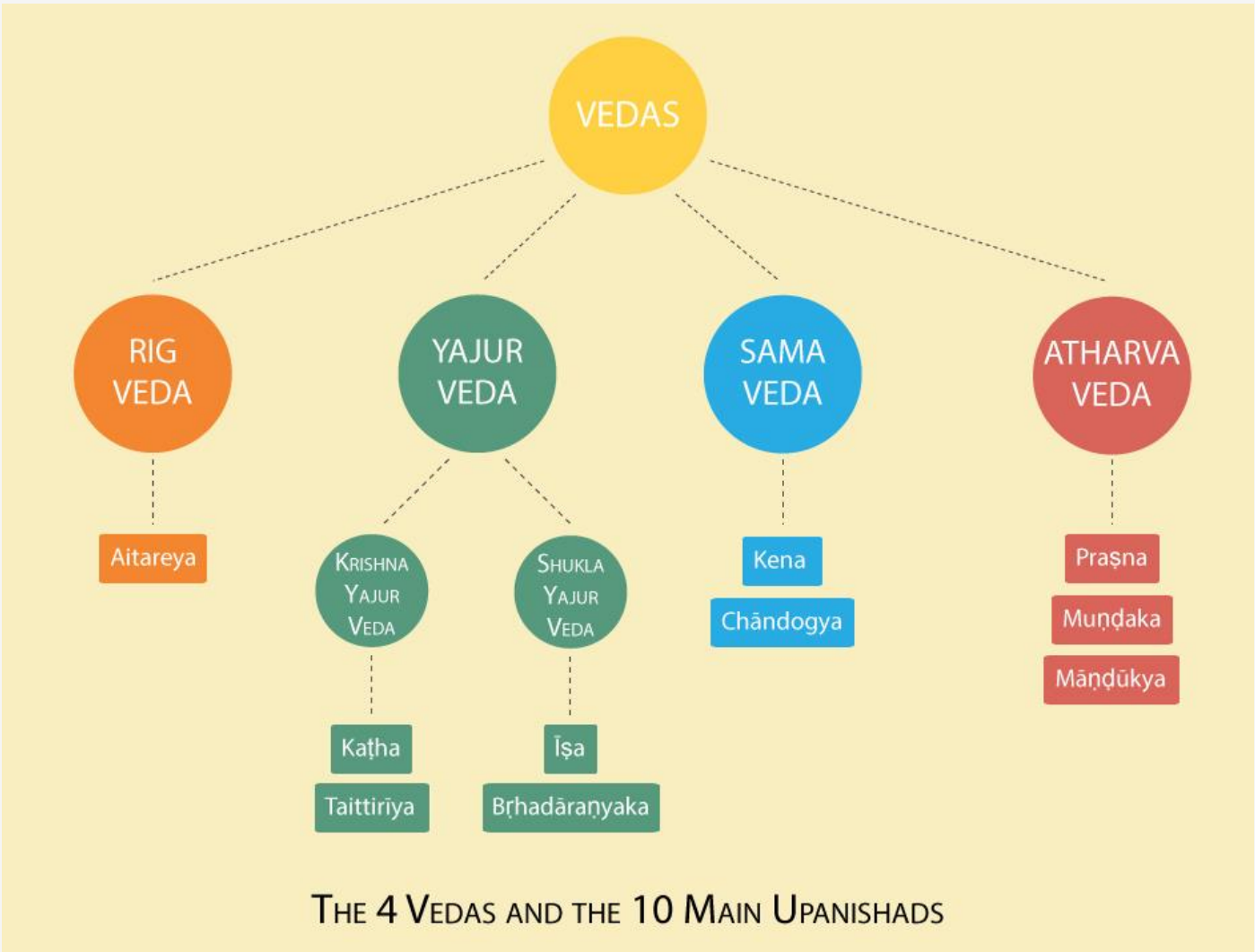
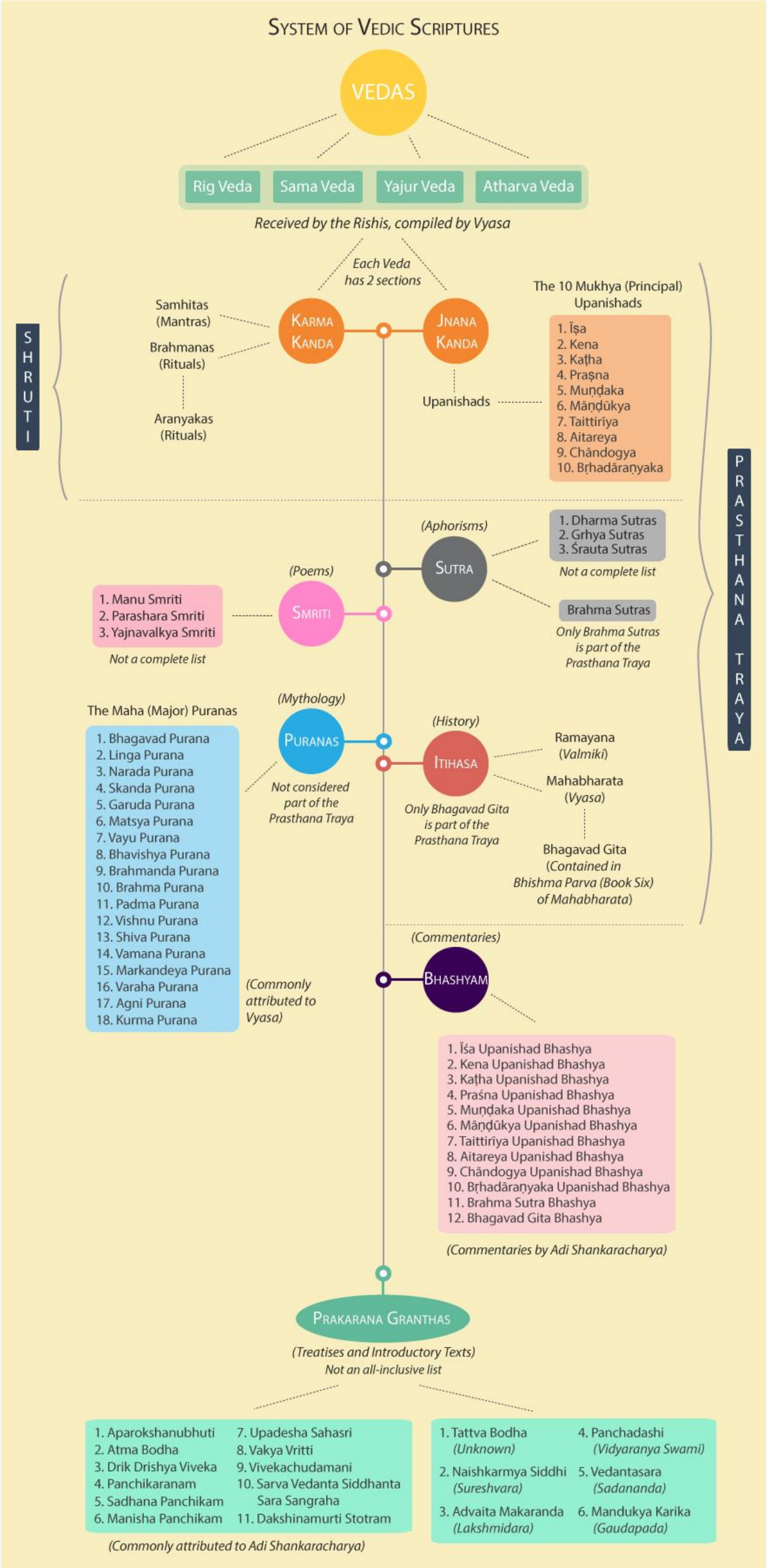


Vedas in pictures

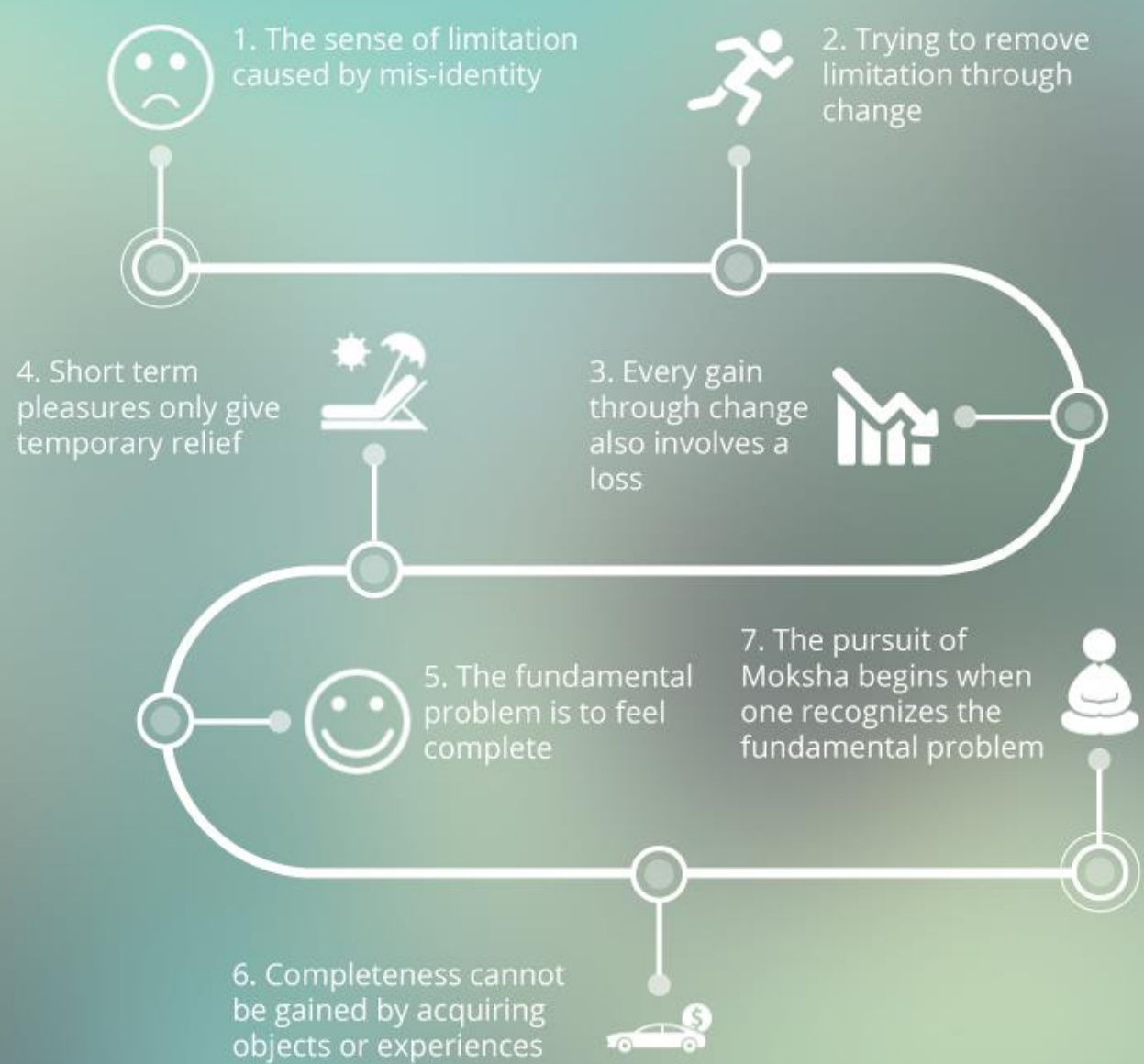




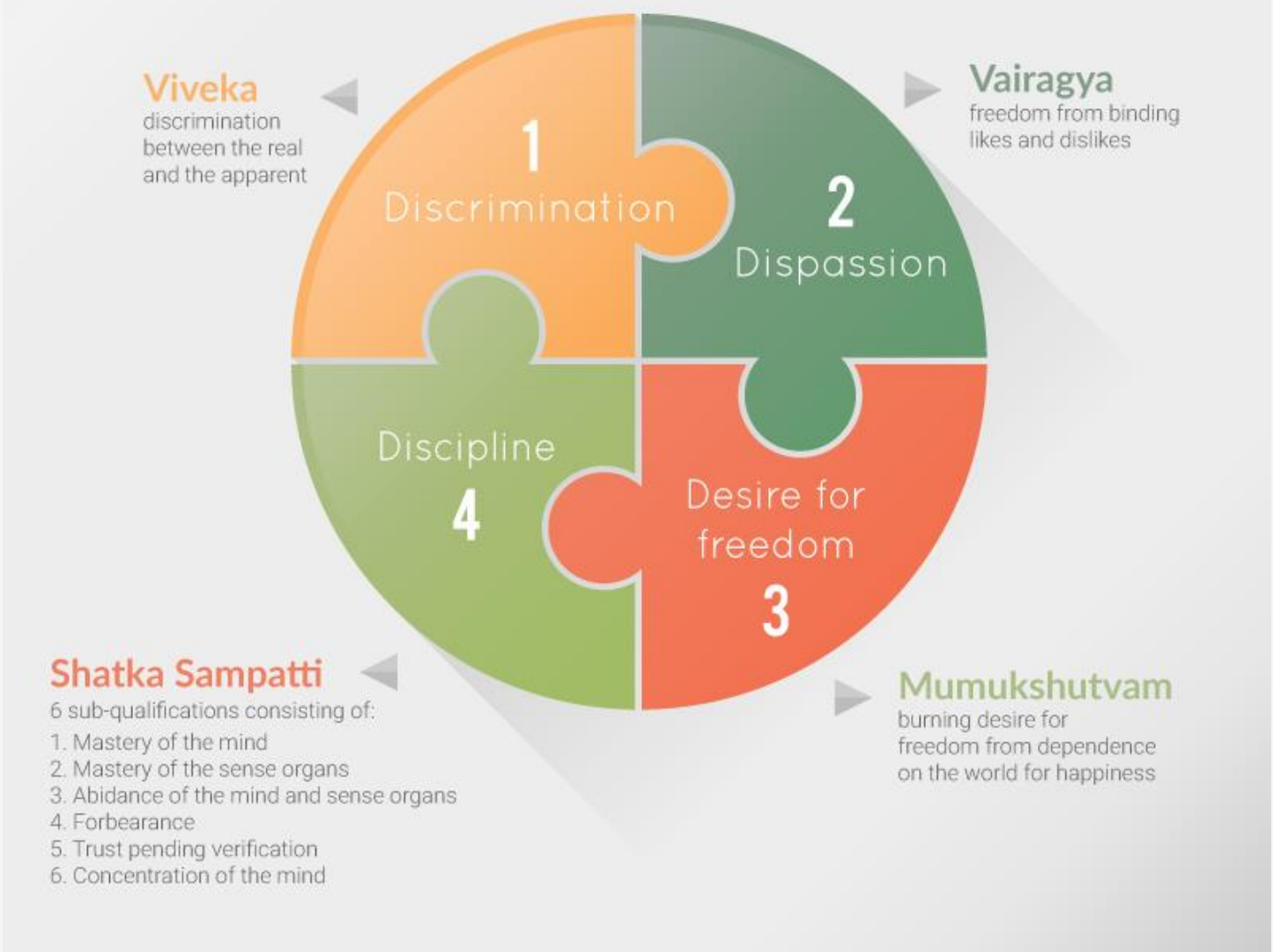
# THE 4 GOALS OF HUMAN LIFE



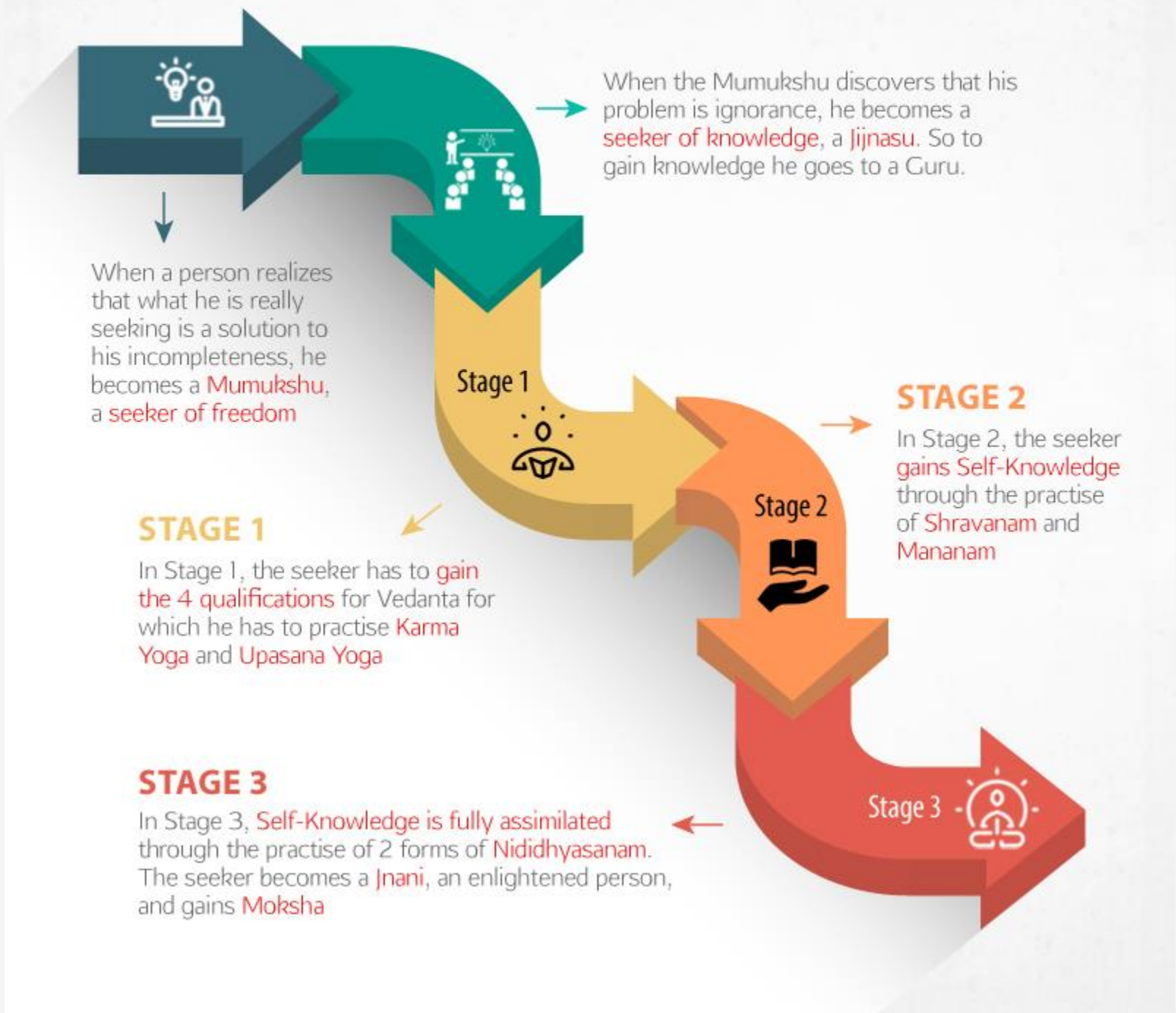
## The Fundamental Problem



# THE 4 QUALIFICATIONS FOR VEDANTA

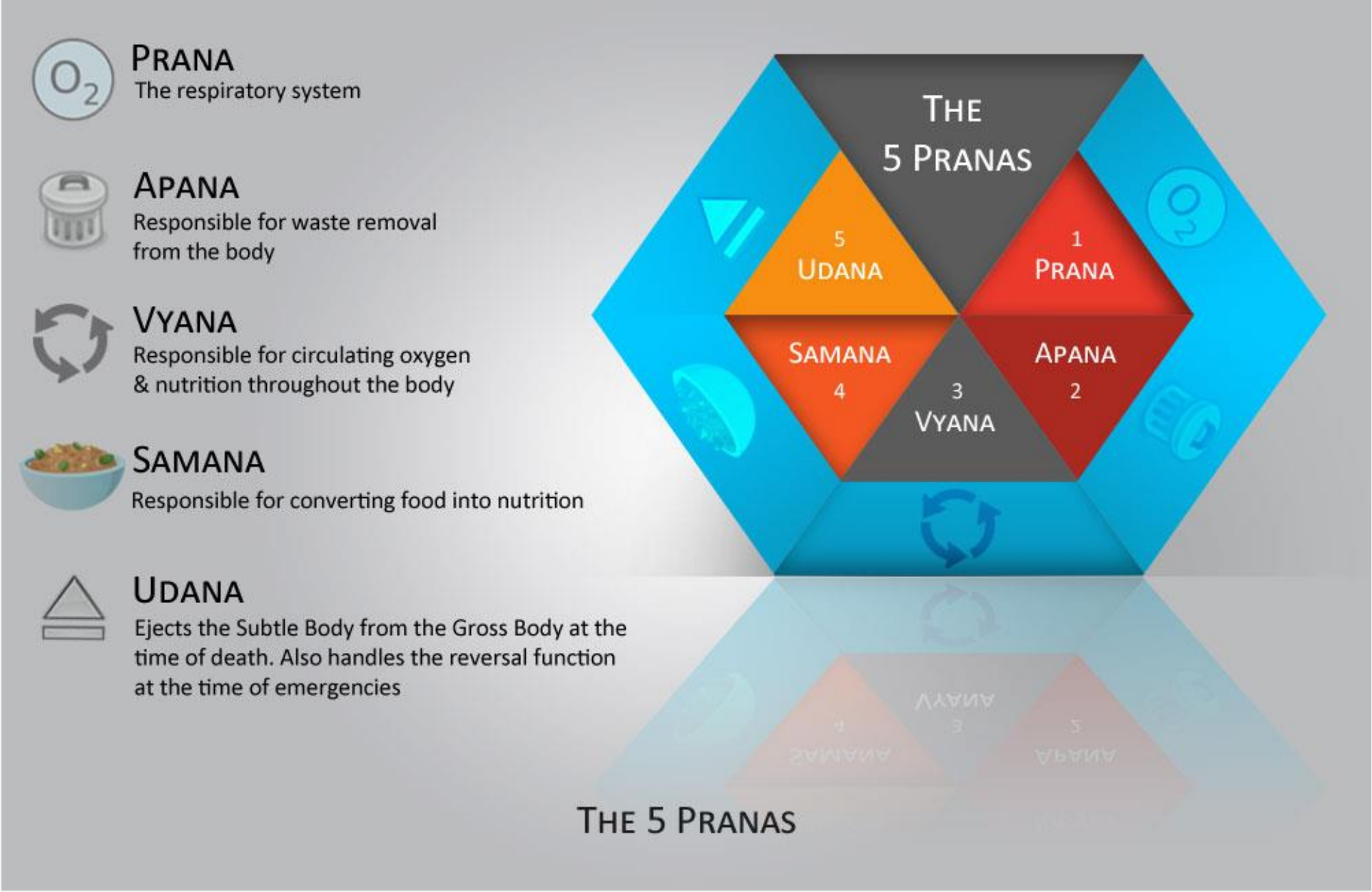
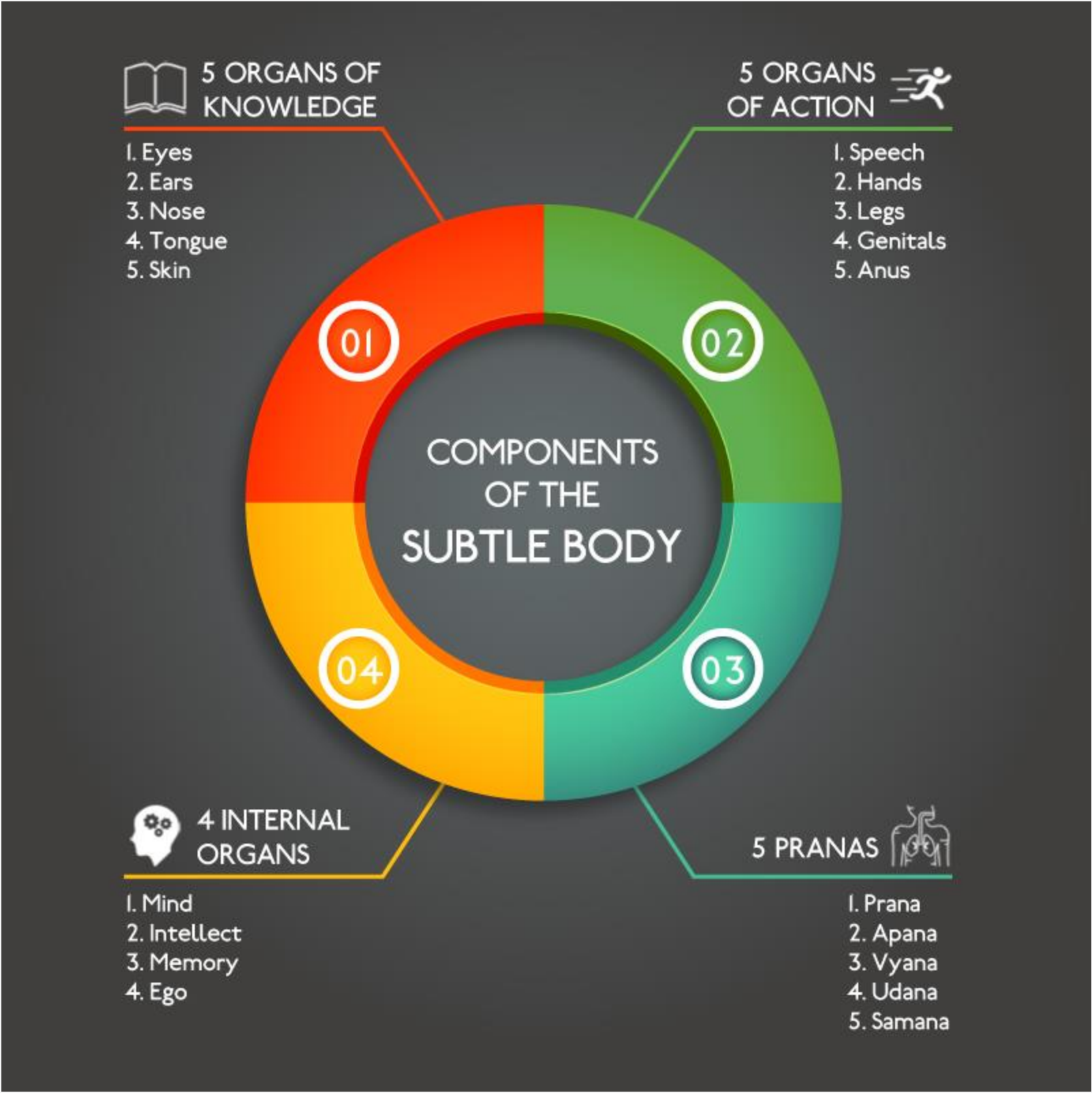


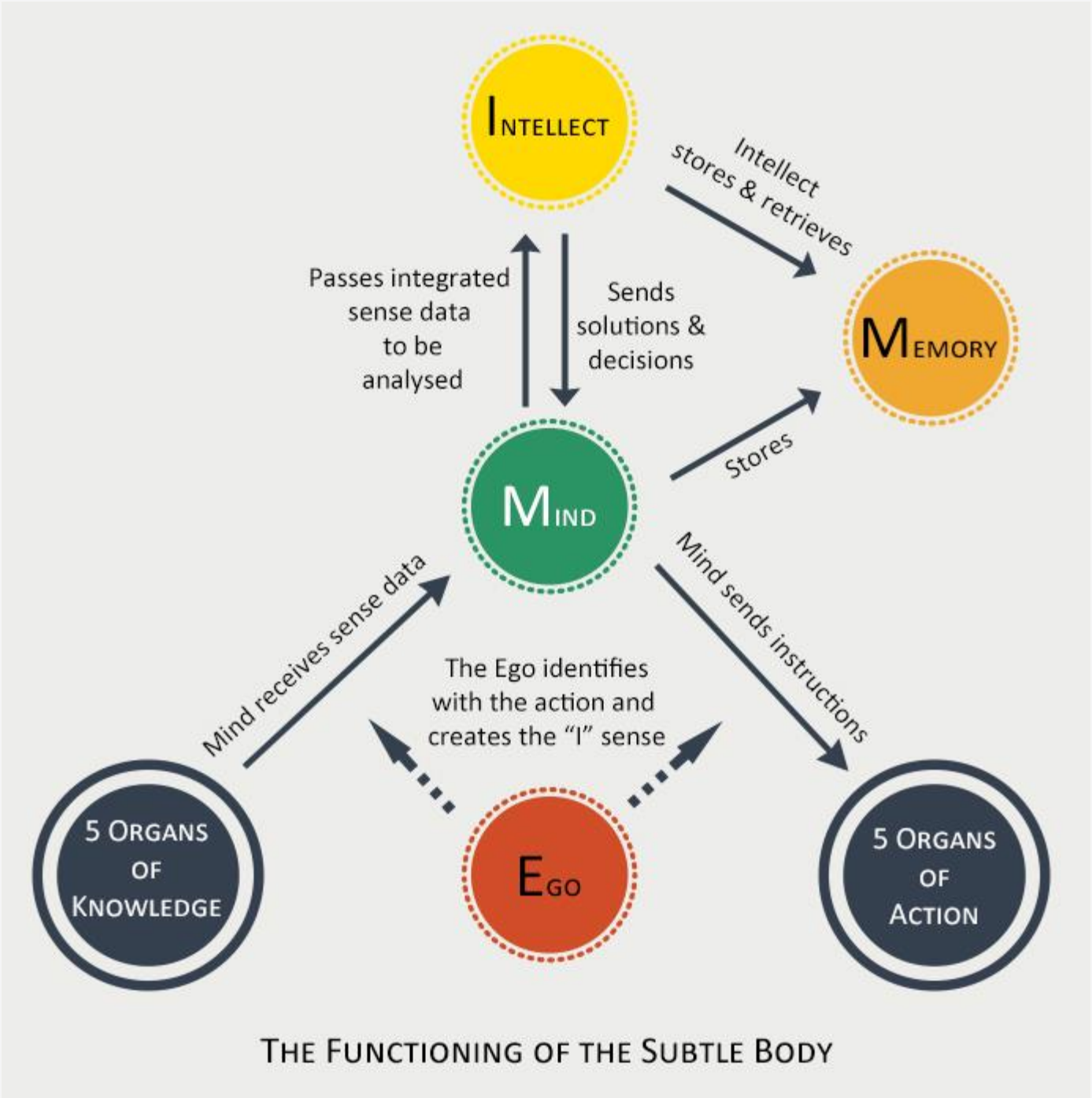
# SPIRITUAL JOURNEY OF A SEEKER



## THE 4 FACTORS OF THE GROSS BODY

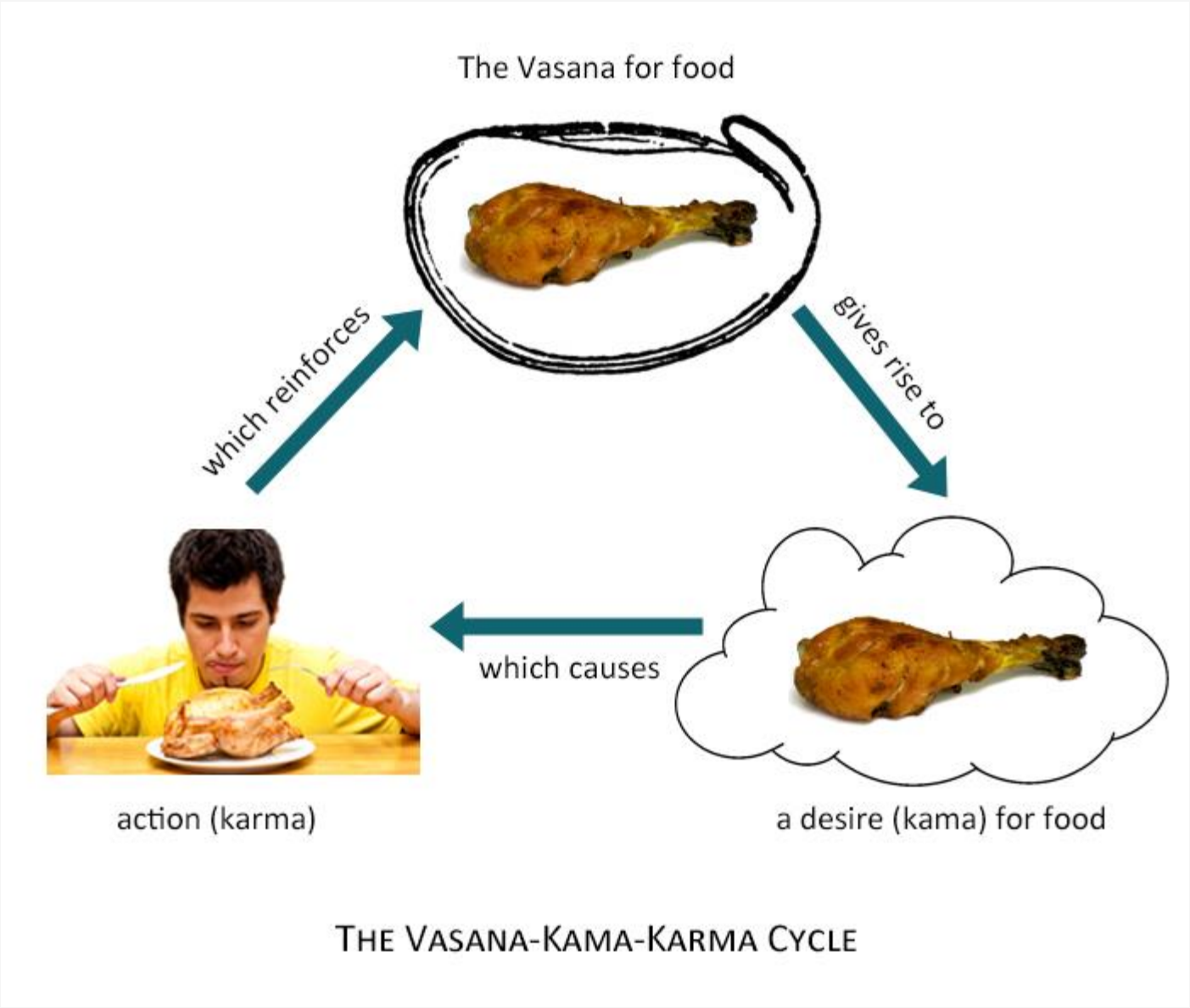
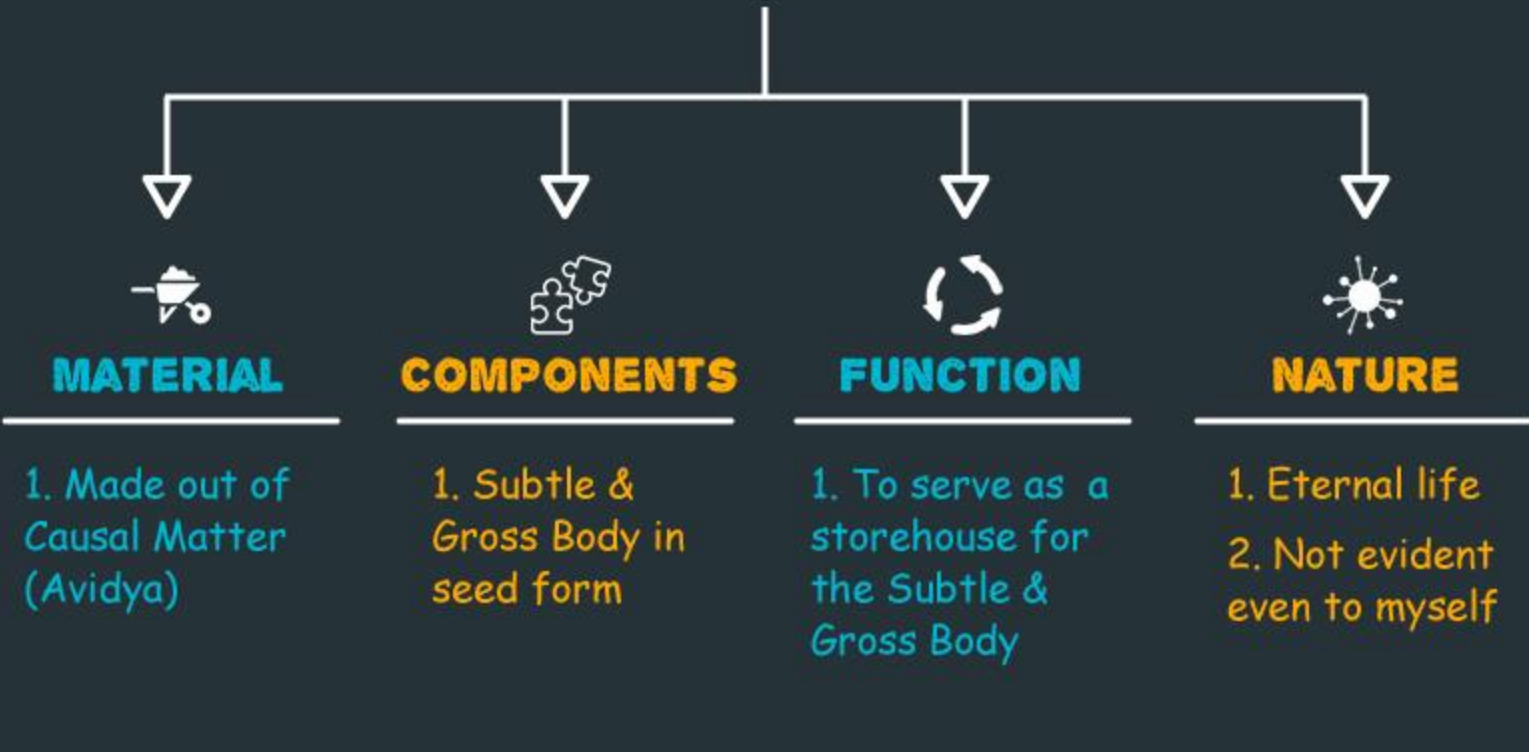
| <br><b>MATERIAL</b> | <br><b>COMPONENTS</b> | <br><b>FUNCTION</b> | <br><b>NATURE</b> |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 1. Space<br>2. Air<br>3. Fire<br>4. Water<br>5. Earth                                                  | 1. Head<br>2. Hands<br>3. Legs<br>4. Central Body                                                        | 1. Temporary residence<br>2. Used to transact with the world                                             | 1. Subject to change<br>2. Limited natural life<br>3. Visible to everyone                              |

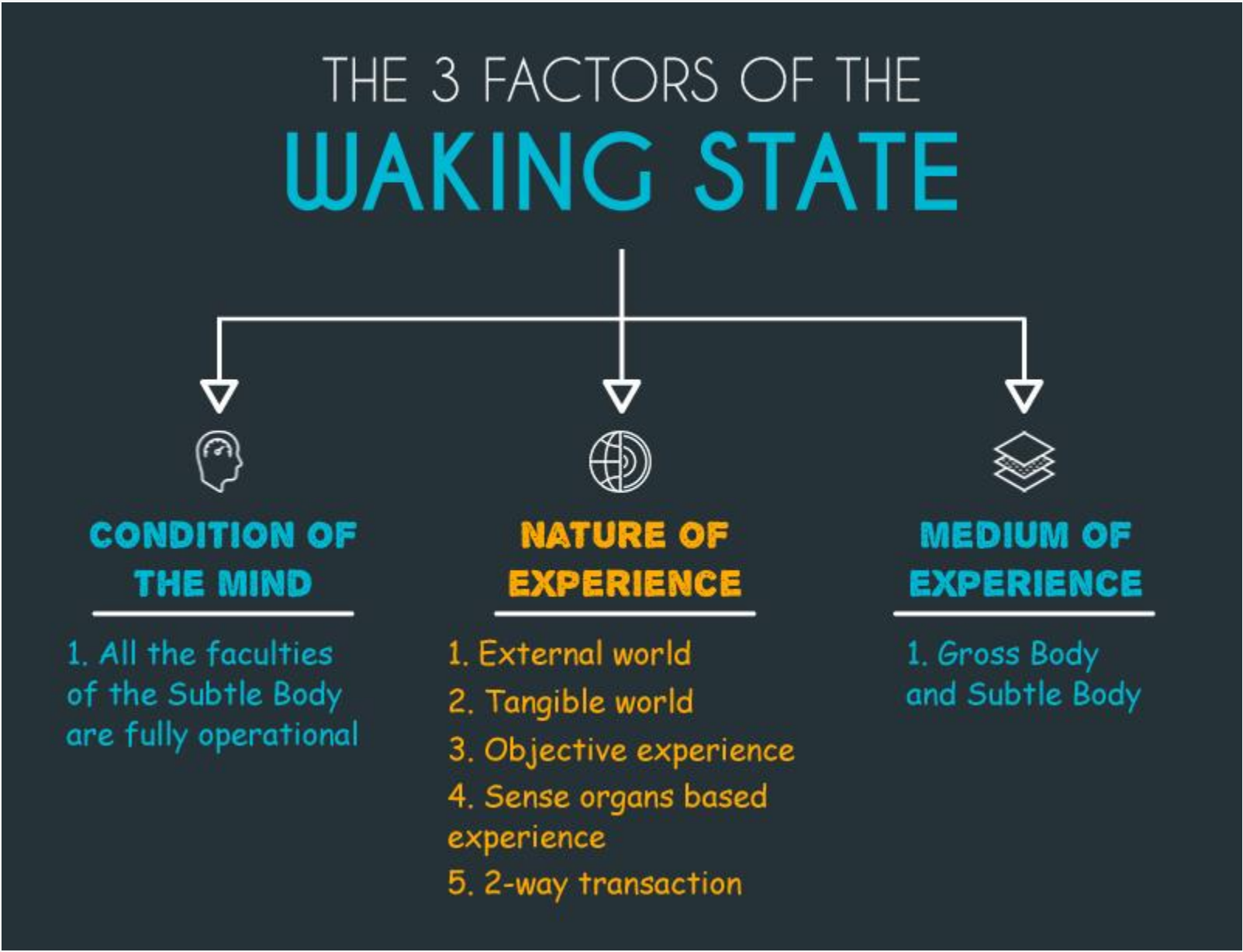
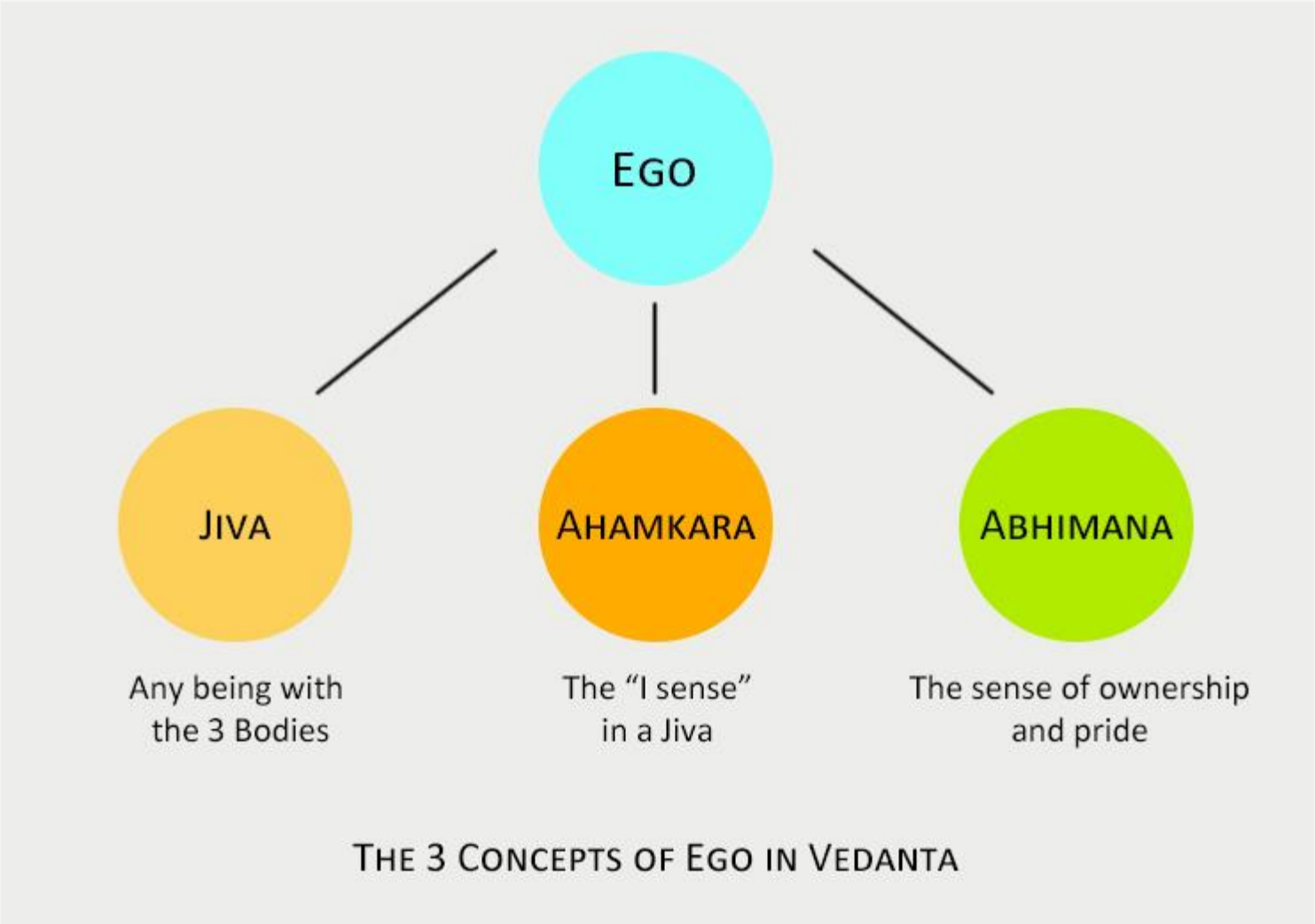




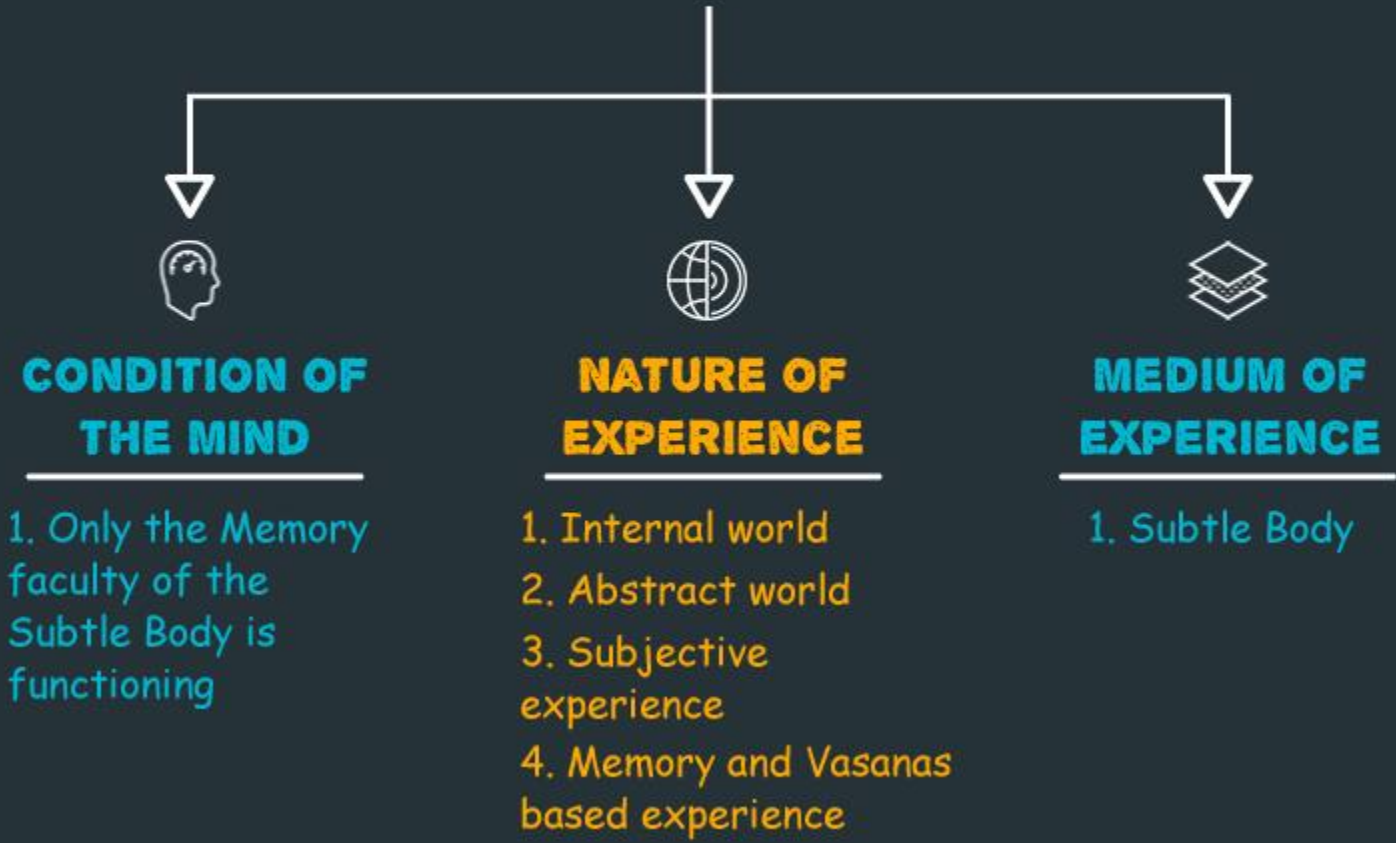
| THE 4 FACTORS OF THE SUBTLE BODY                                                         |                                                                                                      |                                                        |                                                                                     |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------|
| MATERIAL                                                                                 | COMPONENTS                                                                                           | FUNCTION                                               | NATURE                                                                              |
| 1. Subtle Space<br>2. Subtle Air<br>3. Subtle Fire<br>4. Subtle Water<br>5. Subtle Earth | 1. 5 Organs of Knowledge<br>2. 5 Organs of Action<br>3. 5 Pranas<br>4. Mind, Intellect, Memory & Ego | 1. To transact with the world using the 19 instruments | 1. Subject to change<br>2. Continues into future lives<br>3. Only evident to myself |

# THE 4 FACTORS OF THE CAUSAL BODY



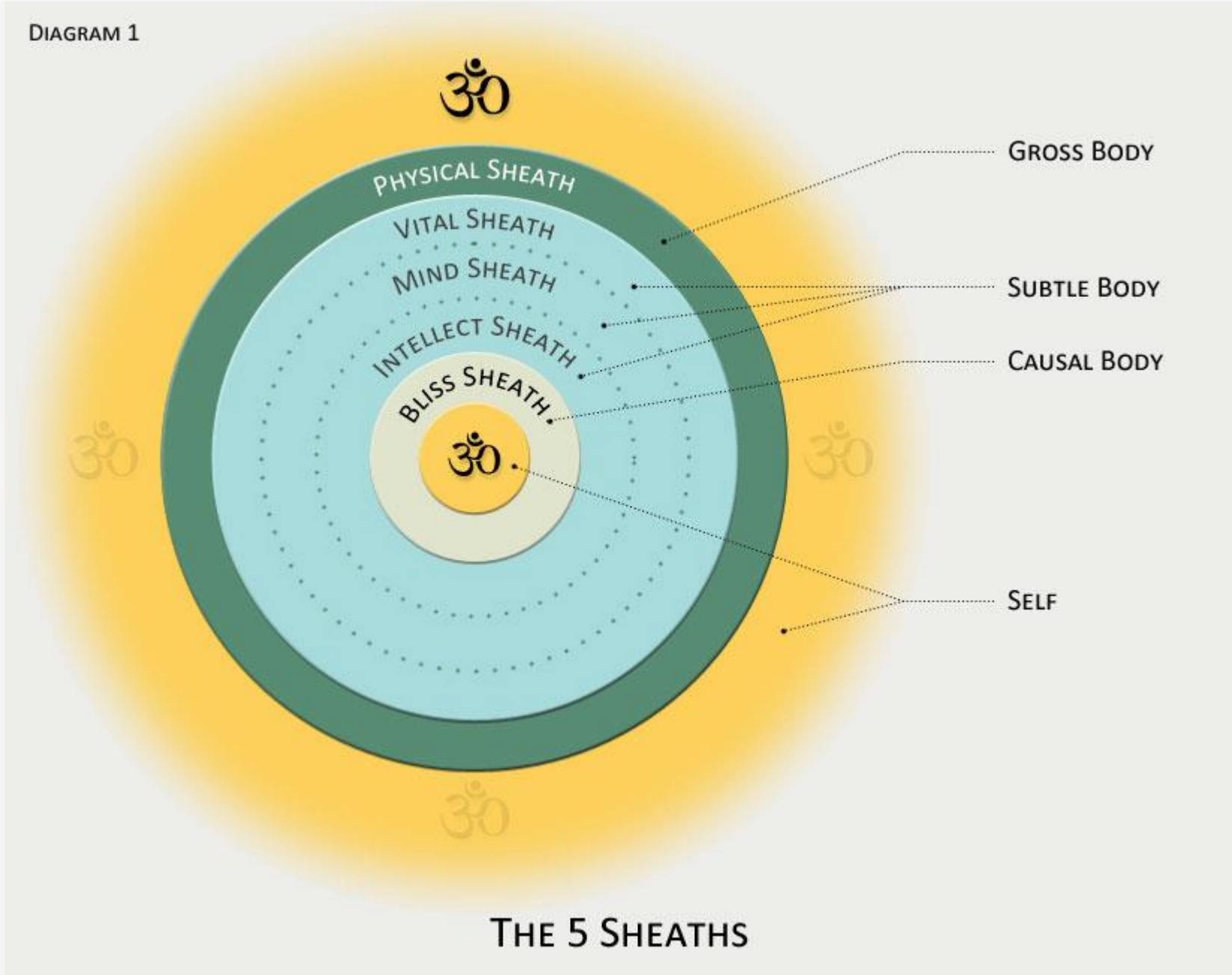
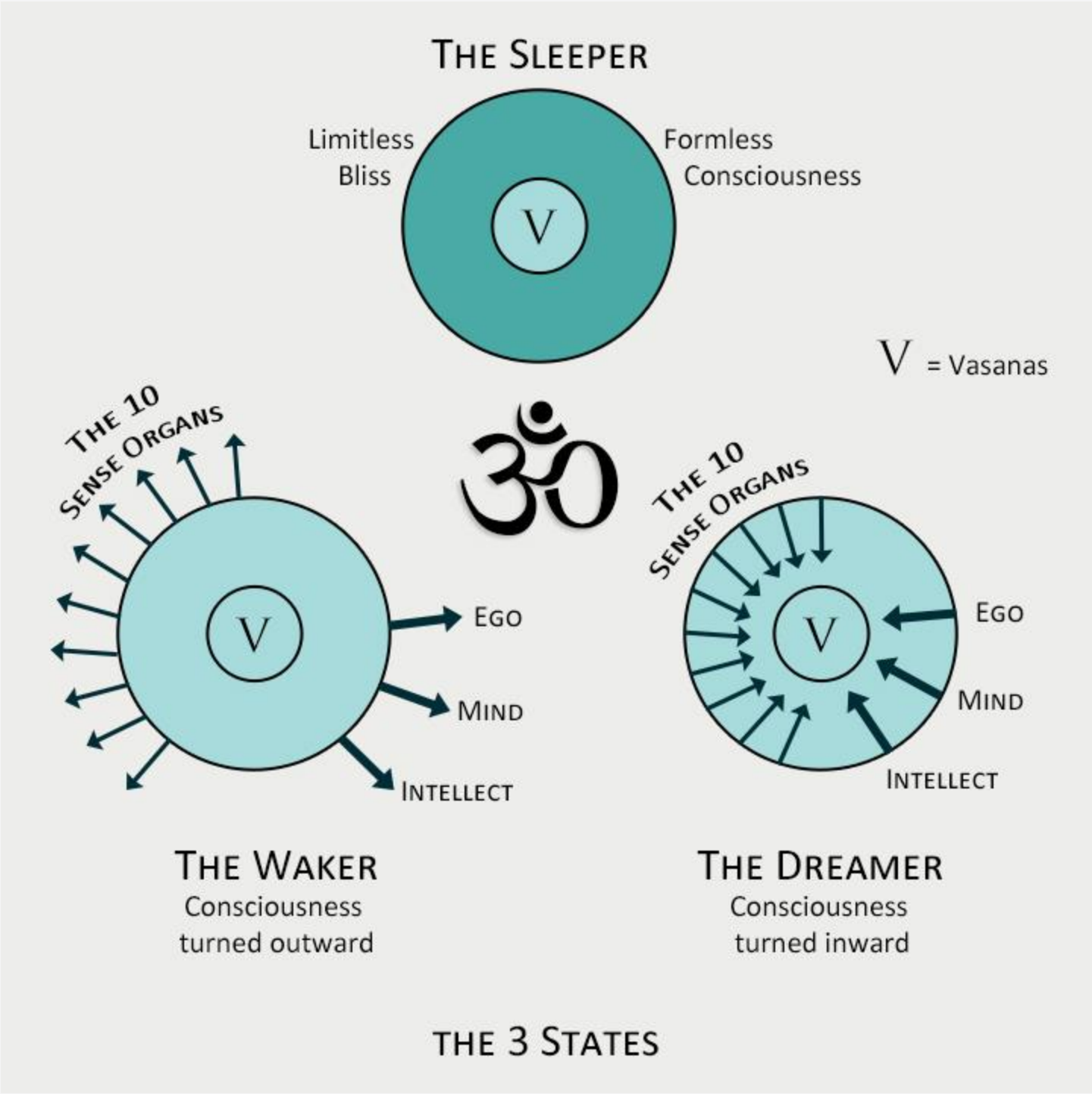


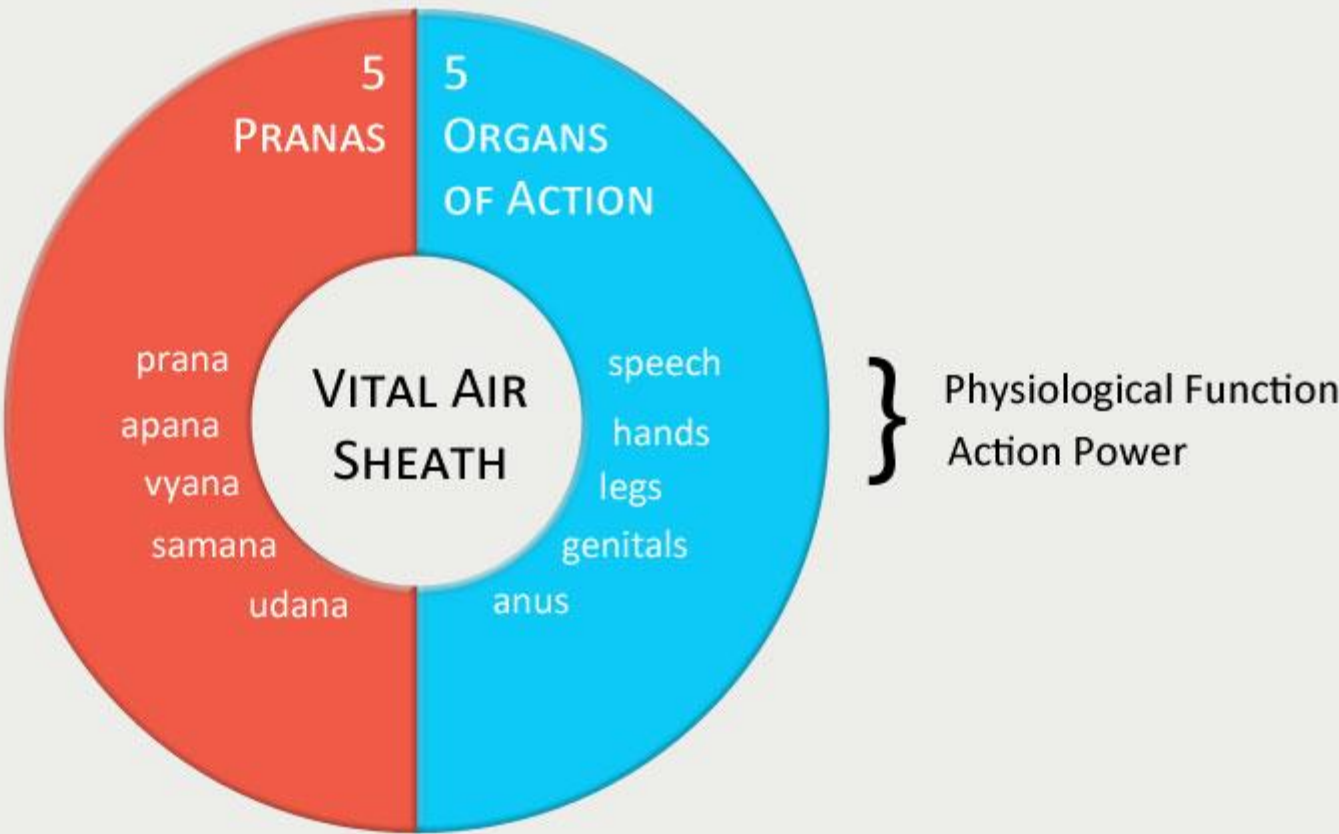
# THE 3 FACTORS OF THE DREAM STATE



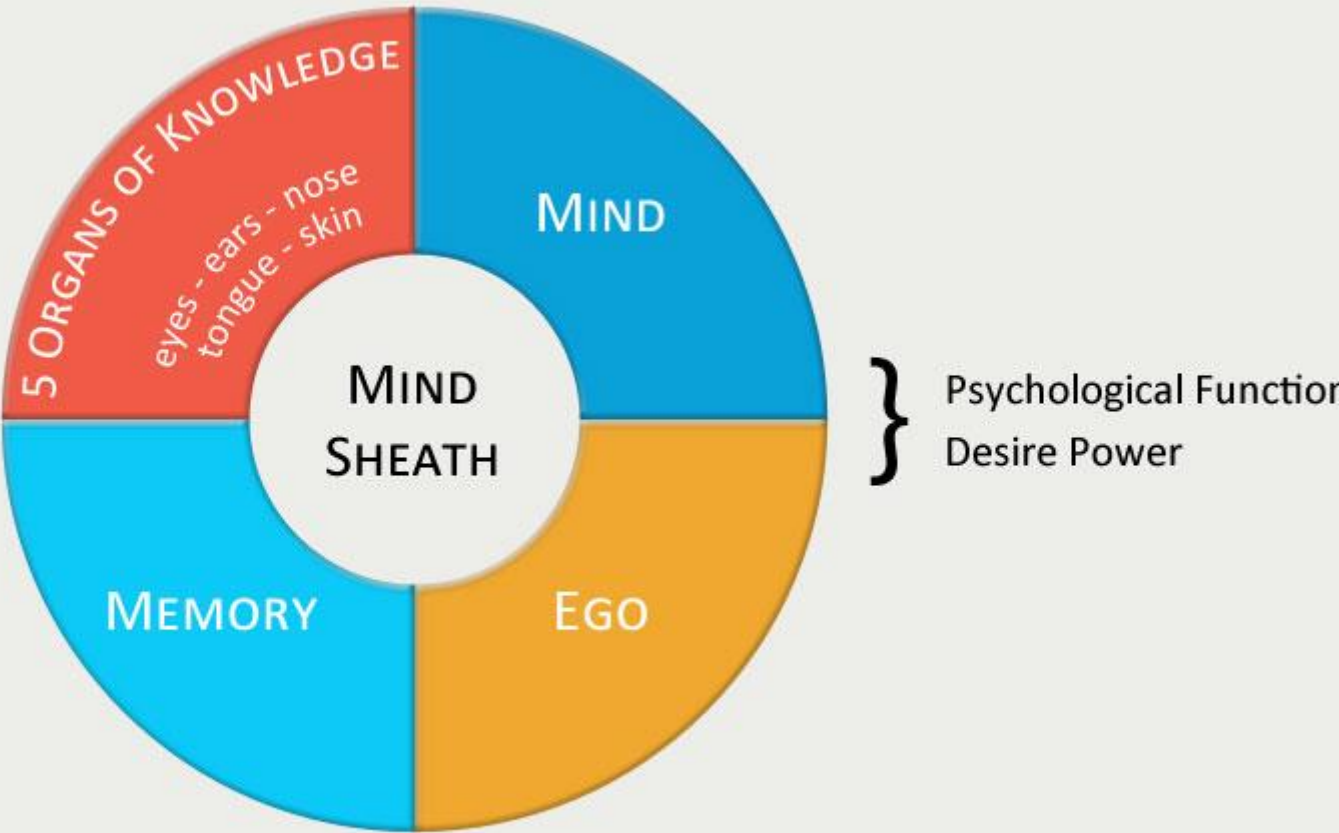
# THE 3 FACTORS OF THE SLEEP STATE



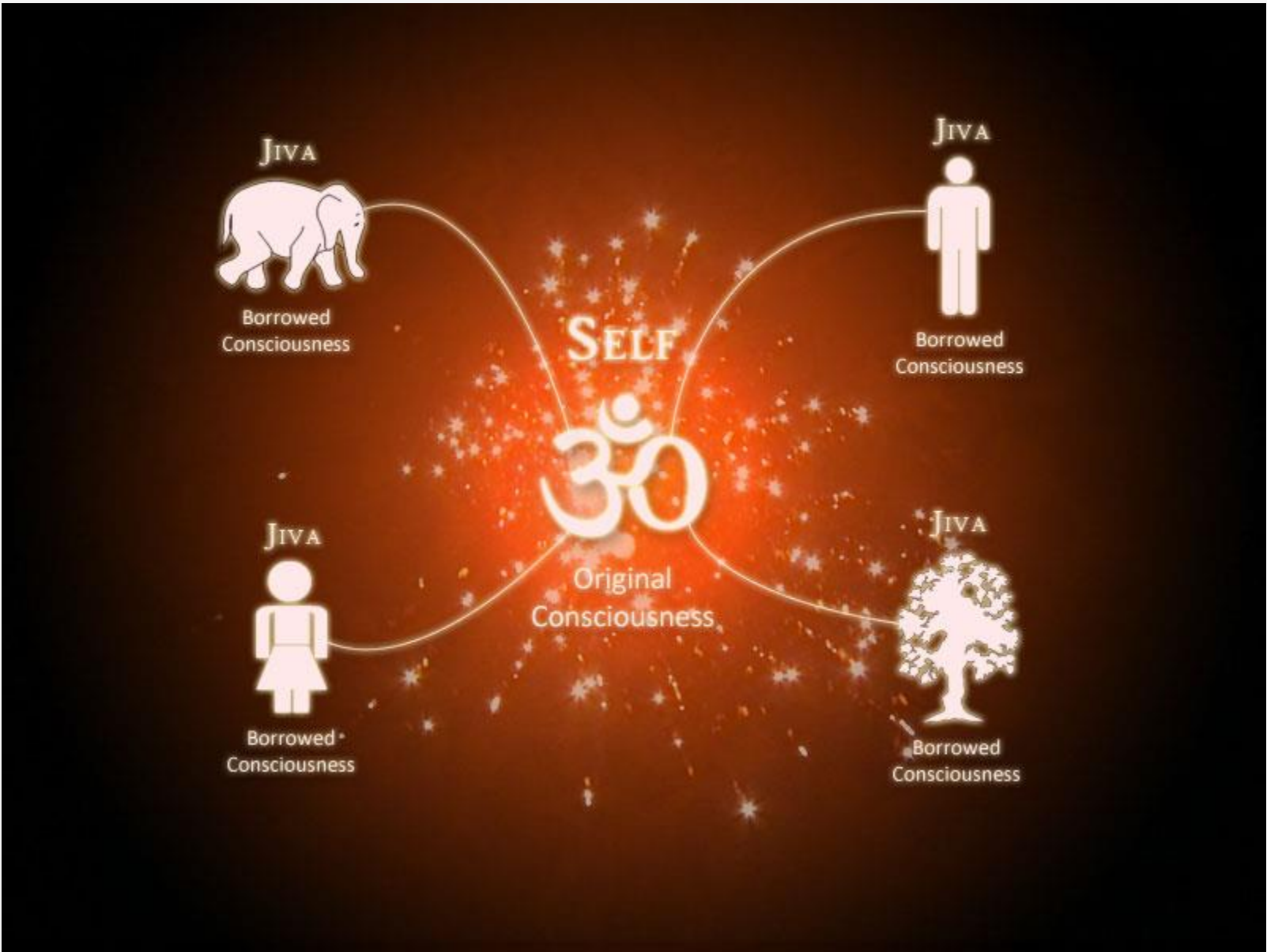
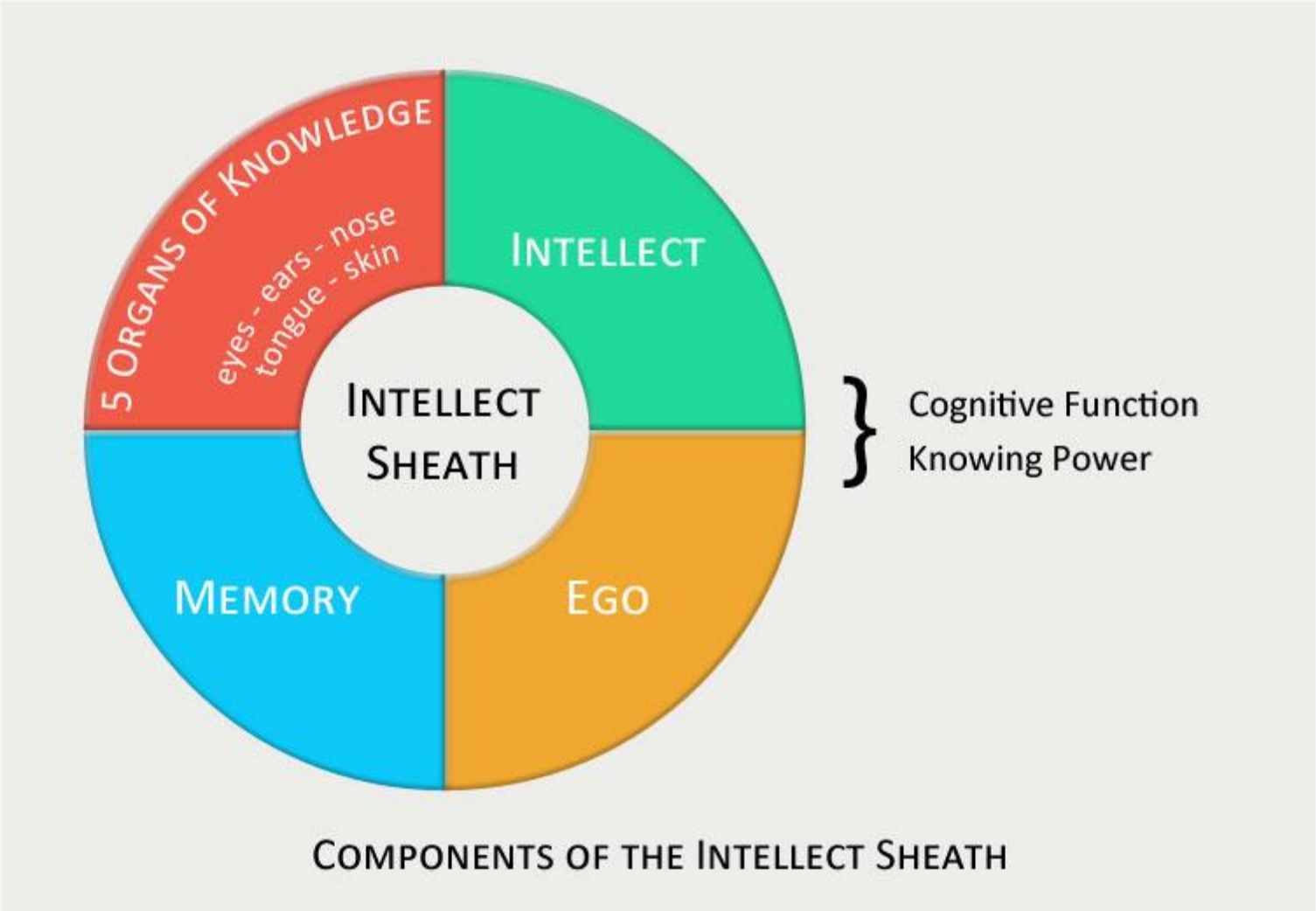


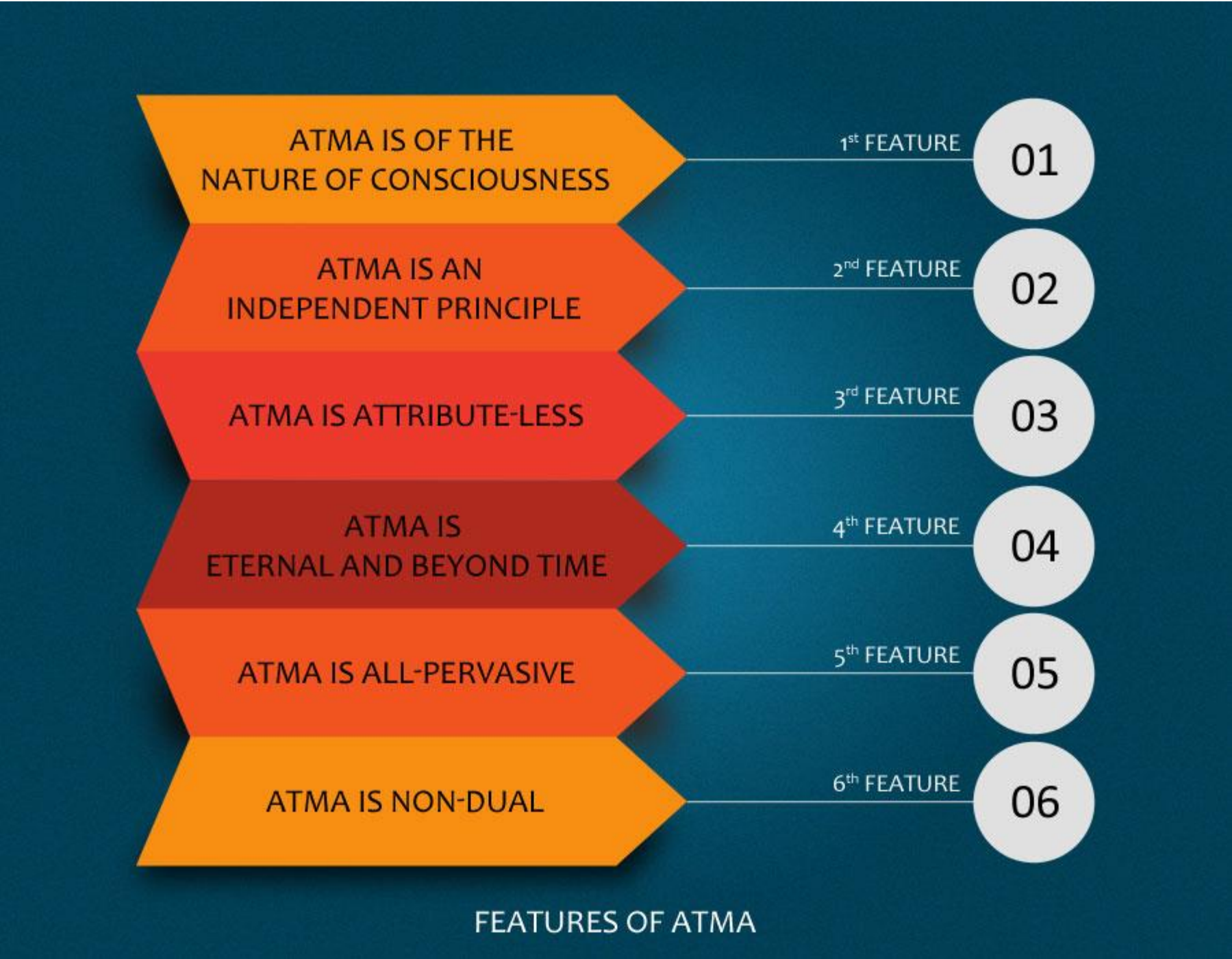


COMPONENTS OF THE VITAL AIR SHEATH



COMPONENTS OF THE MIND SHEATH





LAW 1

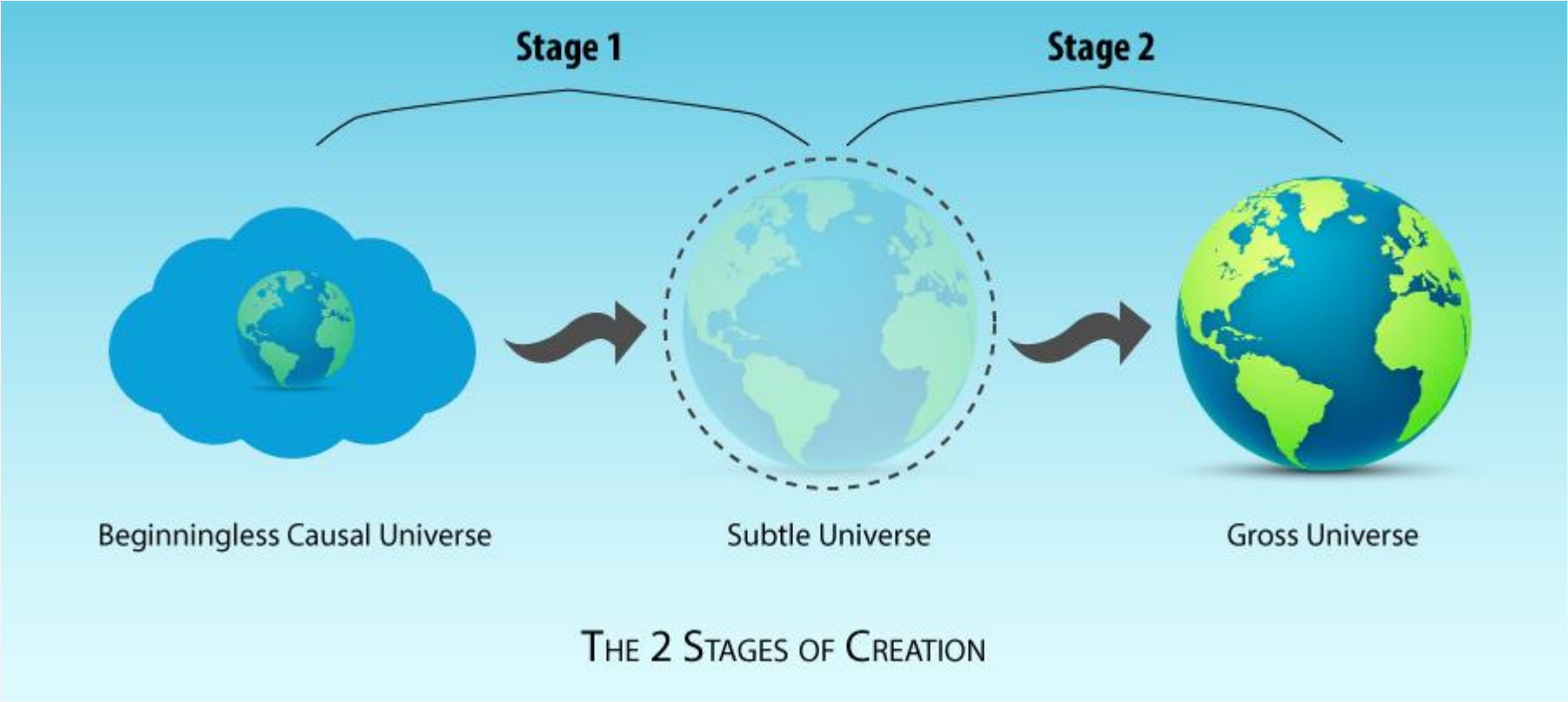
I am different from whatever I witness.

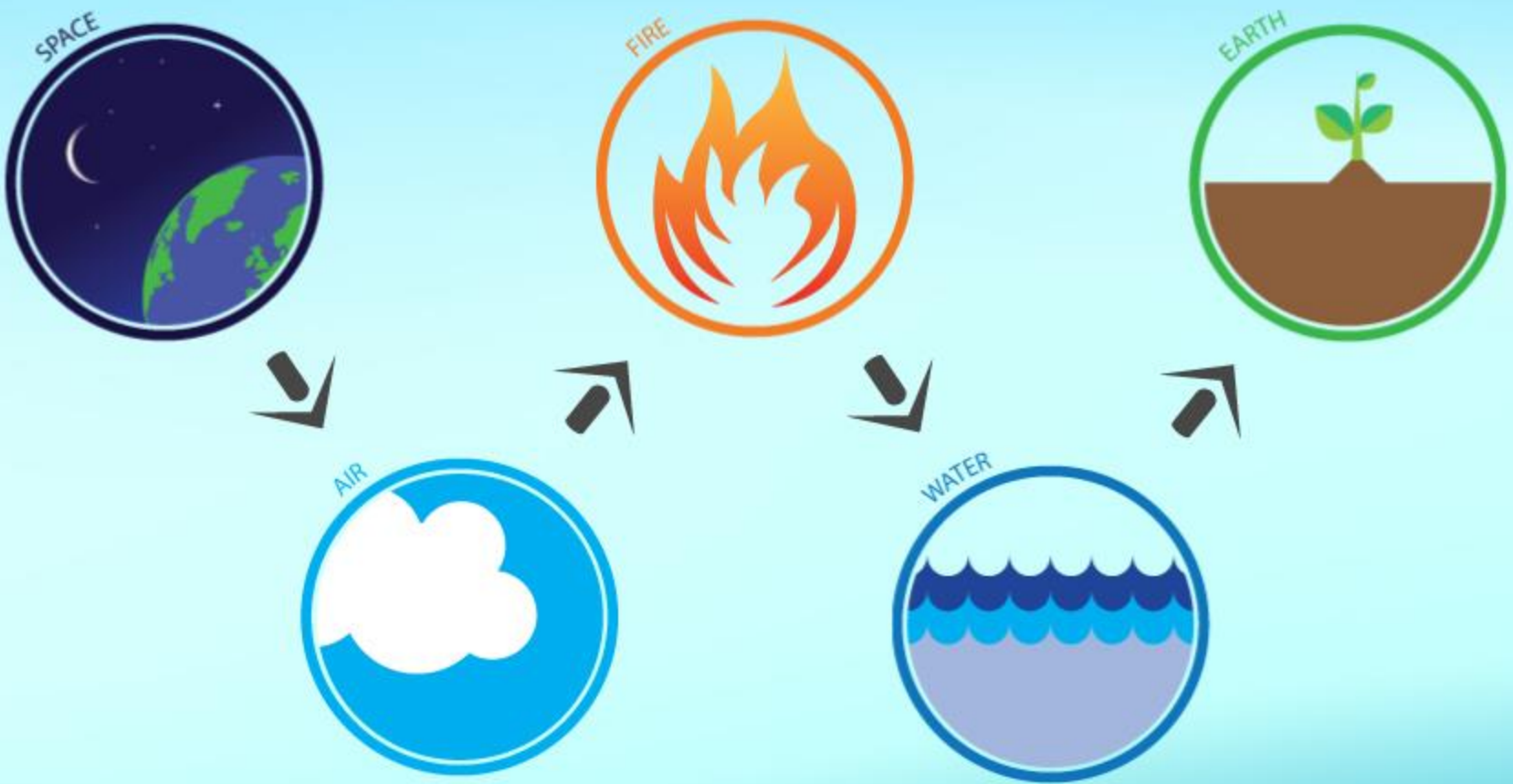
LAW 2

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

SEER SEEN DISCRIMINATION

# DIFFERENCES BETWEEN BRAHMAN & MAYA





THE 5 GREAT ELEMENTS

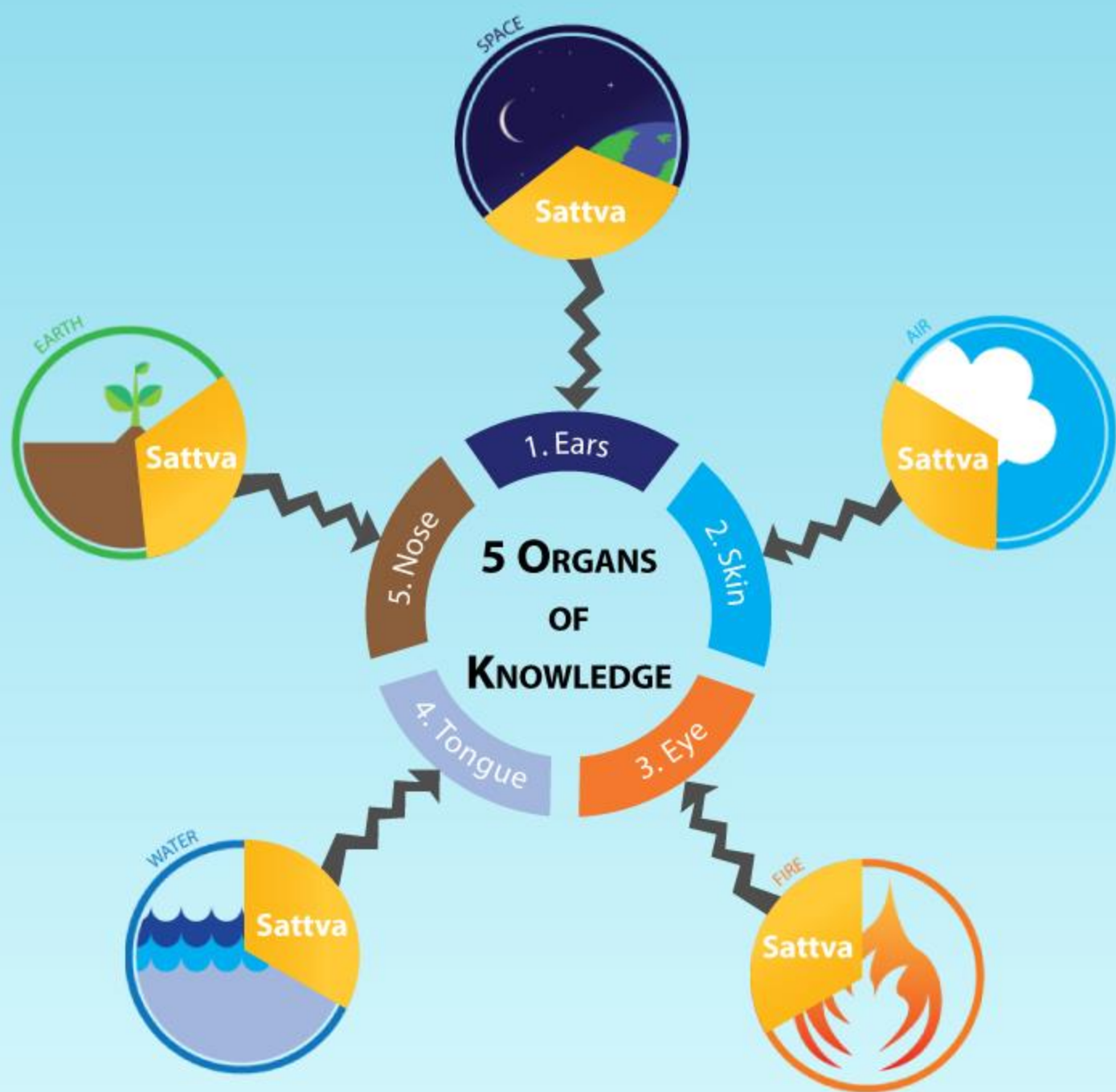
# The 3 GUNAS

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

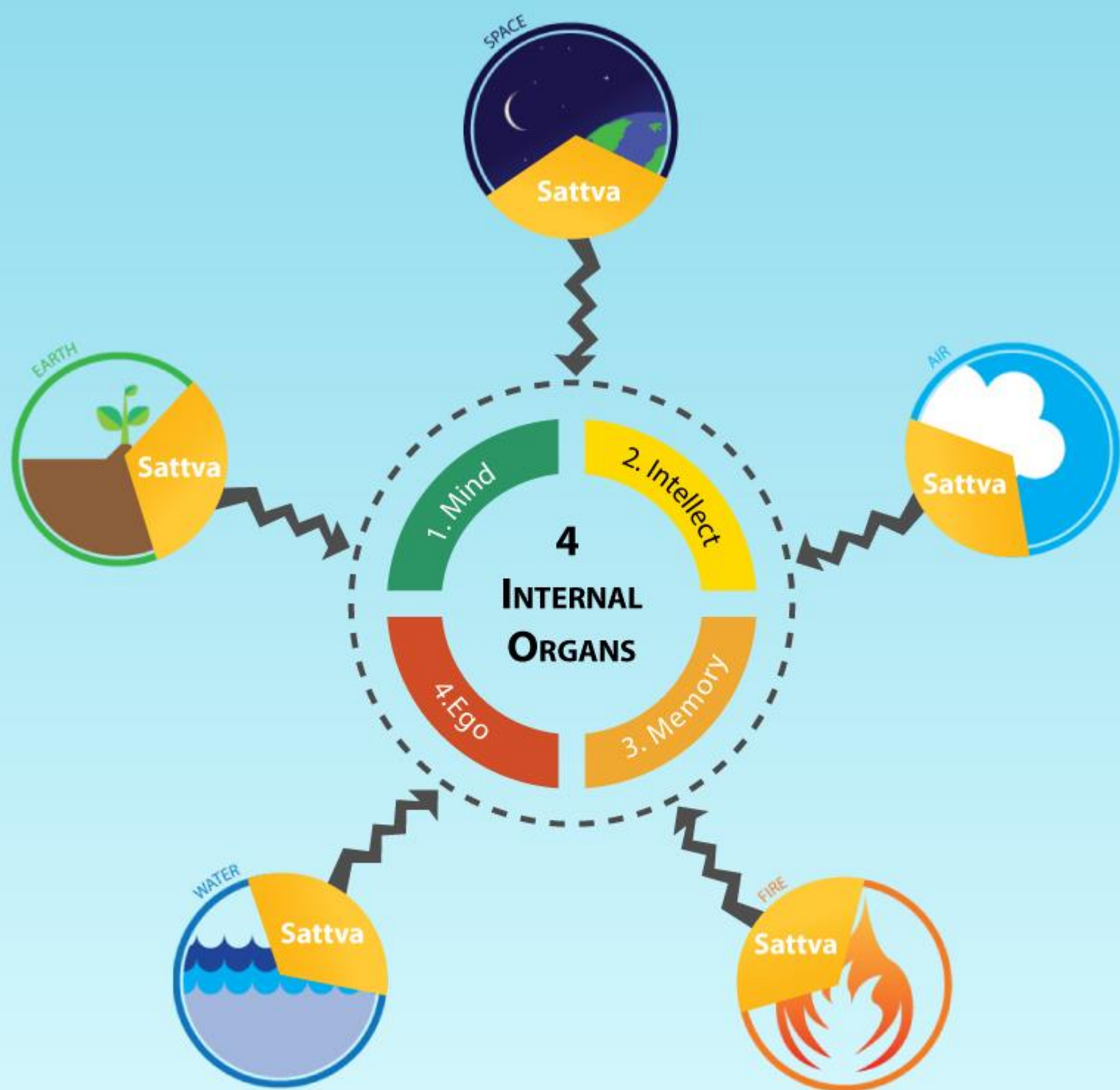


  
**SATTVA**  
Sattva is responsible for the thinking, knowing and perceiving functions of the sentient beings.

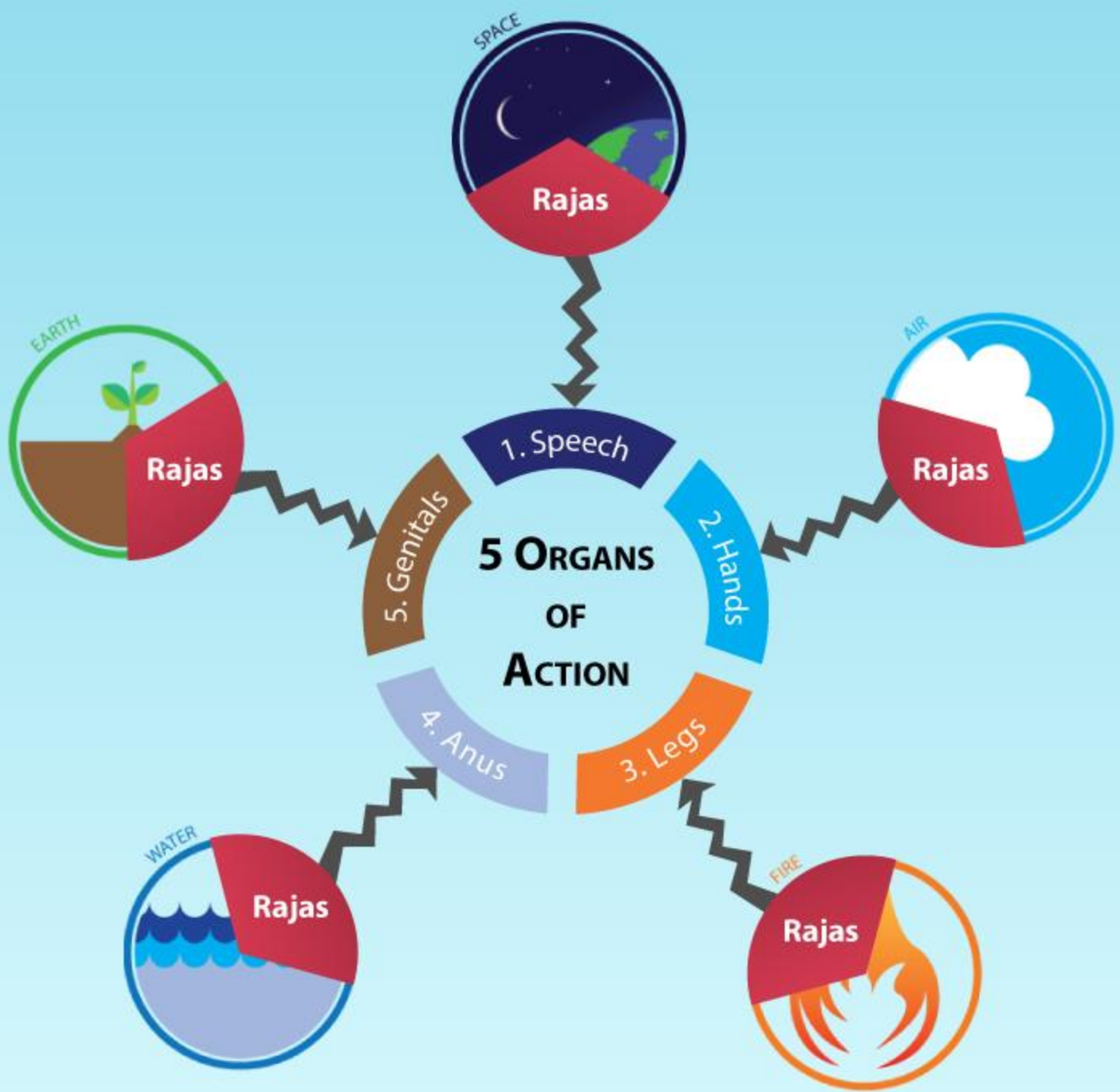
  
**TAMAS**  
Tamas is inertia. It is not capable of knowing or doing. A dull Tamasic mind hides the truth.



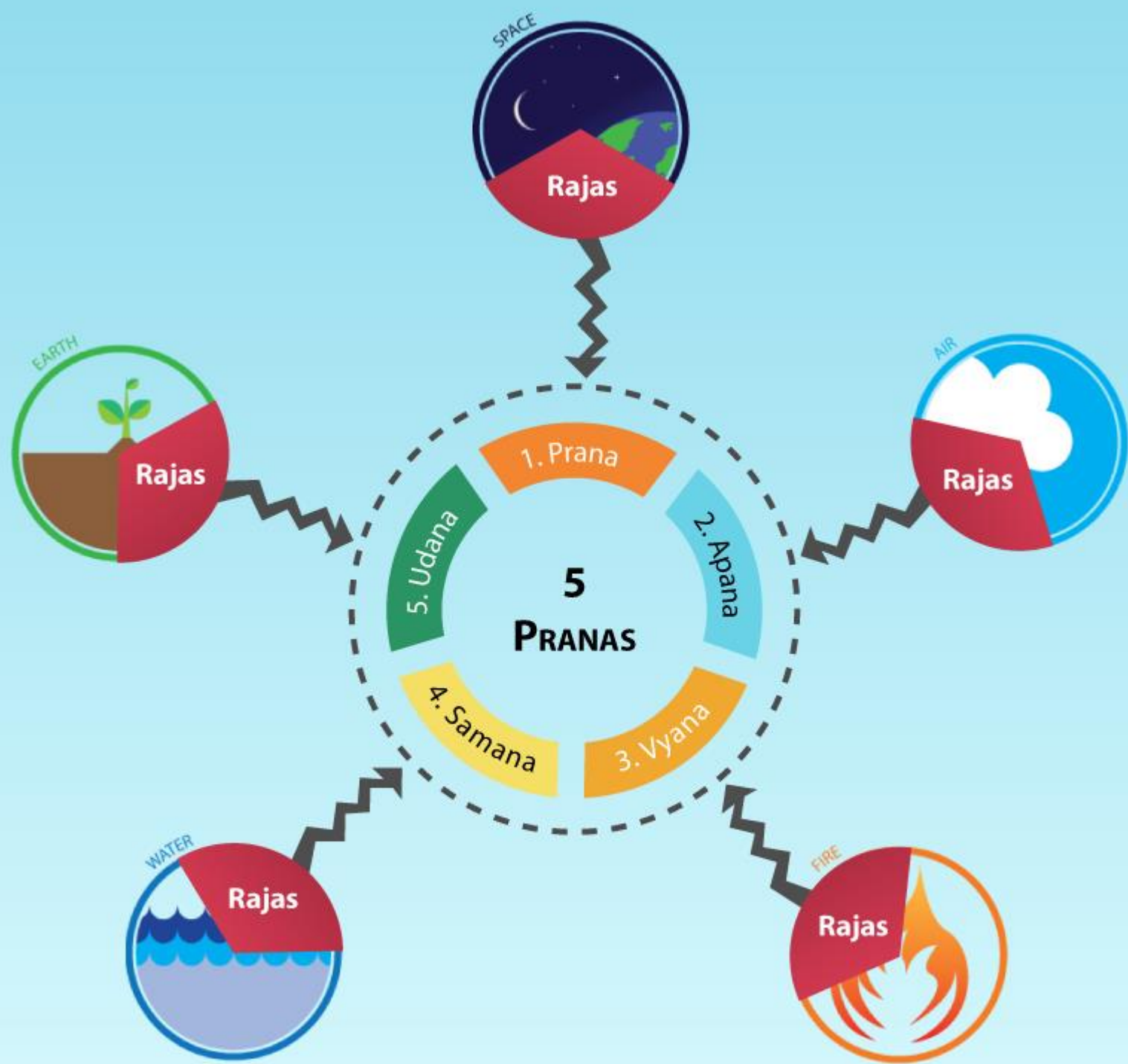
ROLE OF SATTVA GUNA IN THE MANIFESTATION  
OF THE 5 ORGANS OF KNOWLEDGE



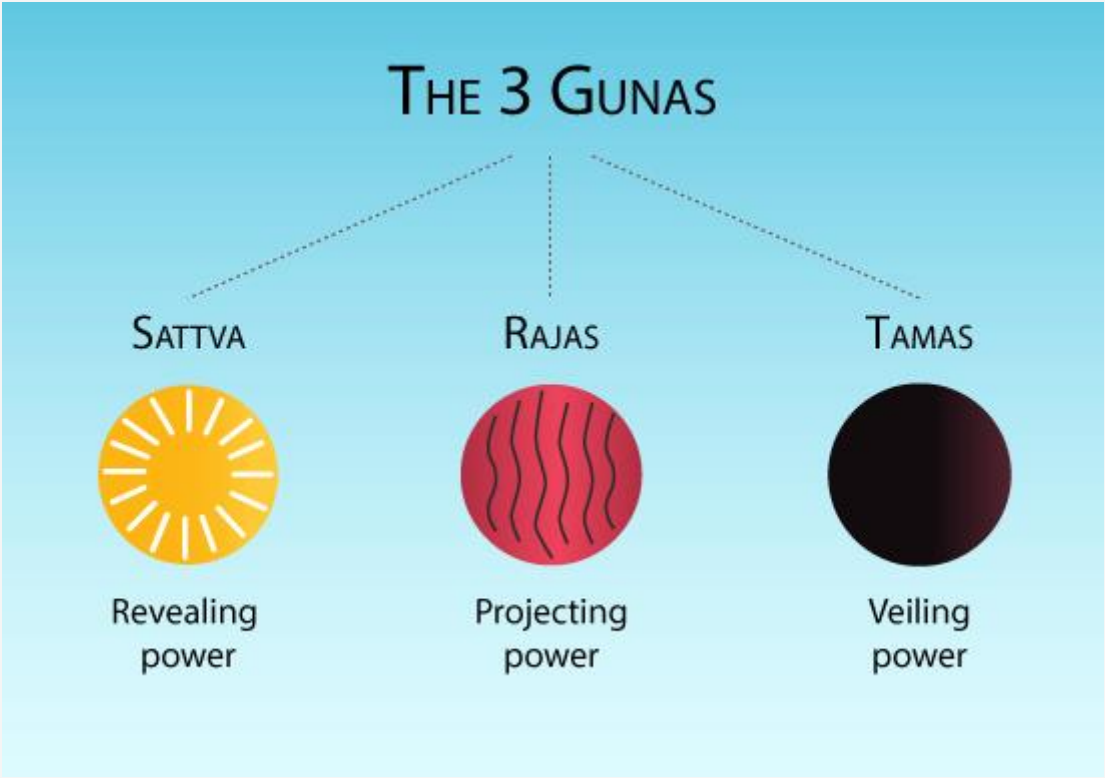
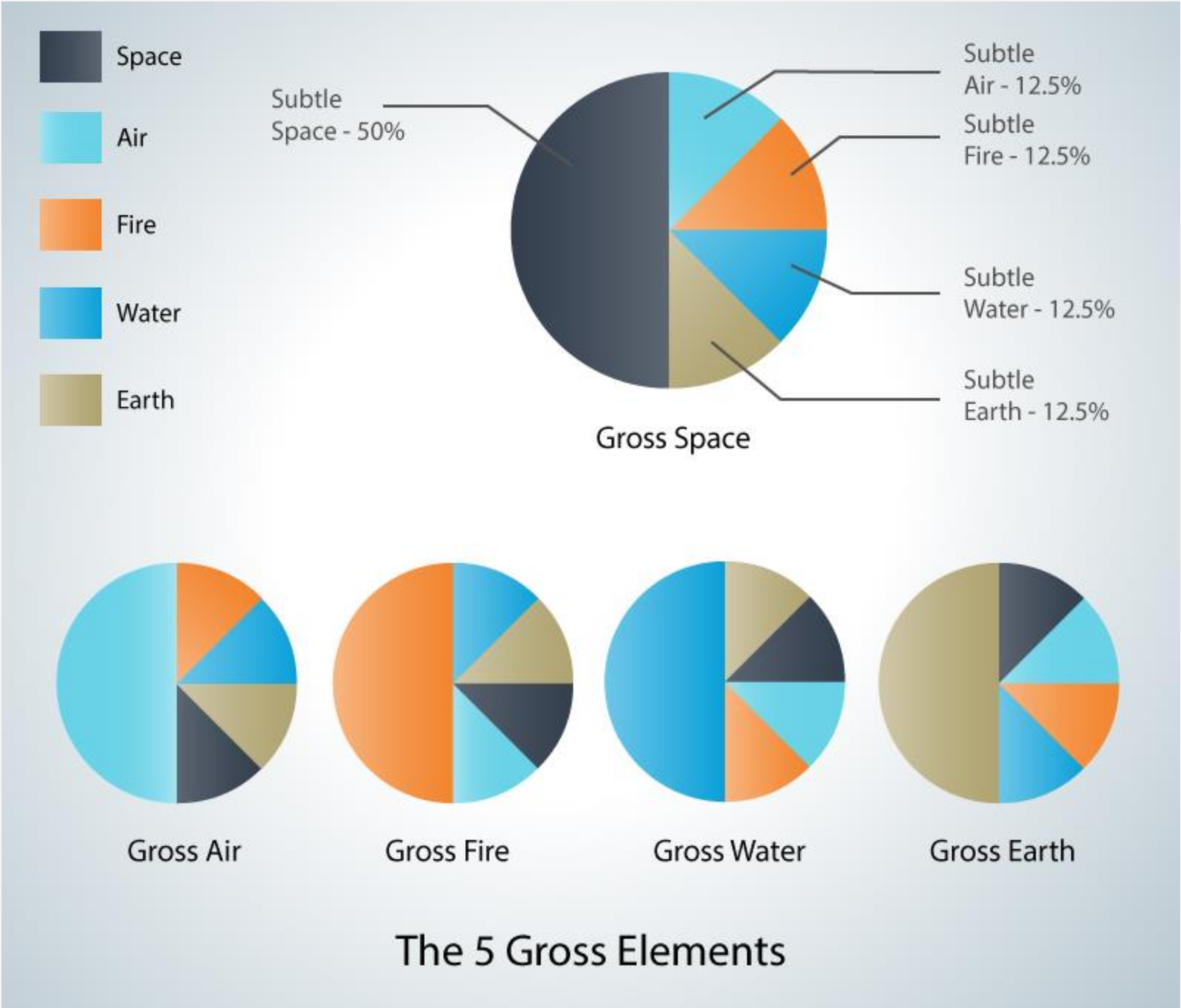
ROLE OF SATTVA GUNA IN THE MANIFESTATION  
OF THE 4 INTERNAL ORGANS



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



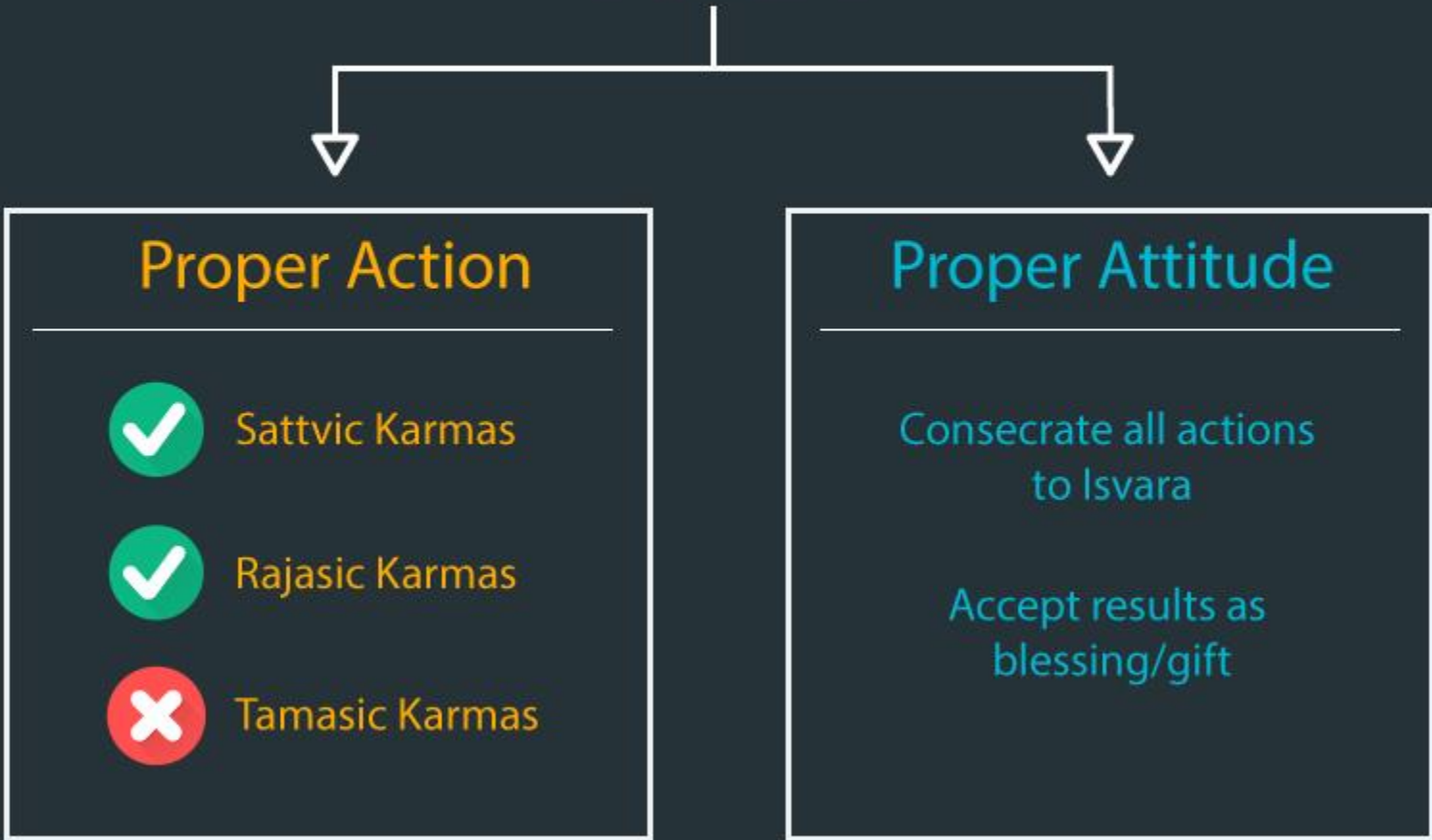
ROLE OF RAJAS GUNA IN THE MANIFESTATION  
OF THE 5 PRANAS



# 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

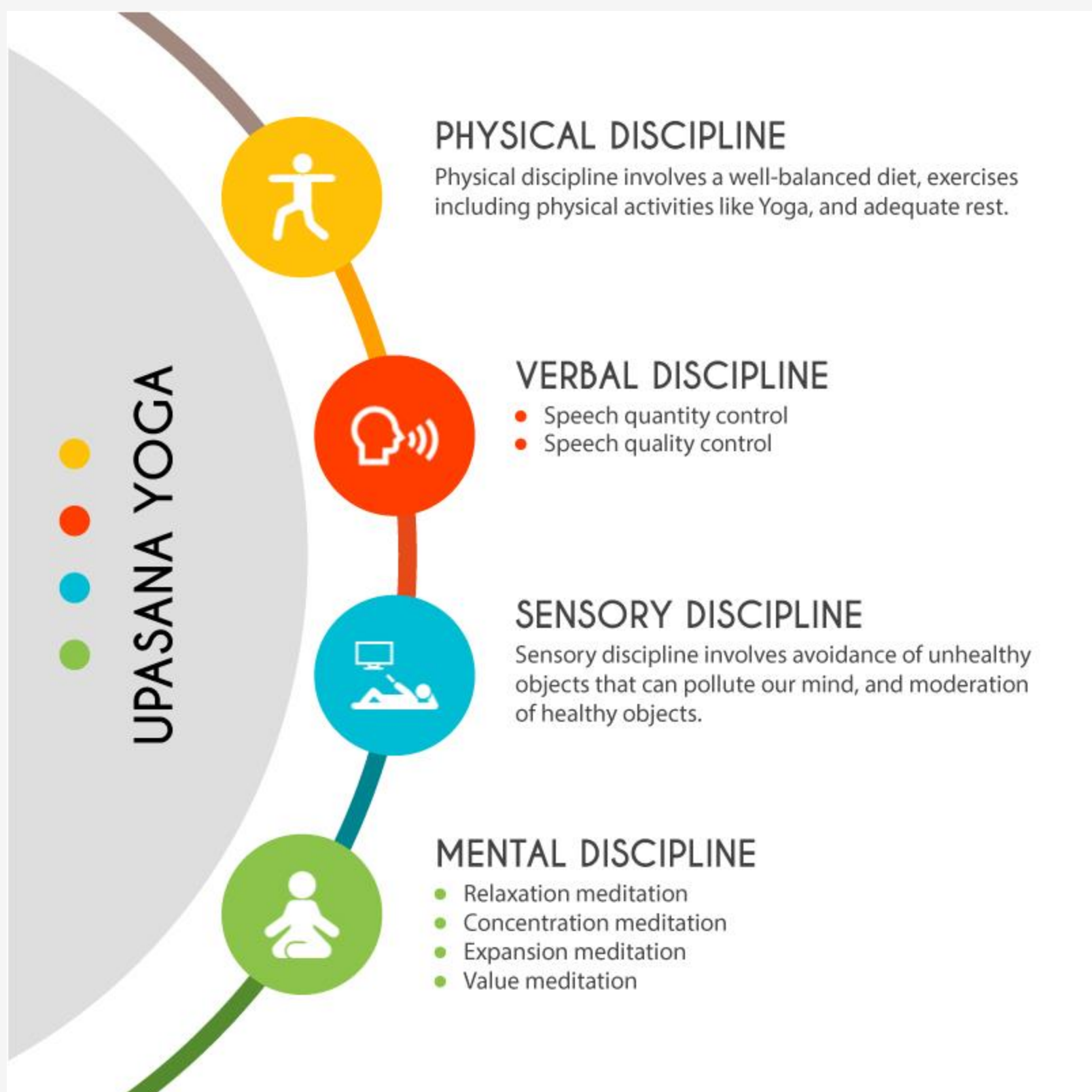
1
- YOU ARE NOT THE GIVER OF THE RESULT OF ACTION

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?)





# THE 3 STAGES OF JNANA YOGA

1

## SHRAVANAM

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



2

## MANANAM

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

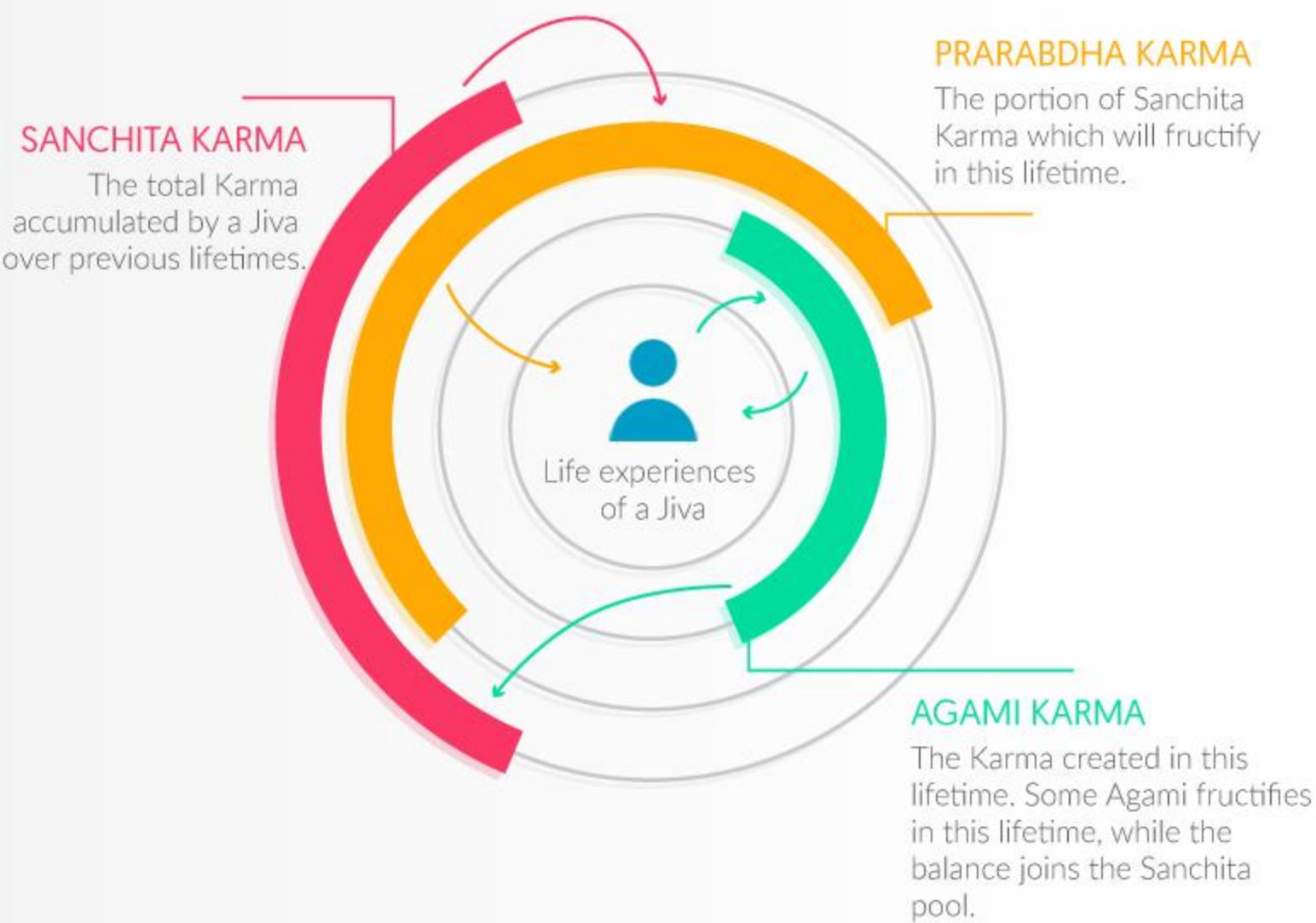


3

## NIDIDHYASANAM

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

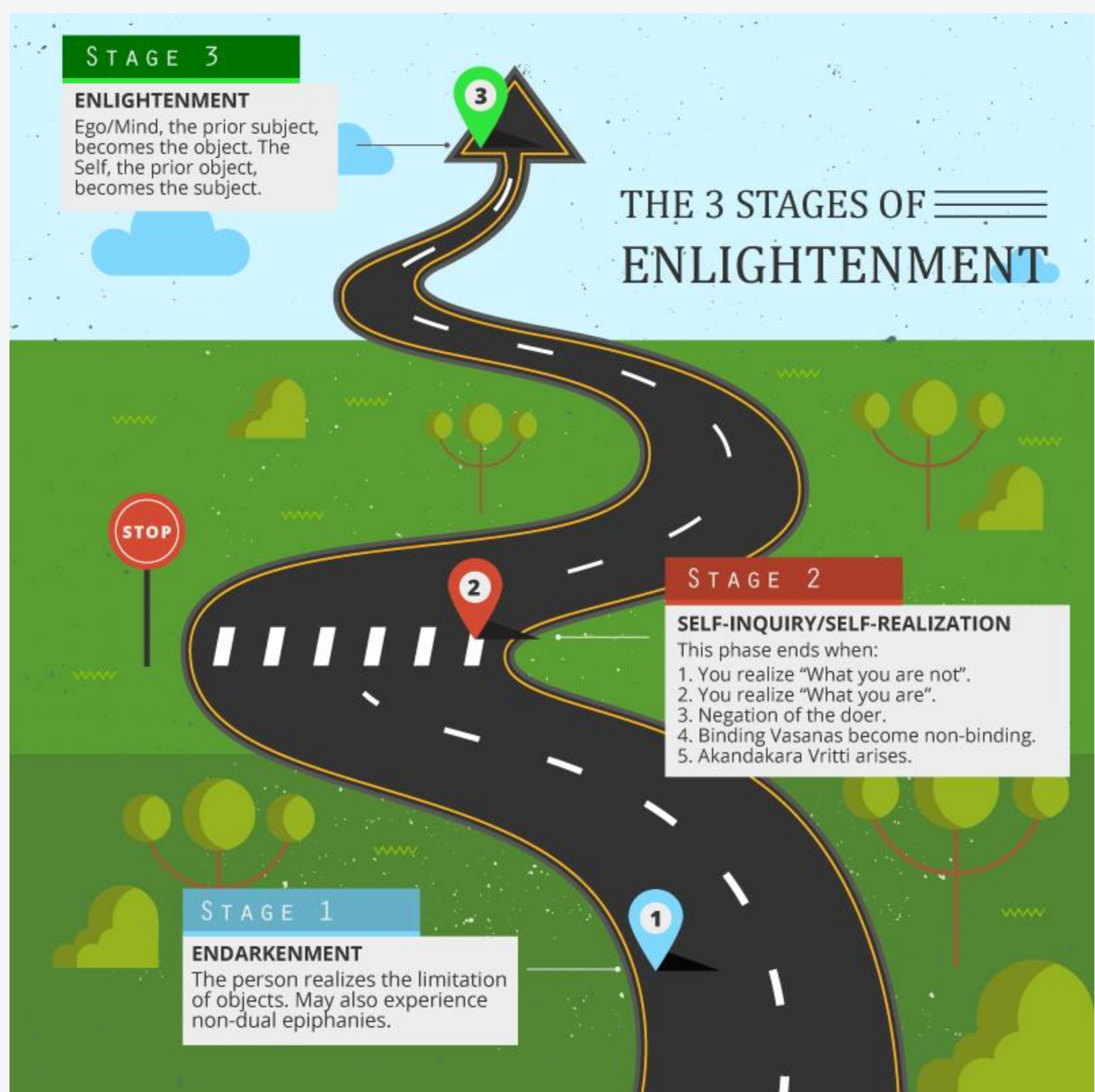
# THE 3 TYPES OF KARMA





# THE 5 TYPES OF DHARMA





# 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