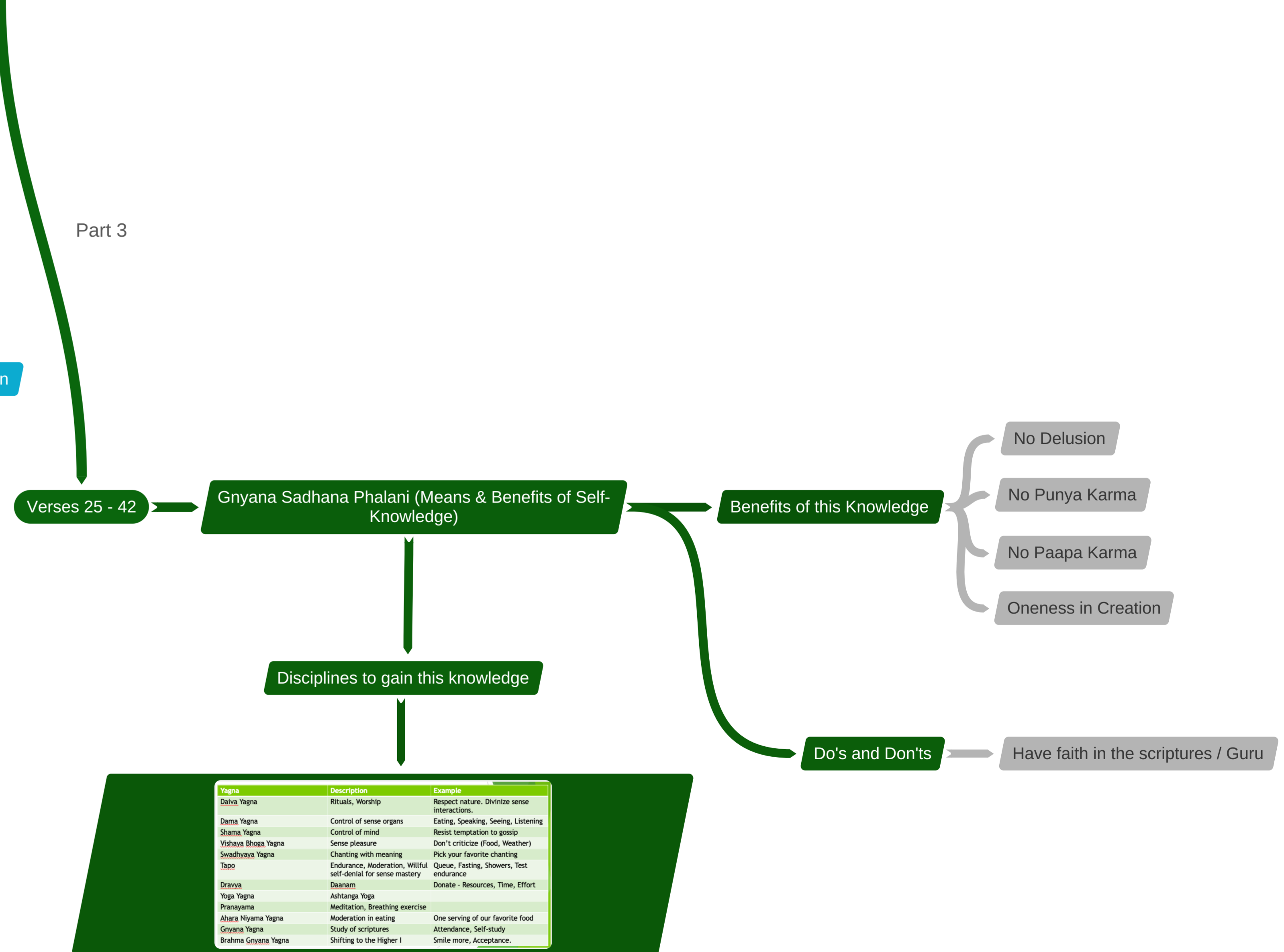
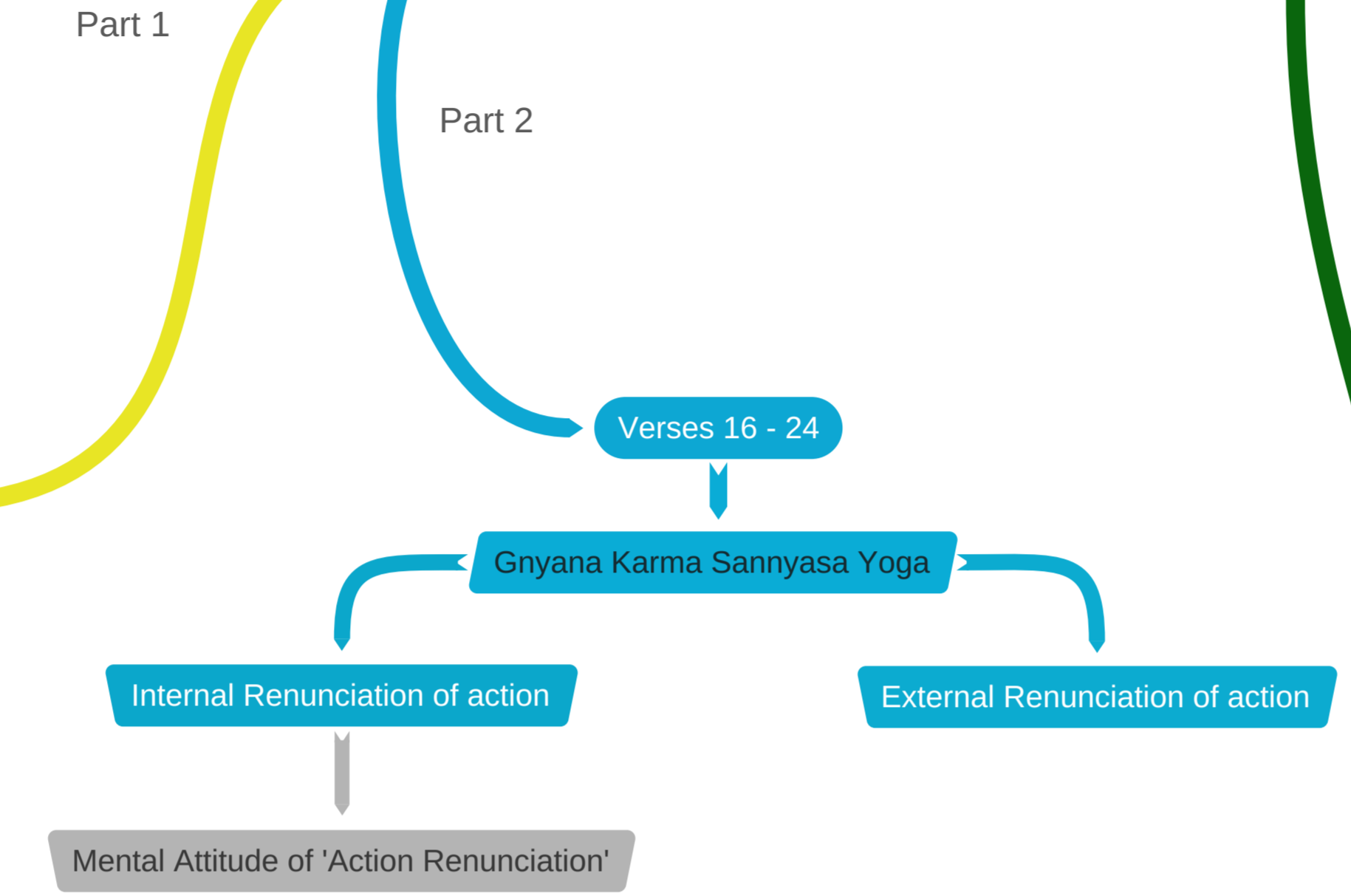
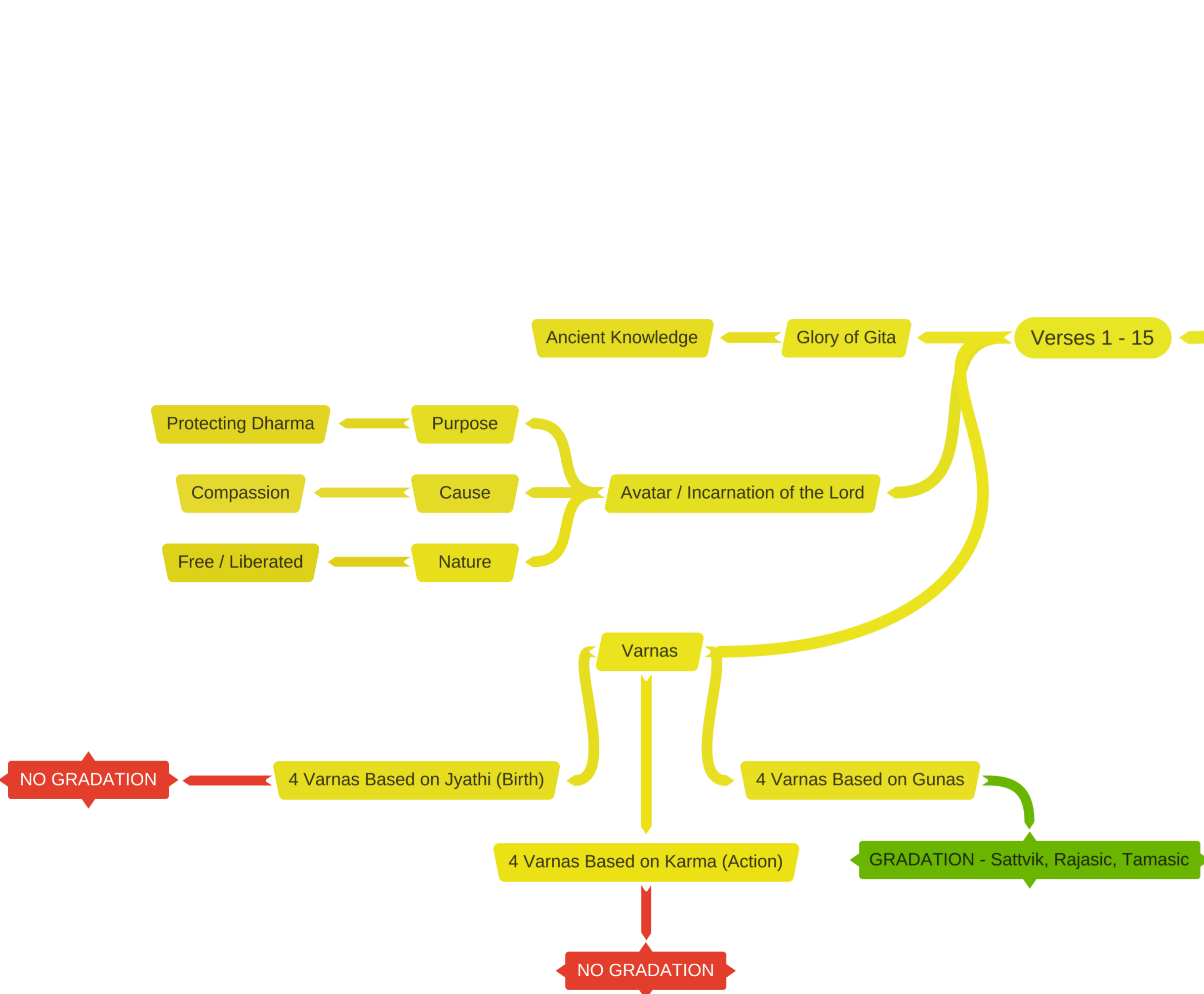


Chapter 4 (Gnyana Karma Sannyasa Yoga)



Yagna	Description	Example
Daiva Yagna	Rituals, Worship	Respect nature, Divinize sense interactions.
Dama Yagna	Control of sense organs	Eating, Speaking, Seeing, Listening
Shama Yagna	Control of mind	Resist temptation to gossip
Vishaya Bhoja Yagna	Sense pleasure	Don't criticize (Food, Weather)
Swadhyaya Yagna	Chanting with meaning	Pick your favorite chanting
Tapo	Endurance, Moderation, Willful self-denial for sense mastery	Queue, Fasting, Showers, Test endurance
Dravya	Daanam	Donate - Resources, Time, Effort
Yoga Yagna	Ashtanga Yoga	
Pranayama	Meditation, Breathing exercise	
Ahara Niyama Yagna	Moderation in eating	One serving of our favorite food
Griyana Yagna	Study of scriptures	Attendance, Self-study
Brahma Gnyana Yagna	Shifting to the Higher I	Smile more, Acceptance.