

MIND AND POWER OF DISCRETION

HOUSE FLY



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

HONEY BEE



The Honey bee has ability to discriminate and it only goes with one pointed approach for nectar in Flower. TEACHING THE MIND TO BE DISCREMINATE AND GO FOR PURE THOUGHTS IS MEDITATION



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)	RAJASIC PATH (passionate, restless)	THAMASIC PATH (The ignorant)
Meditation as a duty , to purify oneself.	Craves for fruits of Action	Will think of God only in trouble
He believes that World is illusion	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	Will keep calculating Food Qty, tribute offered, etc
Sadhak inconstant remembrance of God. BE Good-Do Good, purity of thought	May give up prayers if fruits not forth coming	Actions done under ignorance, fear, grief, carelessness

THE BEST PATH IS SATWIK MEDITATION TO ACHIEVE THE ATMIC BLISS

PROGRESS and HINDRANCE

**INERTIA
PESSIMISM
RESISTANCE
ROI**



**ENTHUSIASM
FAITH
FOCUS
PATIENCE
DISCIPLINE**

