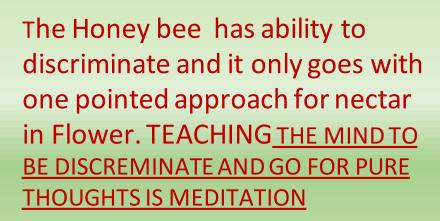
MIND AND POWER OF DISCRETION



The House Fly has no power of discretion to distinguish between good and bad, pure and impure objects. Our Mind is sometimes like the House Fly



The Three Gunas



SATTVA

Balance

Harmony

Positive

Peace

Clarity

Light

Creativity

Openness

Intelligence



RAJAS

Movement

Activity

Energy

Excitement

Passion

Desire

Agitation

Anxiety

Egotism

TAMAS

Inertia

Inactivity

Negative

Apathy

Dullness

Dark

Delusion

Depression

Ignorance

THE THREE PATHS OF MEDITATION[DHYANA VAHINI& BG CH14]

SATWIC PATH (pure & serene) Meditation as a duty, to purify oneself. He believes that World is illusion No craving for fruit of action. Sacrifice, Penance with eye on return Sadhak inconstant remembarance of God. BE Good-Do Good, purity of thought RAJASIC PATH (passionate, restless) Will think of God only in trouble Will make Vows for special worship, food etc when troubled Will keep calculating Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness			
Meditation as a duty , to purify oneself. He believes that World is illusion No craving for fruit of action. Sacrifice, Penance with eye on return Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Craves for fruits of Action Will think of God only in trouble Will make Vows for special worship, food etc when troubled Will keep calculating Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness	SATWIC PATH	RAJASIC PATH	THAMASIC PATH
to purify oneself. Action Duty with Ego, Greed, impure Will make Vows for special worship, food etc when troubled No craving for fruit of action. Sacrifice, Penance with eye on return Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Action in trouble Will make Vows for special worship, food etc when troubled Will keep calculating Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness	(pure &serene)	(passionate, restless)	(The ignorant)
He believes that World is illusion No craving for fruit of action. Sacrifice, Penance with eye on return Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Duty with Ego, Greed, will make Vows for special worship, food etc when troubled Will keep calculating Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness	• •		•
World is illusion impure special worship, food etc when troubled No craving for fruit of action. Sacrifice, Penance with eye on return Food Qty, tribute offered, etc Sadhak inconstant remembarance of God. BE Good-Do Good, purity of carelessness	to purity oneself.	Action	in trouble
No craving for fruit of action. Sacrifice, Penance with eye on return Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Sacrifice, Penance with eye on return Sacrifice, Penance with eye on return Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness	He believes that	Duty with Ego, Greed,	Will make Vows for
No craving for fruit of action. Sacrifice, Penance with eye on return Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Sacrifice, Penance with eye on return Sacrifice, Penance with eye on return Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness	World is illusion	impure	
action. eye on return Food Qty, tribute offered, etc Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Food Qty, tribute offered, etc Actions done under ignorance, fear, grief, carelessness			etc when troubled
Sadhak inconstant remembarance of God. BE Good-Do Good, purity of Offered, etc May give up prayers if Actions done under ignorance, fear, grief, carelessness	No craving for fruit of	Sacrifice, Penance with	Will keep calculating
Sadhak inconstant remembarance of God. BE Good-Do Good, purity of May give up prayers if fruits not forth coming ignorance, fear, grief, carelessness	action.	eye on return	
remembarance of fruits not forth coming ignorance, fear, grief, carelessness Good, purity of			offered, etc
God. BE Good-Do Good, purity of carelessness			Actions done under
Good, purity of	remembarance of	fruits not forth coming	ignorance, fear, grief,
	God. BE Good-Do		carelessness
thought	Good, purity of		
	thought		

THE BEST PATH IS SATWIK MEDITATION TO ACHIEVE THE ATMIC BLISS

