

FOUR ESSENTIAL STEPS

4

1. STRONG YEARNING



3. TOTAL CONCENTRATION



2. SELECTION OF THE GOAL



Four Qualifications for Eternal Peace... Prashanthi

MYTHRI --- Being friendly with everyone.

KARUNA – Always merciful with every living being

MUDITHA --- Being happy at all times

UPEKSHA—Totally unattached

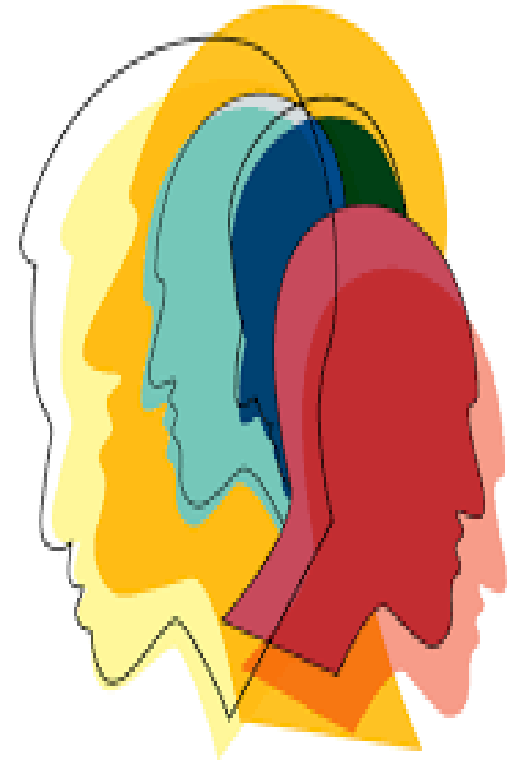
THE FOUR MAJOR DEFECTS OF THE SENSES

BRANTHI ---- DELUSION

PRAMADAM ---- TO CONSIDER UNREAL AS REAL

KARANA APATANA--- WEAKNESS OF SENSES

VIPRALIPSA ---- JEALOUSY



Q&A

- **How does Dhyana help one while doing Seva?**
- **What are the best methods of achieving focus in meditation ,especially on the present day life?**