

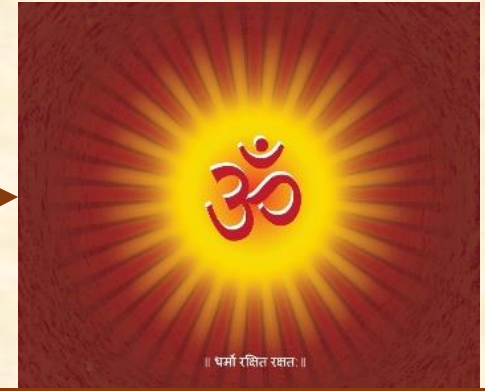
# Hindu Spiritual Journey

Be Happy  
ALWAYS !

HOW?

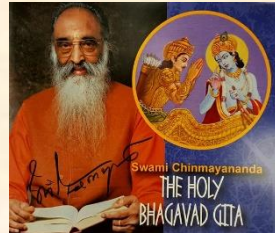
Realize Your TRUE nature ...

...requires **MEDITATION** to make our **MIND**  
Clear and Calm



Same DIVINITY in ALL beings

**JNANA YOGA:** PATH OF KNOWLEDGE



Study and practice of scriptures

**RAJA YOGA:** PATH OF MEDITATION



Disciplined practice

**BHAKTI YOGA:** PATH OF DEVOTION



Love and Surrender to God

Choose a path according to your inclination

**KARMA YOGA**

Approach all actions as Selfless Service to curb Ego

**EARN MONEY & ENJOY LIFE SUBJECT TO DHARMA**

Sustain society by practice of  
Non-violence, Truthfulness, Non-indulgence

**UNDERSTAND AND LIVE BY THE LAW OF KARMA**

What YOU do ALWAYS  
comes back to YOU

Prerequisites for Meditation