

Dharma धर्म

Mano dharma,
deha dharma
Swadharma
Samanya dharma,
Vishesh Dharma
& Apat dharma

Artha अर्थ

(mind, appreciates with time)

Kaam काम

(senses, depreciates with time)

(a) Purusharth पुरुषार्थ

Moksha मोक्ष

Tantric तांत्रिक Concept: Nyasa न्यास

Placement, to withdraw

$\alpha\theta\Delta\gamma$ waves

(2) Antar Mouna

अंतर मौन

(3 to 6 minutes, Alpha)

Yoga Nidra

योगनिद्रा

[Practice 6-60 minutes]

(3) Mantra Sadhana

मंत्र साधना

(6 to 12 minutes, Alpha, Theta
in Hrit Pdmāsana ह्रित पद्मासन)

(b) Antahkaran अंतःकरण

करण

मनस manas mind
बुद्धी buddhi intellect
चित्त chitta memory
अहंकार ahamkar Self
Arrogating Principle

(1) Bhramari Pranayam

भ्रामरी प्राणायाम

(6.5 to 7 minutes, Gamma)

(c) Yama यम

अहिंसा ahimsa non violence
सत्य satya truthfulness
अस्तेय asteya non stealing
ब्रह्मचर्य brahmacharya
moderation in senses
अपरिग्रह aparigraha non
greediness

Niyama नियम

शौच Sauch cleanliness
संतोष Santosh contentment
तपस tapas austerity
स्वाध्याय Swadhyay self स्टडी
ईश्वर प्रणिधान ishwar
pranidhan surrender to the
omnipresent

Key:

a, b, c: Concepts

1, 2, 3, +: Processes

योग निद्रा Yoga Nidra
is the first step
towards Samadhi
समाधी