



108 SPECIAL SANATANA DHARMA VALUES

सनातन धर्म के 108 विशेष मूल्य

Timeless Values for a Meaningful,
Peaceful and Divine Life

“Simple living,
high thinking,
selfless service,
and divine
realization.”



FOUNDATION OF DHARMA

1. Satya – Truth
2. Dharma – Righteousness
3. Ahimsa – Non-violence
4. Karuna – Compassion
5. Seva – Selfless service
6. Shanti – Peace
7. Tapas – Discipline
8. Saucha – Purity
9. Santosha – Contentment
10. Shraddha – Faith
11. Dana – Charity
12. Kahama – Forgiveness
13. Vasudhaiva Kutumbakam
14. Prakriti Samrakshana
15. Moksha – Liberation



INNER CHARACTER

16. Daya – Kindness
17. Maitri – Friendship
18. Mudita – Joy in others
19. Upeksha – Equanimity
20. Arjava – Sincerity
21. Aparigraha – Non-possessiveness
22. Asteya – Non-stealing
23. Brahmacharya – Responsible energy use
24. Akrodha – Freedom from anger
25. Aklobha – Freedom from greed
26. Anasuya – Freedom from envy
27. Amatsarya – Freedom from jealousy
28. Mandava – Gentleness
29. Lajja – Modesty
30. Vinaya – Humility



SELF-MASTERY

31. Dama – Sense restraint
32. Sama – Mental calm
33. Indriya Nigraha – Control senses
34. Manonigraha – Control mind
35. Dhriti – Fortitude
36. Titiksha – Patient endurance
37. Utsaha – Enthusiasm
38. Steadfastness
39. Niyama – Discipline
40. Abhyasa – Consistent practice
41. Vairagya – Detachment
42. Viveka – Discernment
43. Sankalpa – Noble resolve
44. Ekagrata – Concentration
45. Atma-Sanyama – Self-control



SPIRITUAL GROWTH

46. Atma-Jnana – Self-knowledge
47. Brahma-Jnana – God-knowledge
48. Dhyana – Meditation
49. Yoga – Union
50. Japa – Mantra chanting
51. Mantra – Sacred sound
52. Svadhyaya – Self & scripture study
53. Satsanga – Wise company
54. Smarana – Remembrance
55. Bhakti – Devotion
56. Prema – Divine love
57. Samarpna – Surrender
58. Ishvara Prasadhana – Surrender to God
59. Atma-Vichara – Self-inquiry
60. Samadhi – Spiritual absorption



DIVINE LIVING

61. Astikya – Reverence for Divine
62. Guru Bhakti – Guru devotion
63. Guru Seva – Service to Guru
64. Deva Puja – Worship
65. Yajna – Sacred offering
66. Homa – Fire offering
67. Tirtha – Sacred places
68. Prasada Buddhi – Grace in all
69. Karma Yoga – Selfless action
70. Nishkama Karma – Action without attachment
71. Loka Sangraha – Welfare of world
72. Sarva Bhuta Hita – Welfare of all beings
73. Bhuta Daya – Compassion
74. Atithi Seva – Guest service
75. Matru Devo Bhava – Revere mother



FAMILY & RELATIONSHIPS

76. Pitru Devo Bhava – Revere father
77. Acharya Devo Bhava – Revere teacher
78. Atithi Devo Bhava – Guest as God
79. Rina Jnana – Responsibility
80. Kula Dharma – Family duty
81. Putra Dharma – Duty to children
82. Mitra Dharma – Friendship duty
83. Prema – Loving relationships
84. Samman – Respect
85. Vishvasa – Trust
86. Sahishnuta – Tolerance
87. Samvada – Respectful dialogue
88. Mel-milap – Harmony



SOCIETY & HUMANITY

89. Lokah Samastah Sukhinah – Happiness of all
90. Sarvodaya – Welfare of all
91. Nyaya – Justice
92. Niti – Ethics
93. Kartavya – Duty
94. Rajadharma – Good leadership
95. Samata – Equality
96. Ekata – Unity
97. Sahakara – Cooperation
98. Paropakara – Help others
99. Dana-Seva – Giving & serving
100. Dignity of Life – Respect every being



NATURE & SACRED ECOLOGY

101. Bhumi Samman – Respect Earth
102. Jala Samrakshana – Protect water
103. Vriksha Raksha – Protect trees
104. Go-Seva – Care for cows
105. Jiva Daya – Care for all beings
106. Panchabhuta Samman – Respect five elements
107. Sustainable Living – Live responsibly
108. Sarva-Jiva Maitri – Friendship with all

LIVE BY VALUES • INSPIRE OTHERS • CREATE A BETTER WORLD



SPEAK TRUTH



LIVE WITH
DHARMA



HELP OTHERS



PROTECT
NATURE



RESPECT
ALL LIFE



SERVE
SELFLESSLY



STAY
PEACEFUL



SEEK THE
DIVINE

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SPECIAL SANATANA DHARMA VALUES

EPISODE 01 OF 108

SATYA

सत्य – TRUTH

The first value that
can change your life

Truth is
the foundation
of Dharma.



*"Satya is not merely speaking the truth.
It is living the truth."*



WHAT IS SATYA?

Satya means **Truth**.

It is being honest, sincere and authentic in every aspect of life. It is alignment of our thoughts, words, actions and intentions with what is right and real.



TRUTH IN THREE WAYS



Truth in
THOUGHT
Think what
is true.



Truth in
SPEECH
Speak what
is true.



Truth in
ACTION
Do what
is true.

SPEAK TRUTH WITH KINDNESS



Truth should not become a weapon. Speak honestly, but speak with kindness, wisdom and compassion.



SATYA IN DAILY LIFE



Keep your promises



Admit your mistakes



Be honest in relationships



Choose integrity over convenience



Speak truth with kindness



SATYA BRINGS CLARITY • TRUST • INNER PEACE



Clarity in
Mind



Trust in
Relationships



Inner
Peace

When we live truthfully, we no longer need to hide behind false identities. Truth brings clarity, trust, courage and inner peace.



LIVE IN TRUTH – WALK IN DHARMA



"Satya is not simply something we speak. Satya is something we live."



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OF
108

THIS IS THE FIRST OF 108 SANATANA DHARMA VALUES.
FOLLOW FOR #2 – DHARMA



TRUTH • INTEGRITY • SINCERITY • INNER PEACE



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 02 OF 108

When life
gives you a choice,
choose what
is right.

DHARMA धर्म – RIGHTEOUSNESS

The Righteous Way of Living with
Duty, Ethics, Responsibility and Compassion.

*"Dharma is not just a belief,
it is how we live and how we treat
ourselves, others and the world."*



WHAT IS DHARMA?

Dharma means living according
to righteousness, truth, duty,
ethics and responsibility.
It is doing what is right,
in the right way, for the
welfare of all.



DHARMA IN THREE WAYS



**RIGHT
THOUGHT**
Think what
is good.



**RIGHT
SPEECH**
Speak what
is true.



**RIGHT
ACTION**
Do what
is right.



SPEAK & ACT WITH DHARMA



Dharma is not about
hurting others with our words
or actions. It is about kindness,
compassion, respect and
understanding.



DHARMA IN DAILY LIFE



Keep your responsibilities



Be honest in all situations



Respect parents, teachers
and elders



Help those in need



Protect nature



Do your duty without
expecting rewards



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OF
108

Dharma is the courage to do what is right.
Walk the righteous path. Inspire the world.

DHARMA GIVES US



**INNER
PEACE**



**STRONG
RELATIONSHIPS**



**PURPOSE
IN LIFE**



**SPIRITUAL
GROWTH**

When we live with Dharma, our thoughts,
words and actions become pure and powerful.
Life becomes meaningful and fulfilling.



DO WHAT IS RIGHT • LIVE WITH DHARMA • SERVE WITH LOVE



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 03 OF 108

CHOOSE
PEACE.
LIVE WITH
COMPASSION.



AHIMSA अहिंसा – NON-VIOLENCE

The Way of Peace, Compassion
and Respect for All Life.

*"True strength is not the power to hurt,
but the wisdom to choose peace."*



WHAT IS AHIMSA?

Ahimsa means non-violence.
It is the principle of not causing
harm in thought, word or action
towards any living being.
It is love, kindness and
compassion in every aspect
of our life.



AHIMSA IN THOUGHT

Cultivate
kind and
pure thoughts.



AHIMSA IN SPEECH

Speak gently,
truthfully and
respectfully.



AHIMSA IN ACTION

Act with care,
kindness and
compassion.

AHIMSA IN DAILY LIFE

- Speak gently
- Listen before reacting
- Resolve conflicts peacefully
- Help and serve others
- Protect nature and animals
- Control anger and ego
- Forgive when possible



AHIMSA IS CONSCIOUS STRENGTH



It takes courage to control anger,
to respond with wisdom and to
refuse to create unnecessary suffering.
Ahimsa is not weakness,
it is the highest form of strength.

RESPECT ALL LIFE

Humanity • Animals • Nature • Mother Earth

Ahimsa expands our heart beyond
ourselves to all living beings.
When we respect life, we create
harmony in the world.



When we reduce harm, compassion grows.
When compassion grows, peace begins within.

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OF
108

THIS IS #3 OF 108 SANATANA DHARMA VALUES
FOLLOW FOR #4 – KARUNA (COMPASSION)



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 04 OF 108

COMPASSION
IS STRENGTH
IN ACTION.

KARUNA करुणा – COMPASSION

The Power of Compassion
to Understand, Care
and Uplift All Beings.

*"When compassion grows in the heart,
judgment becomes softer,
and peace begins within."*



WHAT IS KARUNA?

Karuna means compassion.
It is the ability to understand
the suffering of others and
respond with kindness,
empathy and love.



KARUNA IN THREE WAYS



**KARUNA
IN THOUGHT**
Think with
kindness and
empathy.



**KARUNA
IN SPEECH**
Speak with
gentleness
and respect.



**KARUNA
IN ACTION**
Act with care,
love and
compassion.



KARUNA IN DAILY LIFE

- Listen before judging
- Help those in need
- Speak with kindness
- Forgive when possible
- Be present for those who are struggling



COMPASSION IS STRENGTH

It takes courage to understand
others, forgive, and choose
kindness over anger.
Compassion is not weakness,
it is heart-centered strength.



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OF
108

COMPASSION FOR ALL LIFE



HUMANITY



ANIMALS



NATURE



MOTHER
EARTH

Karuna extends beyond ourselves
to every living being.

Let us create a kinder, gentler
and more compassionate world.



KARUNA BRINGS



KINDNESS



EMPATHY



HARMONY

Where compassion flows,
love grows.

Where love grows,
divine light shines.



This is the 4th of 108 Sanatana Dharma Values.
FOLLOW FOR #5 – SEVA (SELFLESS SERVICE)



KINDNESS • EMPATHY • MERCY • CARE



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SPECIAL SANATANA DHARMA VALUES

EPISODE 05 OF 108

SEVA

सेवा - SELFLESS SERVICE

The Highest Service is
the Service Done Without
Expecting Anything in Return.

*"Seva is not about helping others.
It is about recognizing
the Divine in every being."*

Give
without
expectation.
Serve with
love.



WHAT IS SEVA?

Seva means selfless service.
It is helping others with love,
humility and compassion,
without expecting any
reward or recognition.



SEVA IN THREE WAYS



SEVA IN THOUGHT

Think good
for others.



SEVA IN SPEECH

Speak words
that uplift.



SEVA IN ACTION

Act with love
and help.

True Seva comes from the heart,
not for name, fame or reward.

SEVA IN DAILY LIFE

- ✓ Help your family with love
- ✓ Support those in need
- ✓ Share your knowledge
- ✓ Be kind to everyone
- ✓ Care for animals
- ✓ Protect nature
- ✓ Keep surroundings clean
- ✓ Serve society selflessly



SEVA IS INNER GROWTH

When we serve selflessly,
our ego becomes smaller
and our heart becomes
bigger. Seva purifies
the mind and brings
inner peace.



SEVA IS WORSHIP

Every act of service
done with love is
an offering to the Divine.
See God in every being
and serve them.



BENEFITS OF SEVA



Purifies
the Heart



Reduces
Ego



Brings
Joy



Increases
Peace

"The world is changed by
your example, not by your opinion."



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OF
108

This is the 5th of 108 Sanatana Dharma Values.
FOLLOW FOR #6 - SHANTI (PEACE)



SERVE SELFLESSLY • LOVE UNCONDITIONALLY • SEE THE DIVINE IN ALL



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EPISODE 06 OF 108

SHANTI शान्ति – PEACE

The Peace That Begins Within
Transforms Everything Around You.

*"Shanti is not the absence of problems.
It is the ability to stay calm
in the midst of them."*

You don't need
a perfect life
to experience
peace.



WHAT IS SHANTI?

Shanti means peace.
It is a state of inner calm,
mental clarity, emotional balance
and spiritual harmony.
It begins within and
spreads into our
words, actions and
relationships.



SHANTI IN THREE WAYS



PEACE
IN MIND

Calm thoughts,
less worry,
more clarity.



PEACE
IN HEART

Let go of anger,
forgive and
cultivate love.



PEACE
IN ACTION

Speak gently,
act kindly,
live peacefully.



PRACTICE SHANTI DAILY

- ✓ Pause before you react
- ✓ Speak with kindness
- ✓ Let go of unnecessary anger
- ✓ Spend time in nature
- ✓ Meditate or pray daily
- ✓ Focus on gratitude
- ✓ Live in the present moment



SHANTI IN CHALLENGES

Peace does not mean
that life has no
challenges.
It means learning
not to lose yourself
when challenges
come.



SHANTI BRINGS



CALMNESS



CLARITY



HARMONY



INNER
STRENGTH

When we cultivate Shanti within,
we bring positivity, stability and
healing to our surroundings.



SHANTI FOR ALL



SELF



FAMILY



SOCIETY



WORLD

Inner peace creates outer peace.
When we are peaceful,
the world becomes a better place.



6
OF
108

This is the 6th of 108 Sanatana Dharma Values.
FOLLOW FOR #7 – TAPAS (DISCIPLINE)



CALM MIND • KIND HEART • PEACEFUL ACTION • HARMONIOUS LIFE



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 07 OF 108

TAPAS तपस - DISCIPLINE

Discipline Today, Freedom Tomorrow.
Tapas is the Fire That Transforms You.

MOTIVATION
STARTS THE JOURNEY.
DISCIPLINE
COMPLETES IT.



*"Tapas is not about punishment. It is about
purification, self-mastery
and awakening your highest potential."*

WHAT IS TAPAS?

Tapas means disciplined effort, self-control, perseverance and the inner fire that transforms us into our highest potential.



TAPAS IN THREE WAYS



TAPAS OF BODY

Discipline in actions, healthy routine, service, yoga and care for the body.



TAPAS OF SPEECH

Speak less, speak truth, speak kindly and avoid harsh words.



TAPAS OF MIND

Control thoughts, focus on goals, meditate and cultivate inner calm.

PRACTICE TAPAS DAILY

- ✓ Wake up early
- ✓ Meditate every day
- ✓ Practice yoga or exercise
- ✓ Eat mindfully
- ✓ Study and keep learning
- ✓ Limit distractions
- ✓ Stay consistent
- ✓ Keep your promises
- ✓ Reflect and improve



TAPAS IN CHALLENGES

True discipline is revealed when life is difficult. Tapas means doing what is right, even when no one is watching.



TAPAS TRANSFORMS



EFFORT

Small steps every day



STRENGTH

Builds willpower and character



MASTERY

Leads to success and self-mastery

Discipline is the bridge
between goals and achievement."

BENEFITS OF TAPAS

- 🌀 Increases focus and clarity
- 🌀 Builds inner strength
- 🌀 Brings self-respect
- 🌀 Improves relationships
- 🌀 Creates a meaningful life
- 🌀 Leads to spiritual growth and freedom



7
OF
108

This is the 7th of 108 Sanatana Dharma Values.

FOLLOW FOR #8 – SAUCHA (PURITY)



DISCIPLINE YOUR LIFE • STRENGTHEN YOUR SPIRIT • AWAKEN YOUR INNER FIRE



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 08 OF 108

Clean Body
Clear Mind
Pure Heart
Pure Life

SAUCHA शौच - PURITY

Purity is not just about
cleanliness of the body,
but of the mind, speech,
intentions and surroundings.

*"When the body is clean, health is a blessing.
When the mind is clean, peace is a blessing.
When the heart is clean,
life becomes a blessing."*

FOUR DIMENSIONS OF SAUCHA



Pure Body
Cleanliness, healthy
habits, and self-care



Pure Mind
Positive thoughts,
mental clarity



Pure Speech
Speak truth, be kind,
avoid harsh words



Pure Surroundings
Clean environment,
organized space

PRACTICE SAUCHA DAILY

- ✓ Wake up early and maintain personal hygiene
- ✓ Keep your home and surroundings clean
- ✓ Eat fresh, pure and sattvic food
- ✓ Clear negative and unnecessary thoughts
- ✓ Speak kindly and truthfully
- ✓ Keep your intentions sincere and pure
- ✓ Spend time in nature and around positivity
- ✓ Reduce clutter, distractions and toxicity

SAUCHA IN ACTION



Clean Body

Clear Mind

Pure Speech

Pure Surroundings

BENEFITS OF SAUCHA



Improves physical
and mental health



Enhances focus,
productivity and clarity



Creates positivity
and inner harmony



Strengthens relationships
through pure speech
and actions



Brings spiritual growth
and inner peace

SAUCHA STARTS WITH YOU

Small steps of purity
create a big transformation.
Purify your body,
mind, speech, intentions
and surroundings.
Live a pure, peaceful
and meaningful life.



SAUCHA IS THE FOUNDATION
OF A DISCIPLINED AND DIVINE LIFE.

8 OF 108

This is the 8th of 108 Sanatana Dharma Values.

FOLLOW FOR #9 - SANTOSHA (CONTENTMENT)



CLEAN BODY • CLEAR MIND • PURE HEART • PURE LIFE



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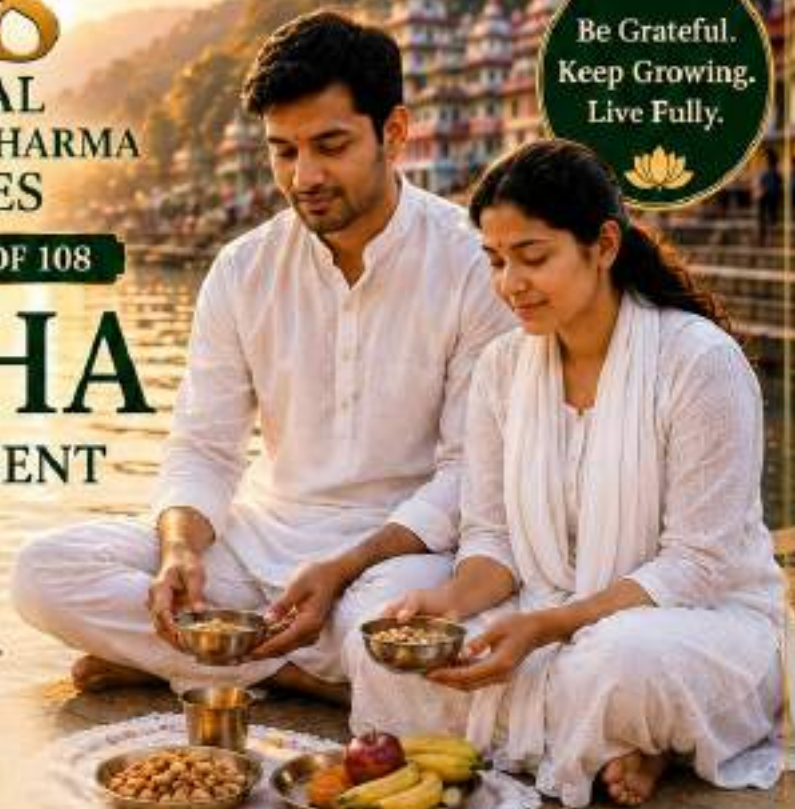
EPISODE 09 OF 108

SANTOSHA सन्तोष - CONTENTMENT

Happiness is not about
having more, it is about
appreciating what you already have.

*"Santosha is the art of
finding joy in the simple,
accepting life as it is, with gratitude."*

Be Grateful.
Keep Growing.
Live Fully.



WHAT IS SANTOSHA?

Santosha means contentment, gratitude, and inner satisfaction. It is the ability to be happy with what you have, while continuing to grow and do your best.



SANTOSHA IN THREE WAYS



GRATITUDE

Be thankful for what you have today.



ACCEPTANCE

Accept the present moment with peace.



GROWTH

Keep improving yourself without endless craving.

PRACTICE SANTOSHA DAILY

- ✓ Count your blessings every day
- ✓ Appreciate your relationships
- ✓ Enjoy simple and meaningful moments
- ✓ Focus on progress, not comparison
- ✓ Live within your means
- ✓ Be content, yet keep growing
- ✓ Serve and share with others



CONTENTMENT IS NOT COMPLACENCY

It does not mean giving up your dreams or ambitions. You can work hard, achieve your goals and still be content with what you have, right now.



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OF
108

SANTOSHA BRINGS



INNER PEACE

A calm mind and a peaceful heart.



HAPPINESS

Joy that comes from within, not from outside.



FREEDOM

Freedom from complaining, comparing and wanting more.

When you are content,
you attract more positivity and peace.

BENEFITS OF SANTOSHA

- ✓ Reduces stress and anxiety
- ✓ Improves relationships
- ✓ Increases self-respect
- ✓ Builds emotional strength
- ✓ Creates a meaningful life
- ✓ Leads to spiritual growth and inner freedom



This is the 9th of 108 Sanatana Dharma Values.
FOLLOW FOR #10 - SHRADDHA (FAITH & DEVOTION)



CONTENT WITH GRATITUDE • GROW WITH PURPOSE • LIVE WITH JOY



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 10 OF 108

SHRADDHA

श्रद्धा – FAITH & DEVOTION

Faith is the Light That
Guides You Through Every
Step of Life.

*"Shraddha is not blind belief.
It is trust with understanding,
supported by wisdom, reflection,
practice and experience."*

Faith
Gives Meaning
to the Journey.
Devotion
Gives Strength
to the Heart.

WHAT IS SHRADDHA?

Shraddha means faith, trust, reverence and sincere devotion towards the Divine, sacred teachings, and the righteous path. It is the foundation of all spiritual growth.

SHRADDHA IN THREE WAYS



FAITH IN
WISDOM

Have trust
in the words
of the scriptures
and the teachings
of the wise.



DEVOTION
TO THE DIVINE

Offer your heart
with love, prayer,
and surrender
to the Divine.



TRUST
IN THE PATH

Believe that
the Divine is
guiding you
in every step.

PRACTICE SHRADDHA DAILY

- ✓ Begin your day with gratitude and prayer
- ✓ Read and reflect on spiritual wisdom
- ✓ Keep your spiritual practice consistent
- ✓ Have faith during challenges and uncertainty
- ✓ Serve with devotion and humility
- ✓ Stay connected with satsang and good company

SHRADDHA IS NOT BLIND BELIEF

It is faith with understanding. Use wisdom, ask questions, reflect deeply and experience the truth in your life.

THE POWER OF SHRADDHA



GIVES
COURAGE

Helps you
face life with
strength.



BRINGS
HOPE

Keeps you
positive even in
difficult times.



DEEPENS
DEVOTION

Connects you
closer to the
Divine.



TRANSFORMS
LIFE

Leads you
towards peace,
purpose and
fulfilment.

SHRADDHA IN ACTION

Live with honesty, act with kindness, speak truthfully, and trust the Divine in every situation. Let your faith be reflected in your actions.

When you cannot see the whole path,
Shraddha gives you the courage to take
the next right step.

This is the 10th of 108 Sanatana Dharma Values.
FOLLOW FOR #11 – DANA (CHARITY)

10
OF
108

FAITH • TRUST • DEVOTION • WISDOM • COURAGE • HOPE



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 11 OF 108

DANA दान - CHARITY

Give with a pure heart.
Serve with humility.
Change a life.

*The value of a gift is not in what you give,
but in the love, compassion and intention
with which you give it."*

GIVE
WITHOUT
EXPECTATION,
INSPIRE
WITHOUT
LIMITS.

WHAT IS DANA?

Dana means giving selflessly to support others and contribute to the well-being of society. It is a sacred duty that purifies the heart and creates positive karma.

FORMS OF DANA



ANNA DANA
Giving food and nourishment



VIDYA DANA
Sharing knowledge and education



VASTRA DANA
Donating clothes and essentials



ABHAYA DANA
Giving support, protection and fearlessness



ARTHA DANA
Offering financial help for a good cause



BHOOMI DANA
Contributing to nature and the environment

PRACTICE DANA DAILY

- ✓ Give what you can, when you can
- ✓ Help someone in need without expectation
- ✓ Respect the dignity of the receiver
- ✓ Give with humility, not for recognition
- ✓ Share your time, knowledge and skills
- ✓ Support noble causes and uplift others

DANA IS NOT ABOUT

- ✗ Showing off or seeking praise
- ✗ Giving with ego or superiority
- ✗ Expecting something in return
- ✗ Disrespecting the receiver

BENEFITS OF DANA



Purifies the heart



Reduces ego and attachment



Builds a compassionate society



Creates positive karma



Brings peace, abundance and joy

DANA CREATES A BETTER WORLD

Small acts of kindness can create a big impact. Together, we can build a more loving, sharing and harmonious world. Let's make giving a way of life.

When we give selflessly,
we become instruments of the Divine.

This is the 11th of 108 Sanatana Dharma Values.
FOLLOW FOR #12 - KSHAMA (FORGIVENESS)

11
OF
108



GIVE WITH LOVE • SERVE WITH COMPASSION • INSPIRE WITH ACTION



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 12 OF 108

Forgive.
Learn. Heal.
Move
Forward.

KSHAMA क्षमा - FORGIVENESS

Forgiveness is the fragrance
that flowers within the heart.

*"Holding on to anger is like drinking poison
and expecting the other person to die.
Forgiveness frees your soul."*

WHAT IS KSHAMA?

Kshama means forgiveness, patience, forbearance and the ability to let go of anger, resentment and the desire for revenge.

It is the strength to respond with compassion and understanding.



KSHAMA IS NOT...

- ✗ Forgetting what happened
- ✗ Accepting harmful behavior
- ✗ Ignoring the truth
- ✗ Removing healthy boundaries

LET GO
OF THE
BURDEN
OF ANGER



KSHAMA IS...

- ✓ Releasing anger and resentment
- ✓ Learning from the experience
- ✓ Choosing peace over revenge
- ✓ Healing yourself and moving forward with wisdom



PRACTICE KSHAMA DAILY

- 1. Pause before reacting
- 2. Speak calmly and kindly
- 3. Accept sincere apologies
- 4. Forgive yourself and others
- 5. Let go of grudges
- 6. Focus on solutions, not on problems
- 7. Cultivate patience and understanding



BENEFITS OF KSHAMA

- Reduces stress and anxiety
- Brings emotional healing
- Improves relationships
- Increases inner peace
- Enhances mental clarity
- Strengthens character and spiritual growth

When you forgive, you heal.
When you heal, you transform.

KSHAMA IN ACTION

- 1. Resolve conflicts peacefully
- 2. Show compassion to others
- 3. Give others a second chance
- 4. Practice forgiveness in small things every day
- 5. Create a world filled with kindness and understanding



KSHAMA IS THE KEY THAT OPENS THE DOOR TO PEACE.

This is the 12th of 108 Sanatana Dharma Values.
FOLLOW FOR #13 - VASUDHAIVA KUTUMBAKAM



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 13 OF 108

The world
is one family.
Let us live
with love,
respect and
compassion.

VASUDHAIVA KUTUMBAKAM

वसुधैव कुटुम्बकम्

THE WORLD IS ONE FAMILY

An ancient Sanskrit wisdom that teaches us
to see the whole world as one family,
beyond borders, differences and divisions.

When we see the divine in every being,
the world becomes not a place of strangers,
but a family of souls.

13
OF
108

WHAT DOES IT MEAN?

Vasudhaiva Kutumbakam
means – the world is
one family.
It reminds us that
every human being
is connected,
deserving of love,
respect and kindness



Beyond DIFFERENCES



Beyond
Borders



Beyond
Cultures



Beyond
Beliefs



Beyond
Divisions

LIVE THIS VALUE DAILY

- ✓ Treat everyone with respect
- ✓ Help others selflessly
- ✓ Share what you have
- ✓ Listen with an open heart
- ✓ Protect nature and all life
- ✓ Choose compassion over judgment



WHY IT MATTERS

When we see the world
as one family:

- ♥ Hate decreases
- ✌ Peace increases
- 🤝 Compassion grows
- 🌍 The world becomes a better place



ONE EARTH, ONE RESPONSIBILITY

We share one Earth,
one atmosphere,
one future.

Caring for the world
means caring for
each other.



LET'S BUILD A BETTER WORLD

Small acts of kindness
can create a big impact.
Together, we can
build a world filled
with love, harmony
and unity.



Different paths, different cultures, different languages,
but one humanity, one Earth, one family.

This is the 13th of 108 Sanatana Dharma Values.
FOLLOW FOR #14 – RESPECT FOR NATURE



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 14 OF 108

Nature
is not just our
resource.
It is our home,
our life,
our future.



PRAKRITI SAMRAKSHANA प्रकृति संरक्षण

PROTECTION OF NATURE

"The Earth is not ours to exploit,
but a sacred trust to protect for
the future generations."



HONOR NATURE • RESPECT ALL LIFE • PROTECT OUR PLANET



WHY IT MATTERS

- 🌿 Nature gives us everything we need to live.
- 🌿 Clean air, pure water, healthy soil and forests sustain all life.
- 🌿 When we protect nature, we protect our own health and future.
- 🌿 A balanced environment creates a balanced life.

NATURE IS SACRED

- 🌿 Rivers are our lifelines
- 🌿 Trees are our breath
- 🌿 Animals are our companions
- 🌿 Mountains are our guardians
- 🌿 Earth is our mother

RESPECT • REVERENCE • RESPONSIBILITY

PRACTICE DAILY

- ✓ Plant trees and protect forests
- ✓ Save water, every drop counts
- ✓ Reduce waste and plastic
- ✓ Use natural and eco-friendly alternatives
- ✓ Keep rivers, lakes and streets clean
- ✓ Respect all living beings
- ✓ Support sustainable living

SIMPLE ACTIONS, BIG IMPACT

- 🌿 PLANT TREES
- 💧 SAVE WATER
- ♻️ REDUCE PLASTIC
- ♻️ RECYCLE & REUSE
- 🐮 RESPECT ANIMALS
- 🧹 KEEP OUR SURROUNDINGS CLEAN

WE ARE PART OF NATURE



When we harm nature,
we harm ourselves.
When we heal nature,
we heal the world.

LET'S BUILD A BETTER WORLD

Small steps taken today
can create a better, healthier,
and more beautiful planet
for tomorrow.



TOGETHER, LET'S
PROTECT OUR ONLY HOME.

14
OF
108



PROTECT NATURE • PROTECT LIFE • PROTECT THE FUTURE



This is the 14th of 108 Sanatana Dharma Values.

FOLLOW FOR #15 – MOKSHA (LIBERATION)



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108 SPECIAL SANATANA DHARMA VALUES

EPISODE 14 OF 108

Protect
Nature Today,
Secure Life
Tomorrow.



PRAKRITI SAMRAKSHANA

प्रकृति संरक्षण

PROTECTION OF NATURE

"The Earth is not ours to exploit,
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- ✓ Save water, every drop counts
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- ✓ Keep rivers, lakes and streets clean
- ✓ Respect all living beings
- ✓ Support sustainable living

SIMPLE ACTIONS, BIG IMPACT



PLANT
TREES



SAVE
WATER



REDUCE
PLASTIC



RECYCLE &
REUSE



RESPECT
ANIMALS



KEEP OUR
SURROUNDINGS
CLEAN

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14
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EPISODE 15 OF 108

MOKSHA मोक्ष - LIBERATION

The highest goal of life is not more,
but freedom – freedom from ignorance,
attachment and the cycle of suffering.

From
Bondage
to Freedom.
From Seeking
to Realization.

15
OF
108



WHAT IS MOKSHA?

Moksha is liberation
from ignorance,
attachment, ego and
the cycle of birth
and death.
It is the realization
of our true nature –
the Divine Self.



WHAT KEEPS US BOUND?

- ❓ Ignorance (Avidya)
- 🔑 Attachment (Asakti)
- 👤 Ego and Pride
- ❤️ Desire and Greed
- ⚡ Fear and Anger
- 👥 Comparison and Jealousy



THE PATH TO MOKSHA

- ✓ Live according to Dharma
- ✓ Cultivate wisdom and right understanding
- ✓ Practice meditation and self-discipline
- ✓ Perform selfless service (Seva)
- ✓ Develop devotion (Bhakti) and surrender
- ✓ Discriminate between the Real and the Unreal



MOKSHA IS FREEDOM FROM...

- ✗ Suffering and sorrow
- ✗ Restlessness of the mind
- ✗ Materialistic cravings
- ✗ Limited identity
- ✗ The fear of death



MOKSHA IS FREEDOM TO...

- ✓ Be peaceful within
- ✓ Love unconditionally
- ✓ Live with clarity and purpose
- ✓ See the Divine in all
- ✓ Experience eternal joy and freedom



SIGNS OF A MOKSHA MARGI

- ✳️ Calm and peaceful
- ✳️ Free from selfishness
- ✳️ Sees equality in all beings
- ✳️ Lives with compassion
- ✳️ Detached yet fully present



MOKSHA IS NOT A PLACE TO GO,
BUT A TRUTH TO REALIZE.
WHEN THE KNOT OF IGNORANCE IS CUT,
THE SOUL IS FREE FOREVER.

This is the 15th of 108 Sanatana Dharma Values.✦
CONTINUE THE JOURNEY OF WISDOM, DHARMA AND LIBERATION. 🌿



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INNER CHARACTER

15 DIVINE QUALITIES FOR A NOBLE LIFE

"True spirituality is revealed not by what we show outside, but by who we become within."

15 QUALITIES THAT SHAPE
A BEAUTIFUL HEART

1

DAYA

Kindness



Be kind in thought, word and action.

2

MAITRI

Friendship



Build true friendships with love and trust.

3

MUDITA

Joy in others' happiness



Rejoice in others' success and happiness.

4

UPEKSHA

Equanimity



Remain balanced in all situations of life.

5

ARJAVA

Sincerity and straightforwardness



Be honest, sincere and transparent in your dealings.

6

APARIGRAHA

Non-possessiveness



Let go of excess and live a simple, meaningful life.

7

ASTEYA

Non-stealing



Respect what belongs to others in every way.

8

BRAHMACHARYA

Responsible use of energy



Use your physical, mental and emotional energy wisely.

9

AKRODHA

Freedom from anger



Choose calmness over anger in every situation.

10

ALOBHA

Freedom from greed



Be content and stay free from unhealthy desires.

11

ANASUYA

Freedom from envy



Celebrate others without jealousy or comparison.

12

AMATSARYA

Freedom from jealousy



Wish well for others and let go of jealous feelings.

13

MARDAVA

Gentleness



Be soft-spoken, compassionate and gentle in nature.

14

LAJJA

Modesty



Value modesty in behavior, speech and appearance.

15

VINAYA

Humility



True wisdom flows through humility.

WHEN THESE QUALITIES BECOME OUR NATURE,
LIFE BECOMES A BEAUTIFUL SPIRITUAL JOURNEY.

PART OF
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Kindness is
the language
which the deaf can hear
and the blind can see.

— Mark Twain

108 SPECIAL SANATANA DHARMA VALUES

INNER CHARACTER SERIES

01 OF 15

DAYA

दया KINDNESS

Compassion in Thought, Word and Action

Daya means kindness, compassion and genuine care for the well-being of all living beings. It is the ability to feel another's pain and take action to bring comfort, help and support.

A KIND HEART
CREATES A
BEAUTIFUL
WORLD

PRACTICE DAYA

- Speak gently and with love
- Help others selflessly
- Listen with patience
- Respect all living beings
- Protect nature and the environment
- Be kind without expecting anything in return



BE KIND



SHOW COMPASSION



ENCOURAGE OTHERS



CARE FOR NATURE



RESPECT ALL

BENEFITS OF DAYA

- Brings peace and happiness
- Builds strong relationships
- Creates a compassionate society
- Purifies the heart and mind
- Brings us closer to the Divine

No act of
kindness,
no matter how
small, is ever
wasted.

— Aesop

EXPRESS DAYA EVERY DAY

- Help someone in need
- Offer a smile
- Be patient in difficult situations
- Forgive and move forward
- Do selfless service (Seva)

WHEN WE SHOW KINDNESS TO OTHERS,
WE PLANT SEEDS OF LOVE AND PEACE IN THE WORLD.

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VALUES

INNER CHARACTER SERIES

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MAITRI

मैत्री
FRIENDSHIP

Friendliness • Goodwill • Trust • Respect

Maitri means friendship, friendliness, goodwill and a sincere wish for the well-being and happiness of others.

It is the ability to build strong, positive and meaningful relationships based on trust, compassion and mutual respect.

A TRUE
FRIENDSHIP
ENRICHES
EVERY LIFE

“
A true friend
doesn't just stand beside
you in your success,
but lifts you up in your
struggles.
”

PRACTICE MAITRI EVERY DAY

- 👂 Listen with an open heart
- ❤️ Support your friends in difficult times
- 👏 Celebrate others' happiness
- 🗣️ Speak truth with kindness
- 🕊️ Respect differences and forgive mistakes
- 🎁 Be there without expecting anything in return
- 🌱 Encourage growth and positive change



BE SUPPORTIVE



CELEBRATE TOGETHER



BE THERE IN TOUGH TIMES



ENCOURAGE GROWTH



SHARE & CARE

BENEFITS OF MAITRI

- ✔ Brings happiness and emotional strength
- ✔ Creates harmony and understanding
- ✔ Builds lifelong meaningful bonds
- ✔ Reduces stress and loneliness
- ✔ Helps in personal and spiritual growth
- ✔ Creates a supportive and kind society

“ You don't need
many friends,
just a few who are
real, kind and
always there. ”

THE BEAUTY OF TRUE FRIENDSHIP

- 🌟 No jealousy, only genuine joy
- 🌟 No selfishness, only selfless care
- 🌟 No judgment, only acceptance
- 🌟 No conditions, only pure connection
- 🌟 No competition, only collaboration
- 🌟 No separation, only stronger together

BE A FRIEND WHO BRINGS LIGHT INTO THE LIVES OF OTHERS.

108 SPECIAL SANATANA DHARMA VALUES - INNER CHARACTER SERIES



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BE SUPPORTIVE



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INNER CHARACTER SERIES

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When we rejoice
in others' happiness,
our heart becomes
full of light.

MUDITA मुदिता

JOY IN OTHERS' HAPPINESS

Mudita is the ability to genuinely rejoice in others' happiness, success, growth and good fortune. It is the antidote to envy, comparison and jealousy.

ANOTHER'S
HAPPINESS
DOES NOT
DIMINISH
YOURS.

PRACTICE MUDITA EVERY DAY

- 🕯 Celebrate others' achievements
- 🕯 Give sincere appreciation
- 🕯 Encourage and uplift others
- 🕯 Rejoice without comparison
- 🕯 Replace envy with inspiration
- 🕯 Share in their joy wholeheartedly

MUDITA IN DAILY LIFE



CELEBRATE
THEIR SUCCESS



ENCOURAGE
THEIR GROWTH



APPRECIATE
GOOD FORTUNE



REJOICE IN
SMALL WINS



SUPPORT
THEIR JOURNEY

BENEFITS OF MUDITA

- 🕯 Brings inner peace and contentment
- 🕯 Strengthens relationships
- 🕯 Creates a positive and harmonious heart
- 🕯 Reduces stress and negative emotions
- 🕯 Helps in spiritual growth
- 🕯 Builds a supportive and happy society

The happiness
of others is a
celebration of the
Divine in them.

THE BEAUTY OF MUDITA

- 🕯 No jealousy, only genuine joy
- 🕯 No competition, only appreciation
- 🕯 No ego, only goodwill
- 🕯 No judgment, only acceptance
- 🕯 No conditions, only pure heart
- 🕯 No separation, only togetherness

LET US CULTIVATE A HEART THAT CELEBRATES, APPRECIATES AND UPLIFTS.
LET JOY IN OTHERS' HAPPINESS BECOME OUR NATURE.



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108 SPECIAL SANATANA DHARMA VALUES

INNER CHARACTER SERIES

04 OF 15

“
Equanimity is the
strength to stay calm
in every situation
and respond with
wisdom.”

UPEKSHA

उपेक्षा

EQUANIMITY

BALANCE IN ALL SITUATIONS • CALM MIND • CLEAR WISDOM

UPEKSHA (उपेक्षा) MEANS EQUANIMITY –
THE ABILITY TO REMAIN BALANCED, CALM AND
CLEAR MINDED AMID LIFE'S CHANGING CIRCUMSTANCES.

It does not mean indifference or ignoring problems.
It means not being shaken by praise or blame, success
or failure, pleasure or pain. The mind remains steady
and the heart remains compassionate.

WHY UPEKSHA IS IMPORTANT

- Helps us stay calm in difficult times
- Protects us from unnecessary stress
- Improves clarity and better decision making
- Builds emotional strength and resilience
- Supports spiritual growth and inner peace

LIFE IS FULL OF OPPOSITES



PRAISE & CRITICISM
Stay balanced in both



SUCCESS & FAILURE
Stay steady in both



PLEASURE & PAIN
Accept both gracefully



GAIN & LOSS
Remain peaceful



LOVE & DISLIKE
Maintain equality

PRACTICE UPEKSHA EVERY DAY

- Observe your thoughts and emotions
- Pause before reacting
- Accept what you cannot control
- Respond with wisdom, not impulse
- Stay rooted in your values
- Meditate and connect within

BE LIKE
THE OCEAN.
WAVES MAY RISE
ON THE SURFACE,
BUT THE DEPTH
REMAINS CALM.

A MIND WITH UPEKSHA

- Does not overreact
- Does not get easily disturbed
- Does not hold grudges
- Does not get carried away
- Stays peaceful and centered
- Sees clearly and acts wisely

EQUANIMITY IS NOT WEAKNESS, IT IS INNER STRENGTH.
STAY CALM. STAY CLEAR. STAY CENTERED.



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108 SPECIAL SANATANA DHARMA VALUES

INNER CHARACTER SERIES

05 OF 15

66

Honesty and sincerity
make you real.
What is real
always remains
beautiful.

ARJAVA

आर्जव

SINCERITY & STRAIGHTFORWARDNESS

TRUTH IN THOUGHT, WORD AND ACTION

Arjava (आर्जव) means sincerity, straightforwardness and simplicity of character. It is the alignment of our thoughts, words, intentions and actions. It is being genuine, honest and real in every situation, without pretence or hidden agenda.

THE MARK OF
ARJAVA IS
CONSISTENCY
BETWEEN YOUR
WORDS AND
ACTIONS.

PRACTICE ARJAVA EVERY DAY



KEEP YOUR WORD

Do what you say
you will do.



ADMIT MISTAKES

Accept your mistakes
with courage.



SPEAK TRUTHFULLY

Speak honestly and
with kindness.



BE GENUINE

Let your actions match
your values.



AVOID PRETENCE

No need to impress.
Be real, be you.



ACT WITH INTEGRITY

Choose what is right,
not what is easy.

BENEFITS OF ARJAVA

- ✓ Builds deep trust and respect
- ✓ Creates strong and lasting relationships
- ✓ Brings inner peace and contentment
- ✓ Reduces stress and inner conflict
- ✓ Helps in personal and spiritual growth
- ✓ Leads to a simple and meaningful life

“

Sincerity
is not a strategy.
It is a way
of being.

THE BEAUTY OF ARJAVA

- ✓ No duplicity, only clarity
- ✓ No manipulation, only honesty
- ✓ No hidden agenda, only goodwill
- ✓ No false image, only authenticity
- ✓ No confusion, only consistency
- ✓ No fear, only freedom

WHEN YOUR HEART IS TRUE, YOUR LIFE BECOMES LIGHT.



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The joy of life
comes not from
accumulating more,
but from needing less.

APARIGRAHA अपरिग्रह

NON-POSSESSIVENESS

Freedom from excessive attachment,
hoarding and possessiveness



Aparigraha (अपरिग्रह) means
freedom from the habit of accumulating
more than what is necessary.

It is about using what we have
mindfully, being content with enough,
and letting go of the rest.

THE GOAL IS
NOT TO OWN
MORE, BUT TO
BE FREE
WITH LESS.

WHY APARIGRAHA IS IMPORTANT

- Reduces stress and mental clutter
- Brings contentment and inner peace
- Improves relationships
- Encourages simplicity and sustainability
- Supports spiritual growth
- Creates space for what truly matters

PRACTICE APARIGRAHA EVERY DAY



**DECLUTTER
REGULARLY**
Let go of what
you don't need.



BUY MINDFULLY
Choose quality
over quantity.



**SHARE
GENEROUSLY**
Give to those
who need.



**LIVE
SUSTAINABLY**
Reduce waste
and reuse.



**BE
GRATEFUL**
Appreciate what
you already have.



**LET GO OF
ATTACHMENTS**
Release the need
to control.

BENEFITS OF APARIGRAHA

- Brings mental clarity and peace
- Helps in focusing on life's true purpose
- Creates harmony with nature
- Reduces greed and dissatisfaction
- Strengthens self-discipline
- Leads to a happy and fulfilling life

“When you own less,
you live more.
When you need less,
you are free.”



THE BEAUTY OF APARIGRAHA

- No greed, only contentment
- No hoarding, only gratitude
- No clutter, only clarity
- No possessiveness, only freedom
- No fear of loss, only trust in life
- No excess, only balance

LESS POSSESSIONS. MORE FREEDOM. DEEPER HAPPINESS.



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07 OF 15

“
True integrity
is doing the right thing
even when nobody
is watching.
”

ASTEYA

अस्तेय
NON-STEALING

RESPECT WHAT BELONGS TO OTHERS

Asteya (अस्तेय) means non-stealing –
not taking, using or claiming
what has not been freely given.

It is about honesty, respect,
contentment and integrity in
thought, word and action.

TAKE ONLY
WHAT IS
FREELY GIVEN.
RESPECT ALL
THAT BELONGS
TO OTHERS.

WHY ASTEYA IS IMPORTANT

- Creates trust and harmony in relationships
- Builds inner purity and self-respect
- Encourages fairness and justice
- Helps in peaceful living
- Supports spiritual growth
- Brings contentment and satisfaction

PRACTICE ASTEYA IN DAILY LIFE



RESPECT TIME

Don't waste
others' time.



GIVE CREDIT

Give proper credit
for others' work.



RETURN WHAT YOU BORROW

Return things on
time and in good
condition.



DON'T COPY OR CHEAT

Be honest in studies,
exams and work.



DON'T USE WHAT ISN'T YOURS

Respect others'
belongings and
resources.



BE CONTENT

Avoid greed and
unnecessary
accumulation.

BENEFITS OF ASTEYA

- Promotes mental peace
- Improves self-discipline
- Strengthens character
- Creates a just and peaceful society
- Leads to happiness and prosperity

“
When we stop
taking what is not ours,
we make space
for what is truly ours.
”

THE BEAUTY OF ASTEYA

- No stealing, only honesty
- No exploitation, only respect
- No greed, only gratitude
- No unfair advantage, only fairness
- No harm, only harmony

HONESTY IS WEALTH. INTEGRITY IS STRENGTH.



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“Energy is life itself. Use it wisely, protect it daily and direct it toward a higher purpose.”

BRAHMACHARYA

ब्रह्मचर्य

RESPONSIBLE USE OF ENERGY

Discipline • Awareness • Self-Mastery • Purpose

Brahmacharya (ब्रह्मचर्य) means the conscious, responsible and disciplined use of all our energies – physical, mental, emotional and spiritual.

It is not only about controlling the senses, but about channeling energy into meaningful actions that uplift ourselves and the world.



WHERE DOES OUR ENERGY GO?

- | | |
|------------------------|-----------------------|
| Excess screen time | Gossip & criticism |
| Overthinking & worry | Unhealthy habits |
| Anger & negativity | Comparison & jealousy |
| Late nights & laziness | Lack of purpose |

DIRECT YOUR ENERGY TOWARD WHAT MATTERS



YOGA & EXERCISE

Strengthen body and vitality



MEDITATION & PRANAYAMA

Calm the mind and increase focus



LEARNING & SELF-GROWTH

Expand knowledge and wisdom



HEALTHY FOOD & LIFESTYLE

Nourish the body, uplift the energy



SEVA & COMPASSION

Use energy for the benefit of others



PURPOSE & DISCIPLINE

Live with intention and commitment

BENEFITS OF BRAHMACHARYA

- Increases physical strength and vitality
- Improves concentration and memory
- Builds self-control and willpower
- Enhances confidence and clarity
- Creates emotional balance
- Leads to success in all areas of life
- Brings inner peace and happiness

WHEN
ENERGY IS
DISCIPLINED,
LIFE BECOMES
POWERFUL AND
PURPOSEFUL.

PRACTICE DAILY

- Wake up early and follow a routine
- Spend time in yoga and meditation
- Eat pure, sattvic and wholesome food
- Limit distractions and digital overload
- Engage in meaningful work
- Reflect, pray and express gratitude
- Sleep on time and stay consistent

PROTECT YOUR ENERGY. DIRECT IT WISELY. LIVE YOUR HIGHEST PURPOSE.



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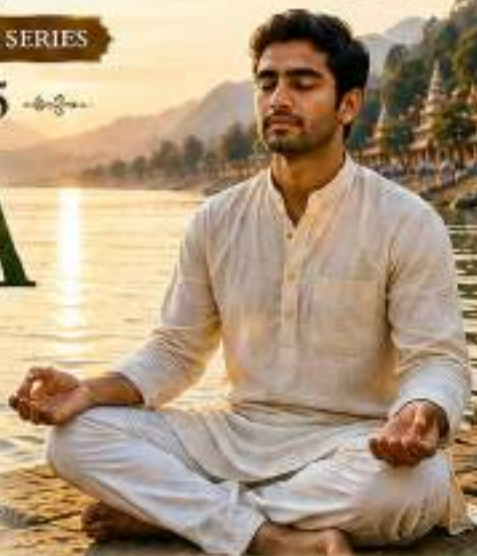
“
Anger makes you
smaller, while
self-control makes
you powerful.
”

AKRODHA

अक्रोध

FREEDOM FROM ANGER

Calm Mind • Self-Control • Wisdom • Compassion



WHAT IS AKRODHA?

Akrodha (अक्रोध) means freedom from anger and the ability to remain calm even in difficult situations.

It is not about suppressing emotions, but about understanding them and responding wisely instead of reacting impulsively.

PAUSE
BEFORE YOU
REACT.

WHY AKRODHA IS IMPORTANT

- Creates inner peace and mental clarity
- Improves relationships and communication
- Reduces stress and regret
- Helps in making better decisions
- Strengthens patience and compassion
- Supports spiritual growth

PRACTICE AKRODHA EVERY DAY



BREATHE & PAUSE

Take deep breaths when emotions rise.



OBSERVE

Notice the feeling without judgement.



UNDERSTAND

Understand the root of your anger.



CHOOSE WISELY

Respond thoughtfully, not impulsively.



SPEAK KINDLY

Use words that heal, not hurt.



FORGIVE & LET GO

Release anger and move forward.

BENEFITS OF AKRODHA

- Brings mental peace and happiness
- Improves health and well-being
- Builds strong and loving relationships
- Enhances self-control and discipline
- Creates a positive environment
- Leads to spiritual growth and wisdom

“ You cannot
control what
happens to you,
but you can control
your reaction to it.”

THE BEAUTY OF AKRODHA

- No anger, only understanding
- No hatred, only compassion
- No revenge, only forgiveness
- No reaction, only response
- No regrets, only learning
- No negativity, only positivity

MASTER YOUR ANGER. MASTER YOUR LIFE.



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“Greed is an endless hunger that never satisfies, contentment is an inner wealth that is always enough.”

ALOBHA

अलोभ

FREEDOM FROM GREED

Contentment • Gratitude • Generosity • Freedom



WHAT IS ALOBHA?

Alobha (अलोभ) means freedom from excessive greed and the endless desire for more.

It is not about rejecting success or ambition, but about knowing what is enough and living with contentment and gratitude.

TRUE WEALTH
IS NOT ONLY
WHAT YOU OWN,
BUT WHAT YOU
CHERISH AND
SHARE.

WHY ALOBHA IS IMPORTANT

- Brings inner peace and happiness
- Reduces anxiety and restlessness
- Strengthens relationships
- Encourages generosity and kindness
- Helps in ethical and mindful living
- Supports spiritual growth

PRACTICE ALOBHA EVERY DAY



BE GRATEFUL.
Appreciate what you already have.



SHARE GENEROUSLY.
Give to others and help those in need.



BUY MINDFULLY.
Buy what you need, not what you want.



LIVE SIMPLY.
Simplicity brings freedom and joy.



CHERISH RELATIONSHIPS.
Value love, time and meaningful connections.



THINK LONG TERM.
Consider the impact of your choices on the world.

BENEFITS OF ALOBHA

- Improves mental clarity
- Enhances self-control
- Increases satisfaction in life
- Builds trust and respect
- Promotes a positive mindset
- Leads to inner freedom
- Helps create a better society

“When you know what is enough, you discover that you already have much to be grateful for.”

THE BEAUTY OF ALOBHA

- No greed, only contentment
- No hoarding, only sharing
- No jealousy, only joy
- No exploitation, only fairness
- No endless wants, only gratitude
- No emptiness, only fulfillment
- No attachment, only freedom

KNOW WHAT IS ENOUGH. LET GRATITUDE BE YOUR WEALTH.



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“Celebrate
another's success
without losing sight
of your own path.”

ANASUYA

अनसूया

FREEDOM FROM ENVY

Appreciation • Gratitude • Growth • Inner Peace

WHAT IS ANASUYA?

Anasuya (अनसूया) means freedom from envy - the ability to appreciate another person's qualities, success, happiness or blessings without resentment or comparison.

It is the joy in others' progress and the wisdom to focus on your own journey.

THE JOY
OF OTHERS
DOES NOT TAKE
ANYTHING AWAY
FROM YOU.

WHY ANASUYA IS IMPORTANT

- Creates inner peace and happiness
- Strengthens relationships
- Reduces jealousy and comparison
- Inspires mutual growth
- Builds a positive and supportive environment
- Supports spiritual progress

FROM COMPARISON TO APPRECIATION



PRACTICE ANASUYA EVERY DAY



BENEFITS OF ANASUYA

- Brings mental peace and joy
- Improves self-esteem
- Enhances relationships
- Increases motivation and focus
- Creates a harmonious environment
- Leads to spiritual growth and wisdom

“When you stop comparing, you start appreciating. When you start appreciating, you start growing.”

THE BEAUTY OF ANASUYA

- No envy, only appreciation
- No comparison, only contentment
- No resentment, only gratitude
- No negativity, only positivity
- No guilt, only growth
- No jealousy, only joy

CELEBRATE THEIR LIGHT. KEEP WALKING IN YOUR OWN.



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“When you stop comparing, you start living. When you start appreciating, you start growing.”

AMATSARYA

अमात्सर्य

FREEDOM FROM JEALOUSY

Goodwill • Gratitude • Confidence • Inner Peace

WHAT IS AMATSARYA?

Amatsarya (अमात्सर्य) means freedom from jealousy, unhealthy rivalry, and the desire to see others lose their success, happiness or blessings.

It is the purity of heart that allows us to appreciate others while being grateful for our own journey and growth.

THEIR
SUCCESS
IS NOT YOUR
FAILURE.

WHY AMATSARYA IS IMPORTANT?

- Brings inner peace and happiness
- Strengthens relationships
- Reduces jealousy and rivalry
- Inspires mutual growth
- Builds a positive and supportive environment
- Supports spiritual progress

FROM COMPARISON TO APPRECIATION



COMPARISON
I look at what others have.



JEALOUSY
I feel less, I feel dissatisfied.



AWARENESS
I pause, I reflect, I understand.



APPRECIATION
I appreciate their journey and success.



INSPIRATION
I learn, I grow, I keep moving.



INNER FREEDOM
I am content, I am free.

PRACTICE AMATSARYA EVERY DAY



CELEBRATE OTHERS
Celebrate others' success sincerely.



GIVE APPRECIATION
Offer genuine compliments.



LEARN & GROW
Learn from their experiences.



FOCUS ON YOUR PATH
Focus on your own goals and purpose.



PRACTICE GRATITUDE
Be grateful for your blessings.



SPREAD GOODWILL
Wishes well-being for everyone.

BENEFITS OF AMATSARYA

- Brings mental clarity and peace
- Improves self-esteem
- Enhances relationships and trust
- Creates a harmonious environment
- Increases motivation and positivity
- Leads to spiritual growth and wisdom

“Another person's light does not make yours dim. Let their success inspire you and your journey will shine brighter.”

THE BEAUTY OF AMATSARYA

- No jealousy, only appreciation
- No rivalry, only support
- No comparison, only growth
- No negativity, only positivity
- No hatred, only goodwill
- No harm, only encouragement

LET THEIR SUCCESS INSPIRE YOU. NOT DEFINE YOU.



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“Gentleness is not weakness. It is strength expressed with kindness.”

MARDAVA

मार्दव

GENTLENESS

Kindness • Humility • Compassion • Respect

WHAT IS MARDAVA?

Mardava (मार्दव) means gentleness, softness of heart, humility, tenderness, and a compassionate way of interacting with others.

It is the strength to remain kind, patient and understanding in every situation and with every being.

A GENTLE
HEART CAN
CHANGE THE
WORLD.

WHY MARDAVA IS IMPORTANT?

- 🏠 Creates peace in relationships
- 👥 Builds trust and deeper connections
- 🔥 Reduces anger and conflicts
- 💖 Inspires kindness in others
- 🙏 Brings respect and harmony
- 🌱 Supports spiritual growth

HOW MARDAVA TRANSFORMS OUR LIFE



LISTEN WITH PATIENCE

Give others your time and attention.



SPEAK WITH KINDNESS

Gentle words bring healing and comfort.



BE COMPASSIONATE

Understand others with empathy.



HELP SELFLESSLY

Help without expecting anything in return.



RESPECT ALL BEINGS

Treat every living being with love and respect.



STAY CALM AND SOFT

Respond with calmness, never with harshness.

BENEFITS OF MARDAVA

- ✔ Brings mental peace and happiness
- ✔ Improves relationships and communication
- ✔ Enhances self-control and emotional balance
- ✔ Creates a positive and peaceful environment
- ✔ Leads to respect, trust and harmony
- ✔ Supports spiritual progress and wisdom

“Be strong enough to protect what is right, but gentle enough to heal what is broken.”

THE BEAUTY OF MARDAVA

- ⊕ No harshness, only kindness
- ⊕ No arrogance, only humility
- ⊕ No cruelty, only compassion
- ⊕ No irritation, only patience
- ⊕ No hatred, only love
- ⊕ No judgement, only understanding

BE STRONG ENOUGH TO BE GENTLE.



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“True confidence
doesn't need to
show off.
Modesty is the
beauty of a noble
and wise heart.”

LAJJA लज्जा MODESTY

Humility • Dignity • Grace • Self-Awareness

WHAT IS LAJJA?

Lajja (लज्जा) means modesty, humility, dignity, self-awareness and graceful restraint.

It is knowing your worth without boasting, respecting others and carrying yourself with grace in every situation and every place.

MODESTY
IS NOT SHYNESS.
IT IS CONFIDENCE
DRESSED WITH
DIGNITY.

WHY LAJJA IS IMPORTANT?

- Brings respect and trust
- Helps maintain healthy relationships
- Prevents arrogance and ego
- Creates self-discipline and self-control
- Encourages humility and gratitude
- Supports spiritual growth and wisdom

PRACTICE LAJJA EVERY DAY



BE HUMBLE

Accept your achievements with humility.



GIVE CREDIT

Always give credit to others for their contribution.



LISTEN MORE

Listen patiently and speak only what is necessary.



HELP QUIETLY

Help others without seeking recognition or praise.



DRESS & BEHAVE APPROPRIATELY

Choose words, clothing and behavior that reflect dignity.



RESPECT ALL

Treat everyone with respect, regardless of status or position.

BENEFITS OF LAJJA

- Enhances self-respect and self-control
- Earns respect and admiration from others
- Creates positive impression everywhere
- Helps in character building
- Brings peace, harmony and balance in life
- Supports success with humility

“Know your worth.
Carry yourself with
dignity. Let your
character speak for
you, not your ego.”

THE BEAUTY OF LAJJA

- No arrogance, only humility
- No show-off, only sincerity
- No disrespect, only reverence
- No attention-seeking, only grace
- No pride, only principle
- No restlessness, only composure

BE CONFIDENT. STAY HUMBLE. LIVE WITH GRACE.



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“
The higher
you rise,
the more
humble you
should become.”

VINAYA विनय HUMILITY

Respect • Teachability • Gratitude • Wisdom

WHAT IS VINAYA?

Vinaya (विनय) means humility, respectful conduct, teachability, self-discipline, and freedom from arrogance.

It is recognizing your worth without looking down on others and staying grateful in every situation of life.

HUMILITY
IS NOT THINKING
LESS OF YOURSELF,
IT IS THINKING
OF YOURSELF
LESS.

WHY VINAYA IS IMPORTANT?

- Brings respect and strong relationships
- Keeps knowledge away from arrogance
- Helps us remain teachable
- Creates gratitude and contentment
- Builds self-discipline and self-control
- Leads to wisdom and inner peace
- Supports spiritual growth and liberation

PRACTICE VINAYA EVERY DAY



LISTEN BEFORE SPEAKING

Value others' words and perspectives.



RESPECT EVERYONE

Treat each person with dignity and kindness.



GIVE CREDIT

Appreciate others' contributions.



STAY WILLING TO LEARN

Remain a student throughout life.



SERVE WITHOUT EXPECTATION

Help selflessly without seeking recognition.



BE GRATEFUL ALWAYS

Remember the people, blessings and lessons.

BENEFITS OF VINAYA

- Strengthens relationships
- Opens doors to learning and growth
- Reduces ego, anger and conflicts
- Creates inner peace and contentment
- Brings abundance through gratitude
- Helps in spiritual progress and liberation
- Leaves a positive and lasting impression

“ Success is sweet,
but character is
sweeter. Stay humble
in both victory and
defeat.”

THE BEAUTY OF VINAYA

- No pride, only gratitude
- No arrogance, only respect
- No selfishness, only service
- No judgment, only understanding
- No comparison, only growth
- No harshness, only kindness
- No ego, only humility

RISE HIGH. STAY HUMBLE. INSPIRE THE WORLD.



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SELF-MASTERY SERIES

15 ESSENTIAL VALUES
FOR INNER STRENGTH

SELF-MASTERY आत्म-संयम

Master Your Mind. Guide Your Senses. Transform Your Life.

15 SELF-MASTERY VALUES

01

DAMA

Sense Restraint

Restrain the senses from harmful and excessive indulgence.



02

SAMA

Mental Calm

Cultivate inner peace and mental balance in all situations.



03

INDRIYA NIGRAHA

Control of the Senses

Master the senses as they work for you, not against you.



04

MANONIGRAHA

Control of the Mind

Train the mind to stay focused and free from distractions.



05

DHRITI

Fortitude

Stay strong and courageous in the face of challenges.



06

TIKSHA

Patient Endurance

Endure difficulties patiently without complaining.



07

UTSAHA

Enthusiasm

Maintain positive energy and zeal in every action.



08

DHRITI

Steadfastness

Remain firm and steady in your goals and values.



09

NIYAMA

Personal Discipline

Follow healthy routines and live with self-discipline.



10

ABHYASA

Consistent Practice

Consistent practice leads to mastery and excellence.



11

VAIRAGYA

Detachment

Let go of attachment and focus on what truly matters.



12

VIVEKA

Discernment

Differentiate between right and wrong, permanent and impermanent.



13

SANKALPA

Noble Resolve

Make a firm and noble resolve and stay committed.



14

EKAGRATA

Concentration

Develop one-pointed focus for deep productivity and spiritual growth.



15

ATMA-SAMYAMA

Self-Control

Complete mastery over self leading to inner freedom and true happiness.



WHY SELF-MASTERY?

- Creates inner freedom and peace
- Builds confidence and character
- Directs energy toward noble goals
- Improves relationships and actions
- Leads to success with purpose
- Brings you closer to the Divine

DAILY PRACTICE

- Wake up early & be mindful
- Meditate & calm the mind
- Follow your discipline
- Eat sattvic & live simply
- Serve without expectations
- Reflect & improve daily

FINAL MESSAGE

Self-mastery is not about controlling life, but about becoming the best version of yourself and living in harmony with Dharma.
Master Yourself. Become Limitless.

MASTER THE MIND. GUIDE THE SENSES. LIVE WITH PURPOSE.



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01 OF 15

“
Master
your senses,
and you master
your life.”

DAMA दम SENSE RESTRAINT

Awareness • Moderation • Discipline • Freedom

DAMA DOES NOT MEAN REJECTING PLEASURE.
IT MEANS ENJOYING LIFE WITH AWARENESS,
MODERATION AND WISDOM.

WHAT IS DAMA?

Dama (दम) is the practice of
consciously regulating the senses
instead of allowing every impulse
to control our choices.

THE FIVE SENSES – WHAT WE CONSTANTLY EXPERIENCE



SIGHT
What we see



HEARING
What we hear



TASTE
What we taste



SMELL
What we smell



TOUCH
What we touch



DAMA IN DAILY LIFE



Don't scroll
endlessly.



Don't
overindulge.



Don't buy
impulsively.



Don't chase
constant stimulation.



Choose
consciously.

BENEFITS OF DAMA

- Reduces stress and anxiety
- Improves focus and concentration
- Builds self-discipline and willpower
- Helps in better decision making
- Improves relationships
- Supports spiritual growth
- Leads to inner freedom and peace

“ When the senses
become disciplined,
the mind becomes quieter.
And when the mind
becomes quieter,
we become freer to
choose wisely. ”

REMEMBER

Dama is not about forcing
yourself. It is about understanding
yourself and making choices
that uplift your body, mind
and soul.

MASTER YOUR SENSES. CHOOSE YOUR LIFE. LIVE WITH PURPOSE.



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“ You cannot
control everything
around you –
but you can train
your mind.”

SAMA शम MENTAL CALM

Cultivating inner calm in thoughts, emotions and responses.

WHAT IS SAMA?

Sama (शम) is the state of mental calm and tranquility. It is the ability to keep the mind peaceful, balanced and steady in all situations.

It is not the absence of thoughts, but freedom from being controlled by every thought and emotion.

A CALM
MIND IS
THE FOUNDATION
OF WISDOM AND
INNER STRENGTH.

WHY IS SAMA IMPORTANT?

- Helps in clear thinking and better decision making
- Reduces stress, anger and anxiety
- Improves relationships and communication
- Helps you respond, not react
- Creates inner peace and happiness
- Supports spiritual growth and self-mastery

WHAT DISTURBS OUR MIND?



Excessive
Screens



Overthinking
& Worry



Too Much
Stimulation



Negative
Conversations



Improper Food
& Lifestyle



Unfinished Tasks
& Pressure



PRACTICE SAMA EVERY DAY

- Breathe Deeply – Slow, conscious breathing calms the mind.
- Meditate Daily – Even 10 minutes of meditation brings great peace.
- Limit Mental Clutter – Reduce unnecessary information and distractions.
- Listen Mindfully – Listen more, react less.
- Create Silence – Spend time in silence every day.
- Be Present – Focus on what you are doing now.

BENEFITS OF SAMA

- Improves focus and concentration
- Enhances emotional balance
- Strengthens willpower
- Increases patience and tolerance
- Brings harmony in relationships
- Leads to success and inner fulfillment

“ When the mind is calm,
everything in life
falls into the right place.
Peace within creates
peace without. ”

REMEMBER

Sama is not about escaping life.
It is about facing life with a calm,
steady and balanced mind.
Train your mind and
transform your life.

—+ CALM THE MIND. CLARIFY YOUR LIFE. LIVE WITH PURPOSE. —+



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“Your senses
show you the world,
but they should not
control your life.”

INDRIYA NIGRAHA

इन्द्रिय निग्रह

CONTROL OF THE SENSES

Master the senses. Free the mind. Live with awareness.

THE FIVE SENSES



SIGHT

What we see



See what uplifts
your mind.



HEARING

What we hear



Listen to what
inspires and
calms you.



TASTE

What we taste



Eat what nourishes
your body and
mind.



SMELL

What we smell



Breathe in what
brings purity
and peace.



TOUCH

What we touch



Feel what
connects you
with harmony.

WHAT IS INDRIYA NIGRAHA?

Indriya Nigraha (इन्द्रिय निग्रह) is the practice of consciously regulating the senses so that what we see, hear, taste, smell, and touch does not automatically dictate our thoughts, desires and actions.

WHY IS IT IMPORTANT?



Prevents mind from being dragged
by every attraction and impulse.



Builds self-discipline and
inner strength.



Improves focus and clarity
in thoughts.



Helps in making wise
decisions.



Supports spiritual growth
and self-mastery.

MODERN DISTRACTIONS



Endless
Scrolling



Overindulgence
in Food



Impulse
Shopping



Excessive
Entertainment



Constant
Stimulation

Not every desire deserves a 'Yes.'

THE TRANSFORMATION

- ✓ Stronger willpower
- ✓ Balanced emotions
- ✓ Better relationships
- ✓ Greater happiness
- ✓ Freedom in every choice



“When the senses
become disciplined,
attention becomes stronger,
the mind becomes clearer,
and we gain greater
freedom over our choices.”

”

PRACTICE EVERY DAY



Pause and
Breathe



Meditate
Daily



Set Digital
Boundaries



Eat
Mindfully



Create
Moments
of Silence

REMEMBER

Control is not suppression.
It is the freedom to choose
what truly serves your
highest good.



AWARENESS • DISCIPLINE • MODERATION • FREEDOM



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04 OF 15

“
You may not be
able to stop every
thought from arising,
but you can choose
which thoughts
to give your
attention.”

MANONIGRAHA

मनोनिग्रह

CONTROL OF THE MIND

Discipline the mind. Guide your thoughts. Choose your actions.

WHAT IS MANONIGRAHA?

Manonigraha (मनोनिग्रह) is the practice of regulating and controlling the mind. It means observing thoughts, emotions and impulses without allowing them to automatically dictate our words, choices and actions.

It is the bridge between awareness and wise living.



OBSERVE • PAUSE • CHOOSE
You are not your thoughts.

WHY IS IT IMPORTANT?

- Helps in better decision making and clarity of mind.
- Reduces stress, anxiety and mental restlessness.
- Builds self-discipline and inner strength.
- Improves focus, concentration and productivity.
- Supports spiritual growth and self-mastery.

NATURE OF THE MIND



It wanders It doubts It desires It reacts It overthinks

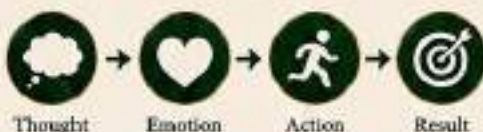
An uncontrolled mind creates confusion.
A disciplined mind creates freedom.

PRACTICE EVERY DAY



Meditate Daily Breathe Deeply Observe Your Thoughts Limit Distractions Pause Before Reacting Stay in the Present

THOUGHT → EMOTION → ACTION



Thought Emotion Action Result

Change your thoughts,
change your life.

BENEFITS OF MANONIGRAHA

- ✓ Calmer and clearer mind
- ✓ Better emotional balance
- ✓ Stronger willpower
- ✓ Healthier relationships
- ✓ Improved concentration
- ✓ Greater happiness and peace
- ✓ Freedom from negative patterns
- ✓ Progress on the spiritual path

REMEMBER

The mind is a powerful servant
but a dangerous master.
Train it well and it will
take you to freedom.



DISCIPLINE THE MIND. GUIDE YOUR THOUGHTS. LIVE WITH PURPOSE.



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05 OF 15

“
The greatest
strength is not
in never falling,
but in rising
every time.
—  —

DHRITI

धृति
FORTITUDE

The inner strength to remain steady through
difficulty, uncertainty, delay and adversity.

WHAT IS DHRITI?

Dhriti (धृति) is fortitude.

It is the courage to continue when
the journey becomes challenging.

It helps us stay committed to our
values, responsibilities and purpose,
no matter what comes our way.



LIFE WILL TEST YOU

FAILURE

It's not the end.



DELAYS

Patience is part
of the process.



DIFFICULTIES

They make you
stronger.



DISAPPOINTMENT

Let it teach you,
not defeat you.



UNCERTAINTY

Trust and
keep going.



HOW TO BUILD DHRITI



Remember your purpose
A clear purpose gives you power
to keep moving.



Stay disciplined
Small daily actions create
strong inner resilience.



Accept what you cannot change
Focus on your response,
not the problem.



Take one step at a time
Progress happens one
step at a time.



Trust the process
Have faith in your effort and
the divine timing.

DHRITI IN ACTION



“
You don't have to
be strong every day,
but you must be strong
enough to never
quit on your purpose.
—  —

BENEFITS OF DHRITI

- ✓ Builds resilience and courage
- ✓ Helps overcome fear and doubt
- ✓ Improves focus and determination
- ✓ Creates emotional stability
- ✓ Strengthens faith and patience
- ✓ Leads to long-term success and inner peace

SIGNS OF STRONG FORTITUDE



You stay calm
in tough times



You don't give up
easily



You learn from
every experience



You keep your
commitments



You trust
your journey

REMEMBER

Strength doesn't come
from what you can do.
It comes from overcoming
the things you once thought
you couldn't.

—  — **STAY STEADY. KEEP GOING. VICTORY IS FOR THE PERSISTENT.** —  —



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06 OF 15

“
Not every storm
needs a reaction.
Some storms need
patience.”

TITIKSHA तितिक्षा PATIENT ENDURANCE

The strength to remain steady through
difficulty without losing inner balance.

WHAT IS TITIKSHA?

Titiksha (तितिक्षा) is the ability to
patiently endure the unavoidable
challenges of life such as:

- Heat and cold
- Pleasure and pain
- Gain and loss
- Praise and blame
- Success and failure

LIFE WILL TEST YOU

DIFFICULTIES



DELAYS



CRITICISM



UNCERTAINTY



DISAPPOINTMENT



You cannot control everything that happens, but you
can control how you respond.

WHY IS TITIKSHA IMPORTANT?

- Helps in building patience
and resilience
- Keeps the mind calm in
tough situations
- Prevents emotional reactions
and impulsive decisions
- Strengthens willpower
and character
- Supports spiritual growth
and inner peace

HOW TO PRACTICE TITIKSHA

- Pause and take a deep breath
- Accept what you cannot change
- Focus on your purpose
- Endure with a positive attitude
- Take consistent, small steps
- Trust the timing of life
- Pray and surrender the outcome



“
Patience is not about
waiting for the storm
to pass. It's about
learning to walk
in the rain.”

BENEFITS OF TITIKSHA

- Greater emotional balance
- Better relationships
- Improved decision making
- Enhanced mental strength
- Ability to handle stress
- Inner peace and happiness
- Progress on the spiritual path

SIGNS YOU ARE DEVELOPING TITIKSHA



You stay calm
in tough times



You don't react
impulsively



You accept life
as it is



You bounce back
from setbacks



You remain positive
and hopeful



You keep moving
forward



You trust in
God and the process

STAY CALM. ENDURE WISELY. GROW STRONGLY.



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“
Enthusiasm
is the inner fire
that turns
intention into
action.”

UTSĀHA उत्साह ENTHUSIASM

The positive energy, courage and eagerness
to begin, act and keep going.

WHAT IS UTSĀHA?

Utsāha (उत्साह) is the inner enthusiasm
that gives us the energy to begin a task,
the courage to take action and the joy
to continue even when the journey
becomes challenging.

It is the inner fire that
turns intention into action.



UTSĀHA GIVES YOU



Energy
to Begin



Courage
to Act



Joy in
Practice



Strength
to Continue

DON'T WAIT TO FEEL MOTIVATED



Get Up



Take the First Step



Keep Moving



Create Momentum

Action creates motivation. Start now!

WHY IS UTSĀHA IMPORTANT?



Helps you start and take initiative



Overcomes laziness and hesitation



Builds consistency and discipline



Helps you face challenges with
positive energy



Inspires others and creates a
positive environment



Leads to growth, success
and fulfilment

HOW TO PRACTICE UTSĀHA EVERY DAY

1. Begin your day early with a positive routine
2. Set meaningful goals and take inspired action
3. Keep your body active and your mind fresh
4. Learn something new every day
5. Serve others with joy and gratitude
6. Celebrate small progress consistently



TRUE ENTHUSIASM HAS DIRECTION

It is not restless
excitement.

It is energy guided by
wisdom, purpose,
discipline and Dharma.



BENEFITS OF UTSĀHA

- ✓ Improves focus and productivity
- ✓ Increases self-confidence
- ✓ Enhances learning and creativity
- ✓ Strengthens willpower
- ✓ Creates happiness and satisfaction
- ✓ Helps you live a meaningful life

SIGNS YOU ARE DEVELOPING UTSĀHA



You start
your day
with energy



You take
initiative



You stay
consistent



You enjoy
the process



You inspire
others



You keep
moving
forward

REMEMBER

You don't need to be perfect.
You just need to be enthusiastic
about becoming better than
you were yesterday.



KEEP YOUR INNER FIRE ALIVE. TURN INTENTION INTO ACTION.



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“
Motivation will
fade. Steadfastness
keeps you going.”

DHRITI धृति STEADFASTNESS

The strength to remain committed
to a worthy path, even when the journey
is long, difficult or progress is slow.



WHAT IS DHRITI?

Dhriti is steadfastness.
It helps us stay committed
to our values, goals and
responsibilities, no matter
how we feel or what
challenges come our way.

It is the bridge between
intention and achievement.



WHEN MOTIVATION DISAPPEARS...

TIED DISCOURAGED OBSTACLES SLOW PROGRESS DOUBT & FEAR



DHRITI WHISPERS:

Remember your purpose. Take the next step.

WHY IS DHRITI IMPORTANT?

- Helps you stay focused on your goals
- Builds resilience and inner strength
- Creates self-discipline and responsibility
- Leads to long-term success and growth
- Brings inner stability and peace

HOW TO PRACTICE DHRITI DAILY

- Begin your day with a clear intention
- Keep your daily commitments
- Stay consistent with your practice
- Learn and improve every day
- Accept slow progress with patience
- Return to your purpose, again and again



CONSISTENCY CREATES TRANSFORMATION



One day of practice may seem small.
But small actions repeated consistently
can transform a life.

BENEFITS OF DHRITI

- Improves focus and concentration
- Builds confidence and self-trust
- Helps overcome distractions
- Develops mental toughness
- Strengthens willpower
- Creates lasting habits
- Leads to meaningful achievements
- Brings inner joy and satisfaction



SIGNS YOU ARE DEVELOPING DHRITI

- You stay committed
- You finish what you start
- You remain calm in delays
- You keep promises
- You don't quit easily

REMEMBER

Success is not about talent alone.
It is about showing up every day,
doing your best, and staying
true to your path.



STAY THE COURSE. KEEP YOUR PURPOSE ALIVE.



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09 OF 15

“
Discipline
is not punishment.
It is a structure
that protects what
matters most.”

NIYAMA

नियम

PERSONAL DISCIPLINE

Consciously creating habits and practices that support purity, contentment, self-study, devotion and a meaningful life.

THE FIVE NIYAMAS

SAUCHA
Purity



Cleanliness of body, mind and environment.



SANTOSHA
Contentment



Finding joy in what you have and where you are.



TAPAS
Discipline



Self-control and dedicated effort towards growth.



SVADHYAYA
Self-Study



Daily study of sacred wisdom and self-reflection.



ISHVARA PRANIDHANA
Devotion



Surrendering the fruits of actions to the Divine.



WHY NIYAMA IS IMPORTANT



Builds strong character and inner discipline



Creates mental clarity and emotional stability



Improves focus, energy and self-control



Strengthens willpower and consistency



Helps you live with purpose, peace and integrity



HOW TO PRACTICE NIYAMA DAILY

- ✓ Wake up early and start your day with intention
- ✓ Maintain personal hygiene and a clean space
- ✓ Practice yoga, pranayama and meditation
- ✓ Eat sattvic and wholesome food
- ✓ Study and reflect on uplifting wisdom
- ✓ Serve others and practice gratitude
- ✓ Follow a consistent daily routine



DISCIPLINE TODAY, TRANSFORMATION TOMORROW



Small daily disciplines may seem simple, but over time they create a powerful life.

BENEFITS OF NIYAMA

- ✓ Creates lasting and positive habits
- ✓ Brings peace and contentment
- ✓ Improves self-awareness
- ✓ Enhances spiritual growth
- ✓ Builds confidence and self-respect
- ✓ Leads to a meaningful and purposeful life



SIGNS YOU ARE BUILDING NIYAMA



You wake up with purpose



You follow your routine



You stay consistent in practice



You read and reflect daily



You act with integrity



You feel grateful and content

REMEMBER

Discipline is the bridge between your goals and your achievements. Protect your daily habits. They protect your future.



DISCIPLINE YOUR DAILY LIFE. TRANSFORM YOUR INNER LIFE.



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66

We are what
we repeatedly do.
Excellence, then,
is not an act,
but a habit.

— ARISTOTLE —



ABHYASA

अभ्यास

CONSISTENT PRACTICE

The commitment to return to
a worthy practice again and again
with patience and sincerity.



WHAT IS ABHYASA?

Abhyasa (अभ्यास) is the repetition
of a chosen practice that helps us
grow, refine our mind and develop
inner strength.

Through consistent practice,
the impossible becomes possible
and the difficult becomes natural.



WHY CONSISTENT PRACTICE MATTERS



Builds focus
and clarity



Strengthens
willpower



Creates
steady progress



Brings inner
peace



Leads to
excellence

CONSISTENCY OVER PERFECTION



Some days
will be hard



Some days
you will miss



But the practice
is to return



Return. Practice.
Begin again.

BENEFITS OF ABHYASA



Transforms intention
into experience



Improves skills
and abilities



Develops patience
and resilience



Creates positive habits
and character



Deepens spiritual growth
and self-awareness



HOW TO PRACTICE ABHYASA DAILY

- Choose a meaningful practice
- Set a fixed time every day
- Start small, stay consistent
- Stay present and mindful
- Measure progress, not against others,
but against yourself
- Missed a day? Don't quit. Begin again.

Small steps. Every day.
Big transformation over time.



ABHYASA IN DAILY LIFE



Wake early



Meditate



Practice Yoga



Study & Reflect



Work with focus



Serve selflessly



Healthy food



Gratitude

The path to mastery is not in sudden leaps,
but in daily steps taken with devotion.

~ Swami Vivekananda ~

SIGNS YOU ARE BUILDING ABHYASA

- You look forward to your practice
- You stay committed even on tough days
- You notice gradual inner changes
- You are less distracted
- You handle challenges with calmness
- You feel a sense of purpose and direction



REPEAT WITH FAITH. PRACTICE WITH LOVE. TRANSFORM YOUR LIFE.



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108 SPECIAL SANATANA DHARMA VALUES

SELF-MASTERY SERIES

11 OF 15

“Detachment
is not indifference,
but inner freedom.”



VAIRAGYA वैराग्य

DETACHMENT

Freedom from attachment.
Peace within.



WHAT IS VAIRAGYA?

Vairagya is the inner freedom to participate fully in life without becoming enslaved by craving, possession, expectation or attachment to outcomes.



WHY DETACHMENT?

- Brings inner peace
- Reduces fear and anxiety
- Builds emotional freedom
- Creates clarity
- Leads to true happiness

PRACTICE VAIRAGYA DAILY

- Be grateful for what you have
- Release what you don't need
- Reduce unnecessary comparison
- Accept changing circumstances
- Focus on the present



THE POWER OF LETTING GO

Hold with love.
Release with wisdom.
Remain peaceful within.



SIGNS YOU ARE LIVING VAIRAGYA



You stay calm



You accept change



You love without clinging



You are peaceful



You enjoy life more

REMEMBER

You can love deeply without owning, control or fear.
True freedom comes from inner non-attachment.



LIVE LIGHTLY. LOVE DEEPLY. LET GO WISELY.



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“
Attachment
creates fear.
Detachment
creates freedom.”

VAIRAGYA

वैराग्य

DETACHMENT

The inner freedom to live fully in life without becoming enslaved by craving, possession, expectation or attachment to outcomes.

WHAT IS VAIRAGYA?

Vairagya (वैराग्य) means detachment. It does not mean becoming cold or uncaring.

It means loving without clinging, enjoying without possessing, acting without obsession and letting go without losing inner peace.



WHAT VAIRAGYA IS



Love without
clinging



Enjoy without
possessing



Act without
obsession



Serve without
demanding



Let go without
fear

ATTACHMENT CAN CREATE



Fear of loss



Constant worry



Overthinking



Dependence on
outcomes

WHY VAIRAGYA IS IMPORTANT



Brings inner freedom and peace



Reduces stress, fear and anxiety



Improves clarity and decision making



Helps you focus on what truly
matters



Strengthens emotional balance



Deepens spiritual growth
and self-awareness



HOW TO PRACTICE VAIRAGYA DAILY

- ✓ Be grateful for what you have
- ✓ Release what you don't need
- ✓ Reduce unnecessary comparison
- ✓ Accept changing circumstances
- ✓ Stay in the present moment
- ✓ Release unhealthy attachments



DETACHMENT IS NOT INDIFFERENCE

You can care deeply,
love sincerely and
serve wholeheartedly
while allowing others
and circumstances to
have their freedom.

Care deeply.
Cling less.
Serve freely.



SIGNS YOU ARE CULTIVATING VAIRAGYA

- ✓ You are less reactive to situations
- ✓ You accept what you cannot control
- ✓ You worry less about the future
- ✓ You feel lighter and more peaceful
- ✓ You enjoy the present moment
- ✓ You love and serve selflessly



THE TRANSFORMATION OF VAIRAGYA



Attachment
creates suffering



Detachment
brings clarity



Clarity brings
inner peace



Inner peace leads
to true happiness



Freedom from within
is true liberation

REMEMBER

Nothing is permanent in this world.
People, situations, possessions
and even the body will change.
Hold everything with gratitude
and release everything with
wisdom. This is Vairagya.



HOLD WITH LOVE. RELEASE WITH WISDOM. LIVE WITH FREEDOM.



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“
Clarity is not
knowing everything.
It is knowing what
deserves your
attention.”

VIVEKA विवेक DISCERNMENT

The ability to distinguish between
what is wise and unwise, lasting and temporary,
helpful and harmful, truth and assumption.

WHAT IS VIVEKA?

Viveka (विवेक) is the clarity
and wisdom to see things
as they truly are.

It helps us make
better choices and
live a meaningful life.



VIVEKA HELPS US DISTINGUISH



Helpful
from
Harmful



Permanent
from
Temporary



Truth
from
Assumption



Need
from
Craving



Purpose
from
Distraction

WHY VIVEKA IS IMPORTANT

- Leads to wise decisions
and right actions
- Protects from wrong
choices and regrets
- Brings clarity in confusion
- Helps manage emotions
and impulses
- Guides towards truth,
peace and growth.



EMOTION REACTS - VIVEKA RESPONDS



Emotion says,
“React now.”



Viveka says,
“Pause.”



See clearly.



Then choose
wisely.

PRACTICE VIVEKA DAILY

- Observe before judging
- Question assumptions
- Understand your emotions
- Seek knowledge
- Pause before reacting
- Choose according to your values



THE FOUR QUESTIONS

Before making an important choice, ask:



Is it true?



Is it beneficial?



Is it aligned with my values?



What are the consequences?



SIGNS YOU ARE BUILDING VIVEKA

- You think before you act
- You are less impulsive
- You handle situations calmly
- You learn from experiences
- You make wise and
value-based decisions



SEE CLEARLY. CHOOSE WISELY. LIVE CONSCIOUSLY.



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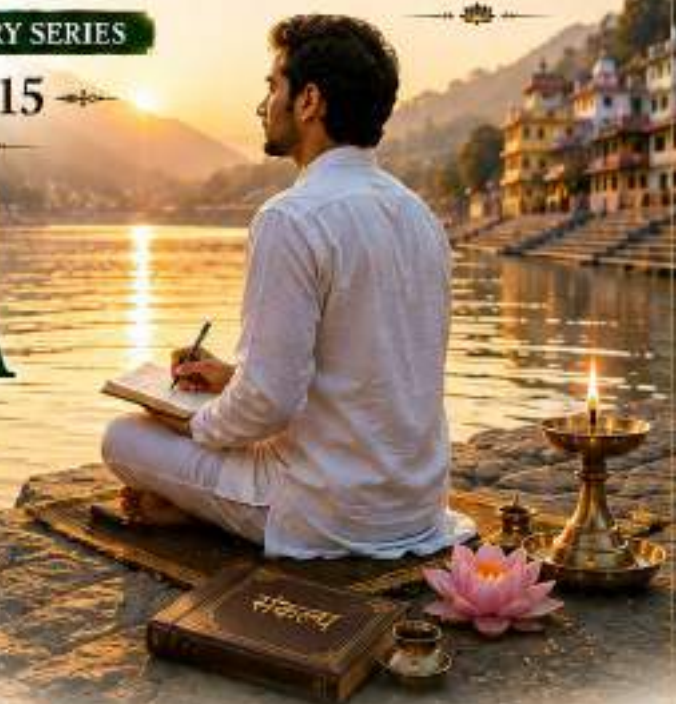
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“A Sankalpa
is a bridge between
intention and
transformation.”

— RISHI VACHAN

SANKALPA संकल्प NOBLE RESOLVE

A conscious, noble resolve to live
with purpose, integrity and devotion
for the well-being of all.



WHAT IS SANKALPA?

Sankalpa (संकल्प) is a clear
inner commitment to uphold
dharma, fulfill your purpose and
create positive impact.

It is not just a wish.
It is a decision followed
by commitment and action.



WISH vs SANKALPA

WISH SAYS



- ✗ Vague and unclear
- ✗ Depends on mood
- ✗ Easily forgotten
- ✗ No real direction
- ✗ Rarely becomes reality

SANKALPA SAYS



- ✓ Clear and purposeful
- ✓ Strong commitment
- ✓ Remembered daily
- ✓ Guided by values
- ✓ Creates real transformation

WHY SANKALPA IS IMPORTANT

- 🎯 Gives direction to your life
- 💪 Strengthens willpower
- 🧘 Helps overcome distractions
- 🙏 Aligns you with your dharma
- 📖 Brings discipline and focus
- 🌟 Creates meaningful impact
- 😊 Leads to inner fulfillment



HOW TO CREATE A POWERFUL SANKALPA

- 🎯 Get clear about what truly matters.
- 💖 Make it noble – for your growth and the good of others.
- ✓ Keep it positive and present tense.
- 📝 Make it specific and realistic.
- 🔔 Repeat it daily with faith.
- 🚶 Take consistent action.



EXAMPLES OF NOBLE SANKALPA

- 👤 I choose to live a healthy, disciplined and conscious life.
- 👨👩👧 I will serve my family, society and nature selflessly.
- 🗣️ I will speak the truth and act with integrity.
- 🧠 I will control my mind, senses and emotions.
- 👤 I will use my knowledge and skills for the good of all.
- 🌱 I will practice gratitude, compassion and forgiveness.



DAILY SANKALPA PRACTICE

- ☀️ Wake up with a clear intention.
- 🙏 Repeat your Sankalpa with devotion.
- 👁️ Visualize yourself living it.
- 🚶 Take inspired action.
- 🌙 Reflect at night with gratitude.



“MAKE A NOBLE RESOLVE TODAY,
HONOR IT EVERY DAY, AND YOUR LIFE WILL BECOME EXTRAORDINARY.”



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14 OF 15

“A focused mind
can turn ordinary
effort into
extraordinary
results.”

EKAGRATA एकाग्रता CONCENTRATION

The ability to gather the mind and
direct it steadily toward what truly
matters.



WHAT IS EKAGRATA?

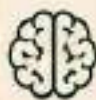
Ekrata (एकाग्रता) is
one-pointed concentration.
It is the ability to focus
the mind on one object,
task or purpose without
being distracted.



THE POWER OF EKAGRATA



Improves
learning



Enhances
memory



Deepens
meditation



Increases
productivity



Brings inner
peace

THE COST OF DISTRACTION

- ✗ Weakens the mind
- ✗ Causes stress and anxiety
- ✗ Reduces efficiency
- ✗ Prevents deep learning
- ✗ Wastes valuable time



PRACTICE EKAGRATA DAILY

- ✓ Remove unnecessary distractions
- ✓ Choose one task at a time
- ✓ Practice meditation regularly
- ✓ Work in focused time blocks
- ✓ Returns gently when the mind wanders
- ✓ Give full attention to what you do



SIMPLE FOCUS PRACTICE



1. Sit comfortably
2. Keep your spine straight
3. Focus on your breath
or a single point (like a flame)
4. When the mind wanders,
gently bring it back
5. Practice daily with patience



SIGNS YOUR EKAGRATA IS GROWING

- ✓ You complete tasks on time
- ✓ You remember better
- ✓ You feel less scattered
- ✓ You stay calm in challenges
- ✓ You experience inner clarity



DAILY AFFIRMATION

I focus my mind with clarity.
I give my best to what I do.
I stay present. I stay powerful.



FOCUS YOUR MIND. FOCUS YOUR LIFE.

Where your attention goes,
your energy flows.
Where your energy flows,
your life grows.



NEXT VALUE



15 OF 15
ATMA-SAMYAMA
Self-Control

— Coming Next —

ONE MIND. ONE PURPOSE. ONE POWERFUL LIFE.



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15 OF 15
GRAND FINALE

“The greatest victory
is not over another person.
It is the victory over
our own impulses.”

— Sanatana Dharma

ATMA-SAMYAMA आत्मसंयम SELF-CONTROL

The ability to consciously regulate
your thoughts, emotions, senses, speech,
desires and actions.



WHAT IS ATMA-SAMYAMA?

Atma-Samyama (आत्मसंयम) is
self-control or self-restraint.
It is the power to guide yourself
instead of being ruled by
impulses and distractions.



It is not suppression.
It is self-mastery.

WHAT SELF-CONTROL MEANS



Guide
your
mind



Guide
your
senses



Regulate
your
emotions



Control
your
speech



Choose
your
actions

WHY ATMA-SAMYAMA IS IMPORTANT

- ① Creates inner strength and stability
- ② Helps make better decisions
- ③ Improves relationships
- ④ Brings peace and self-respect
- ⑤ Leads to freedom and happiness
- ⑥ Brings you closer to your true self



IMPULSE vs CONSCIOUS CHOICE

IMPULSE SAYS:

“React now.”

- ✗ Driven by emotions
- ✗ Immediate reaction
- ✗ Often leads to regret
- ✗ Weakens your goals
- ✗ Creates more problems



SELF-CONTROL SAYS:

“Pause. Choose. Respond.”

- ✓ Driven by awareness
- ✓ Thoughtful response
- ✓ Creates positive outcomes
- ✓ Strengthens your goals
- ✓ Brings peace and clarity

THE FOUR-STEP PRACTICE

- 1 **PAUSE**
Stop. Don't react immediately.
- 2 **BREATHE**
Take a few deep, slow breaths.
- 3 **OBSERVE**
Notice your thoughts and feelings.
- 4 **CHOOSE**
Respond wisely and consciously.



BUILD SELF-CONTROL DAILY

- 🧘 Meditate regularly
- 🌬 Practice conscious breathing
- 🚫 Create healthy boundaries
- 🗣 Speak thoughtfully
- 🍽 Choose your food consciously
- 🕒 Stay consistent every day



THE TRUE MEANING OF FREEDOM

Self-control is not a prison.
It is freedom from impulse.

It gives you the power to pause,
choose and live according to
your values and purpose.



COMPLETE SELF-MASTERY SERIES

- 01. DAMA - Sense Restraint
- 02. SAMA - Mental Calm
- 03. INDRIVA NIGRAHA - Control of Senses
- 04. MANONIGRAHA - Control of Mind
- 05. DHIRTI - Fortitude
- 06. TITIKSHA - Patient Endurance
- 07. UTSAHA - Enthusiasm
- 08. DHIRTI - Steadfastness

- 09. NIYAMA - Personal Discipline
- 10. ABHYASA - Consistent Practice
- 11. VAIRAGYA - Detachment
- 12. VIVEKA - Discernment
- 13. SANKALPA - Noble Resolve
- 14. EKAGRATA - Concentration
- 15. ATMA-SAMYAMA - Self-Control

MASTER YOURSELF.
AND YOU BEGIN TO MASTER YOUR LIFE.

ONE MIND • ONE PURPOSE • ONE POWERFUL LIFE



THE JOURNEY CONTINUES...



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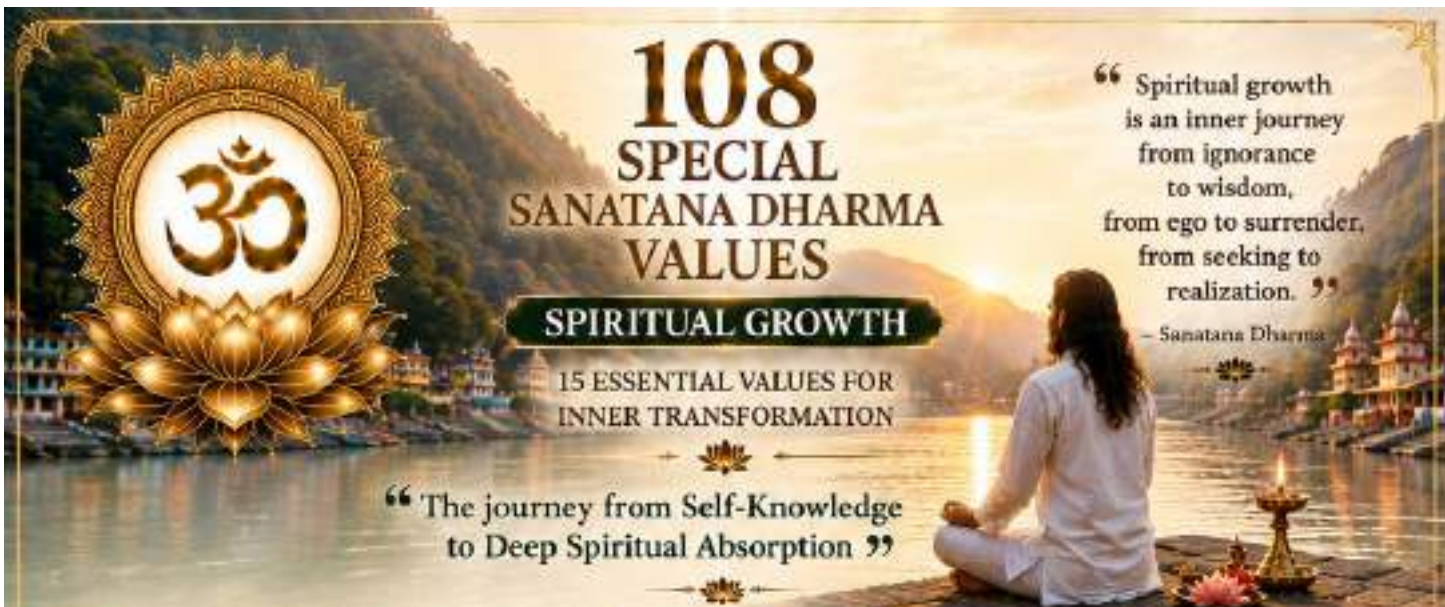
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108 SPECIAL SANATANA DHARMA VALUES

SPIRITUAL GROWTH

15 ESSENTIAL VALUES FOR
INNER TRANSFORMATION

“The journey from Self-Knowledge
to Deep Spiritual Absorption”

“Spiritual growth
is an inner journey
from ignorance
to wisdom,
from ego to surrender,
from seeking to
realization.”

— Sanatana Dharma

1 ATMA-JNANA आत्मज्ञान



Self-knowledge.
Discovering the
true nature of the Self.

2 BRAHMA-JNANA ब्रह्मज्ञान



Knowledge of
the Supreme Reality.

3 DHYANA ध्यान



Meditation.
Cultivating deep
inner stillness.

4 YOGA योग



Union and integration
of body, mind and
consciousness.

5 JAPA जप



Repetition of sacred
name or mantra
with devotion.

6 MANTRA मन्त्र



Sacred sound
that purifies the mind
and elevates awareness.

7 SVADHYAYA स्वाध्याय



Self-study and
scripture study.
Learning and reflecting
on sacred wisdom.

8 SATSANGA सत्संग



Company of the wise.
Being in the presence of
truth, wisdom and goodness.

9 SMARANA स्मरण



Remembrance
of the Divine
in every moment.

10 BHAKTI भक्ति



Devotion.
Loving and serving
the Divine wholeheartedly.

11 PREMA प्रेम



Divine love.
Pure, unconditional
love for all.

12 SAMARPANA समर्पण



Surrender.
Offering oneself
completely to the Divine.

13 ISHVARA PRANIDHANA ईश्वर प्राणिधान



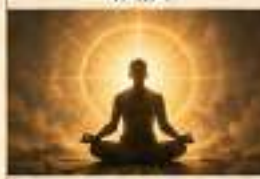
Surrender to God.
Dedication of all actions
and their results to God.

14 ATMA-VICHARA आत्मविचार



Self-inquiry.
Asking “Who am I?” and
abiding in inner truth.

15 SAMADHI समाधि



Deep spiritual absorption.
Union with the Divine
beyond the mind.

THE JOURNEY OF SPIRITUAL GROWTH



KNOW
Seek
Self-Knowledge



PRACTICE
Apply in daily
life



REFLECT
Learn, contemplate
and refine



DEVOTE
Love the Divine
wholeheartedly



SURRENDER
Offer and trust
completely



REALIZE
Live in awareness,
peace and freedom

“When knowledge,
practice, devotion and
surrender come together,
spiritual growth
becomes natural.”

MAY THESE VALUES GUIDE YOU FROM DARKNESS TO LIGHT,
FROM IGNORANCE TO WISDOM, FROM BONDAGE TO FREEDOM.



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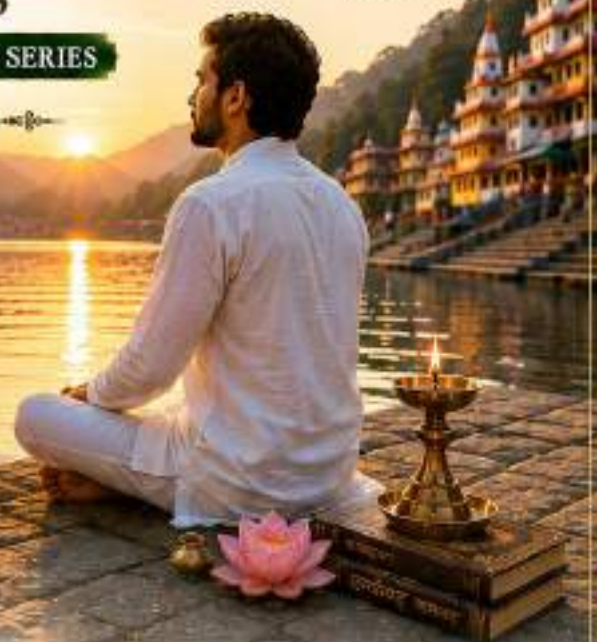
01 OF 15

“Knowing yourself
is the beginning
of all wisdom.”

— Aristotle

ATMA-JÑĀNA आत्मज्ञान SELF-KNOWLEDGE

Atma-Jñāna is the knowledge of the Self.
It is the understanding that you are not just the
body, mind, thoughts or emotions, but pure
awareness — the witness within.



WHAT IS ATMA-JÑĀNA?

Atma-Jñāna is Self-knowledge.
It is the direct understanding
of your true nature.

- You are the awareness
in which the body appears.
- You are the light in which
the mind thinks.
- You are the witness of all
experiences.

You are not the changing,
you are the changeless.



YOU ARE NOT...



NOT
YOUR
THOUGHTS



NOT
YOUR
EMOTIONS



NOT
YOUR
BODY



NOT
YOUR
ROLES



NOT
YOUR
IDENTITY

YOU ARE...



PURE AWARENESS
THE WITNESS
THE SELF

WHY IS IT IMPORTANT?



Brings clarity and peace



Frees you from fear and anxiety



Helps you handle situations
with balance



Creates inner strength



Leads to true happiness
and fulfillment



Opens the door to spiritual
wisdom and liberation



PRACTICES FOR SELF-KNOWLEDGE

- Self-Inquiry: "Who am I?"
- Meditation: Sit in silence daily
- Observe your thoughts and emotions
- Study scriptures like Upanishads, Gita, Bhagavad
- Keep good company (Satsanga)
- Live with honesty and awareness
- Practice detachment and surrender

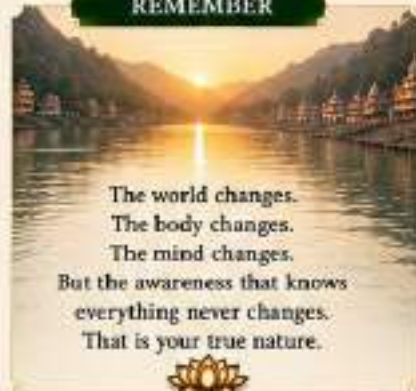


SIMPLE SELF-INQUIRY PRACTICE

- Sit quietly and relax your body.
- Watch your breath for a few minutes.
- Observe the thoughts that arise.
- Ask: "To whom do these thoughts arise?"
- The answer will be: "To me."
- Ask: "Who am I?"
- Rest in the feeling of "I am".
- Stay as the silent witness.



REMEMBER



The world changes.
The body changes.
The mind changes.
But the awareness that knows
everything never changes.
That is your true nature.



“Know the Self, and you will be free from sorrow.
Know the Self, and you will find unshakable peace.”



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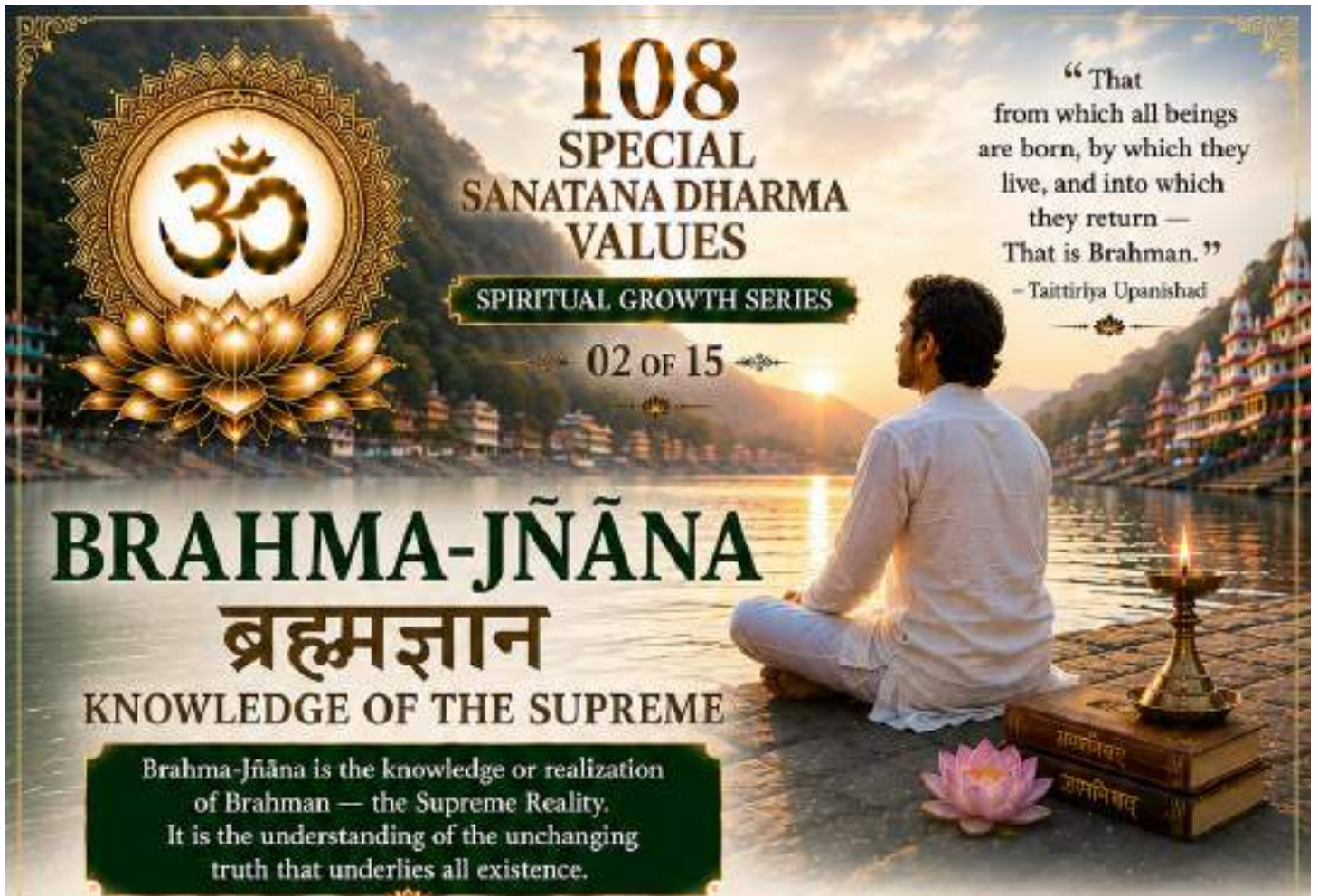
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“That
from which all beings
are born, by which they
live, and into which
they return —
That is Brahman.”

— Taittiriya Upanishad

BRAHMA-JÑĀNA ब्रह्मज्ञान

KNOWLEDGE OF THE SUPREME

Brahma-Jñāna is the knowledge or realization
of Brahman — the Supreme Reality.
It is the understanding of the unchanging
truth that underlies all existence.

WHAT IS BRAHMAN?

- Infinite and Eternal
- Beyond Name and Form
- All-pervading Consciousness
- The Source, Support and Essence of Everything
- Unchanging amidst all Change

BEYOND THE CHANGING



Bodies
change



Thoughts
change



Emotions
change



Circumstances
change



Time
changes

But the Reality remains.

THAT REALITY IS BRAHMAN.

WHY SEEK BRAHMA-JÑĀNA?

- Brings deep clarity and wisdom
- Frees from ignorance and fear
- Helps you see unity in diversity
- Leads to peace and contentment
- Guides you to true fulfillment

HOW TO APPROACH?

- Study the scriptures (Upanishads, Gita)
- Meditate regularly
- Practice self-inquiry (Who am I?)
- Seek the guidance of a teacher
- Contemplate deeply on the truth
- Live with awareness and detachment

FROM KNOWLEDGE TO REALIZATION



KNOWLEDGE
Hearing and learning
the truth



CONTEMPLATION
Reflecting and
meditating deeply

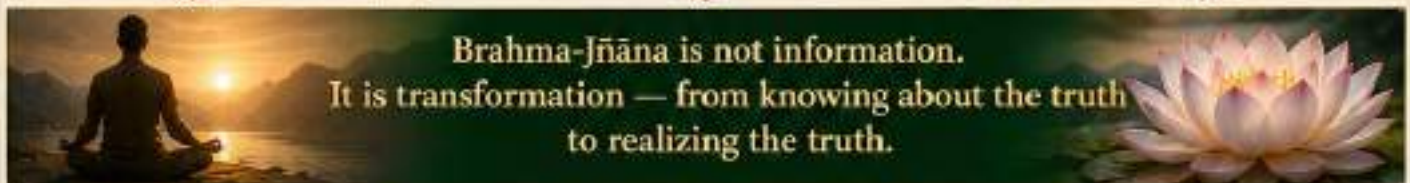


REALIZATION
Direct experience of
the Supreme

THE GREAT INQUIRY

“WHO AM I?”

Not just the body,
not just the mind,
not just the ego.
I am the awareness in
which all appears.



Brahma-Jñāna is not information.
It is transformation — from knowing about the truth
to realizing the truth.



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→ The knower of Brahman becomes Brahman.

— Brihadaranyaka Upanishad —



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03 OF 15

“When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place.”

- Bhagavad Gita 6.19

DHYĀNA - ध्यान MEDITATION

Dhyāna is the practice of steadying the mind, observing without judgment, and resting in inner awareness.



WHAT IS DHYĀNA?

- 🌸 Dhyāna means meditation.
- 🌸 It is the continuous flow of attention.
- 🌸 It helps calm the mind and reduce stress.
- 🌸 It brings clarity, balance and inner peace.
- 🌸 It connects you with your true self.



THE PURPOSE OF MEDITATION



Calms the mind



Improves focus



Reduces stress



Emotional balance



Connects you within

Meditation is not about stopping thoughts. It is about seeing them clearly and letting them pass.



BENEFITS OF DHYĀNA

- ✓ Greater peace and happiness
- ✓ Better concentration
- ✓ Emotional stability
- ✓ Improved sleep
- ✓ Reduced anxiety and stress
- ✓ Deeper self-awareness
- ✓ Enhanced spiritual growth
- ✓ Better overall well-being



A SIMPLE MEDITATION PRACTICE

- 1 Sit comfortably with a straight spine.
- 2 Close your eyes gently.
- 3 Take a few deep breaths.
- 4 Observe your natural breath.
- 5 When thoughts arise, let them pass.
- 6 Return your attention to the breath.
- 7 Continue for a few minutes daily.



THOUGHTS ARE NOT THE ENEMY

Thoughts will come. Thoughts will go. You don't have to follow every thought.



BEST TIME TO MEDITATE



Early Morning



Sunset Time



Before Sleep



HOW TO PREPARE

- ✓ Choose a quiet place.
- ✓ Keep your posture steady.
- ✓ Keep the body relaxed.
- ✓ Avoid heavy meals before meditation.
- ✓ Be consistent.



DHYĀNA LEADS TO...



Awareness



Inner Clarity



Self-Realization

The more you practice, the deeper your inner experience becomes.

REMEMBER

Meditation is not about escaping life. It is about learning to be fully present in your life.



BE STILL. BE PRESENT. KNOW WITHIN.



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“Yoga is the journey
of the self, through
the self, to the self.”

– The Bhagavad Gita

योग • YOGA

UNION AND INTEGRATION

Yoga comes from the Sanskrit root “yuj”
which means to join, unite or integrate.
It is the harmony of body, breath, mind
and the deeper purpose of life.



YOGA INTEGRATES



BODY

Care & Strength



BREATH

Balance & Energy



MIND

Focus & Clarity



AWARENESS

Presence & Insight



VALUES

Compassion & Integrity



PURPOSE

Meaning & Direction

YOGA IS MORE THAN POSTURE



Asanas (postures) are
important, but yoga is
a way of living.

- How you breathe
- How you think
- How you speak
- How you act
- How you relate

THE 8 LIMBS OF YOGA (ASHTANGA YOGA)



- 1 Yama – Ethical values
- 2 Niyama – Personal observances
- 3 Asana – Posture
- 4 Pranayama – Breath regulation
- 5 Pratyahara – Sense withdrawal
- 6 Dharana – Concentration
- 7 Dhyana – Meditation
- 8 Samadhi – Inner absorption

PRACTICE YOGA EVERY DAY



- Start your day with awareness
- Move your body with respect
- Breathe mindfully
- Pause and observe
- End the day with gratitude

Small daily steps
create deep change.

BENEFITS OF YOGA



- Improves physical health
- Calms the mind
- Reduces stress & anxiety
- Increases concentration
- Enhances self-awareness
- Brings inner peace & joy
- Supports spiritual growth



Yoga is the art of living in harmony with yourself,
with others and with the world around you.
UNITE WITHIN. LIVE IN HARMONY.



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“The mind is restless
by nature, but it can
become steady through
Japa and detachment.” —
Bhagavad Gita 6.35

JAPA - जप

REPETITION OF A SACRED MANTRA

Japa is the mindful repetition of a
sacred mantra or the divine name with
awareness, devotion and steadiness.

WHAT IS JAPA?

- Japa means the repetition of a sacred mantra.
- It can be done aloud, softly, or mentally.
- It is an ancient and universal spiritual practice.
- It helps in focusing the mind and connecting with the Divine.



HOW JAPA HELPS



Calms
the mind



Improves
concentration



Strengthens
devotion



Brings inner
peace



Leads to
spiritual growth

Each repetition is a step from distraction
to awareness, from noise to inner silence.



BENEFITS OF JAPA

- Reduces stress and anxiety
- Improves mental clarity
- Brings emotional balance
- Enhances patience and discipline
- Deepens self-awareness
- Strengthens spiritual connection
- Creates positive vibrations in the surroundings



HOW TO DO JAPA

- Sit comfortably with a straight spine
- Choose an appropriate mantra given by a Guru or from scriptures
- Use a mala (108 beads)
- Repeat the mantra with awareness and devotion
- When the mind wanders, bring it back gently
- Practice daily at fixed times



TYPES OF JAPA



VACHIKA JAPA
(Repetition aloud)



UPAMSHU JAPA
(Softly whispered)



MANASIKA JAPA
(Mental repetition)

“The goal is not just the number of repetitions,
but the depth of awareness and sincerity
behind each repetition.”

BEST TIME FOR JAPA



Brahma Muhurta
(early morning)



Sunset time



Before sleep



Any time with purity,
focus and devotion



JAPA WITH A MALA

- Use the mala with the right hand.
- Do not cross the Meru (guru bead).
- One round = 108 repetitions.
- Keep the mala clean and handle it with respect.



ONE MANTRA.
ONE BREATH.
ONE HEART.
RETURN TO THE DIVINE.



REMEMBER

Japa is not about
mechanical repetition.
It is about love, faith,
and constant remembrance
of the Divine.



REPEAT WITH AWARENESS. REMEMBER WITH DEVOTION.



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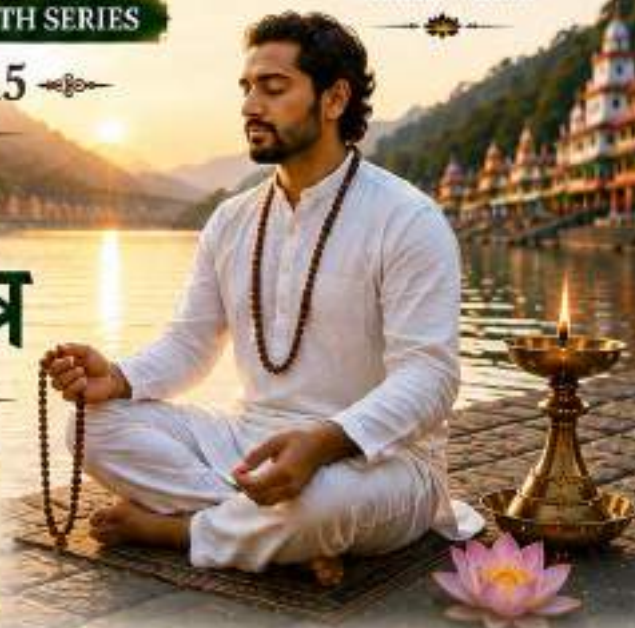
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“The vibration of mantra, when recited with devotion and awareness, becomes a bridge to the Divine.”
– Ancient Wisdom

MANTRA - मन्त्र SACRED SOUND

A mantra is a sacred sound, word or phrase used in spiritual practice. Through repetition, contemplation and devotion, mantra helps steady the mind and awaken inner awareness.



WHAT IS A MANTRA?

- A sacred sound or vibration.
- Revealed in the Vedas and ancient scriptures.
- Used for meditation, prayer and spiritual growth.
- Has the power to purify the mind and heart.
- Connects the individual with the Divine.



THE POWER OF MANTRA



Calms the mind



Improves focus



Awakens devotion



Brings inner peace



Connects you with the Divine

ॐ नमः शिवाय

One sound. Infinite benefits.

The more you practice, the deeper the transformation.

TYPES OF MANTRA

- Vedic Mantras (Sacred chants from the Vedas)
- Beeja Mantras (Sacred seed sounds)
- Nama Japa (Repetition of Divine Names)
- Gayatri Mantra (Universal prayer for wisdom)
- Shanti Mantras (Mantras for peace and harmony)



HOW TO PRACTICE MANTRA

1. Sit in a quiet and clean place.
2. Choose an appropriate mantra from a trusted source.
3. Pronounce the mantra clearly (aloud, softly or mentally).
4. Use a mala (108 beads) to maintain count and focus.
5. Keep your attention on the sound and its meaning.
6. Practice daily with devotion and consistency.



MANTRA & MALA



- Traditional mala has 108 beads.
- Helps in counting and concentration.
- Do not cross the Meru head.
- Hold the mala with respect and gratitude.

BEST TIMES FOR MANTRA PRACTICE



Brahma Muhurta (Early morning)



Sunset time



Before sleep



Any time with purity of mind and sincerity



EXAMPLES OF SACRED MANTRAS

- ॐ (OM) – The sound of the Universe
- ॐ नमः शिवाय (Om Namah Shivaya) – Salutations to Lord Shiva
- ॐ नमो भगवते वासुदेवाय (Om Namo Bhagavate Vasudeva) – Salutations to Lord Vishnu
- गायत्री मंत्र (Gayatri Mantra) – Prayer for wisdom and illumination
- ॐ श्री राम जय राम जय राम (Om Shri Ram Jai Ram Jai Ram)

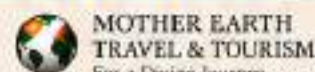
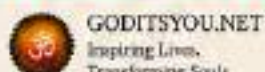
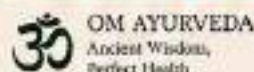


REMEMBER

Mantra is not just repetition. It is a sacred connection. Repeat with awareness. Listen with devotion. Transform from within.



SACRED SOUND. STEADY MIND. CONNECTED SOUL.





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07 OF 15

“By self-study
the wise person
becomes free from
delusion.”

- Bhagavad Gita 4.38

SVĀDHYĀYA - स्वाध्याय

SELF-STUDY & SCRIPTURE STUDY

Svādhyāya is the practice of studying scriptures and also studying oneself. It is not just about collecting knowledge, but reflecting on it and applying it in daily life for inner transformation.

WHAT IS SVĀDHYĀYA?

- Study of sacred texts and wisdom of the sages.
- Self-reflection and understanding of one's thoughts, emotions, values and actions.
- Brings clarity, right understanding and direction in life.
- Leads to wisdom, self-discipline and spiritual growth.

BENEFITS OF SVĀDHYĀYA



When knowledge is reflected upon and lived,
it becomes wisdom.

SCRIPTURE STUDY HELPS

- Understand the purpose of life.
- Learn timeless principles.
- Develop discrimination (right vs. wrong).
- Find solutions to life's challenges.
- Connect with the wisdom of the Rishis.

HOW TO PRACTICE SVĀDHYĀYA

- Set aside a quiet time and place daily.
- Read a small portion of a scripture.
- Reflect on its meaning.
- Write down your thoughts in a journal.
- Observe how it applies to your life.
- Practice and transform.

SELF-STUDY - LOOK WITHIN

- What are my habits and patterns?
- What triggers my reactions?
- What are my strengths and weaknesses?
- Am I living in alignment with my values?
- What can I improve today?

THE PROCESS



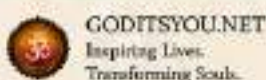
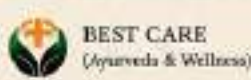
RECOMMENDED SCRIPTURES



“Svādhyāya is the bridge
between knowledge
and realization.”



STUDY THE WISDOM. STUDY YOURSELF. TRANSFORM YOUR LIFE.





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"Keep company
of those who seek
the truth, for their
presence becomes
a path to wisdom."

— Ancient Wisdom

SATSANGA-सत्संग

COMPANY OF THE WISE

Satsanga means keeping company with truth,
wisdom and spiritually uplifting people.
It includes association with wise teachers,
sincere seekers, sacred teachings and
communities that inspire inner growth.



WHAT IS SATSANGA?

- Company of the wise and enlightened.
- Listening to truth and wisdom.
- Spending time with sincere seekers.
- Studying sacred scriptures together.
- Engaging in meaningful discussions.
- Participating in spiritual practices.
- Serving selflessly for a higher purpose.



BENEFITS OF SATSANGA



Purifies
mind



Improves
focus



Awakens
devotion



Reduces
ego



Brings inner
peace

It inspires, guides and supports us on
the path of self-realization.



TYPES OF SATSANGA

- Sanga with wise teachers and mentors
- Sanga with good friends and sincere seekers
- Sanga through scriptures and sacred texts
- Sanga through spiritual discourses, retreats and gatherings
- Sanga through seva (selfless service) and community work



HOW TO PRACTICE SATSANGA

- 1 Seek the company of wise and positive people.
- 2 Attend spiritual talks, classes and gatherings.
- 3 Read and discuss sacred scriptures.
- 4 Ask questions and reflect deeply.
- 5 Serve together selflessly.
- 6 Apply the learning in daily life.



GOOD COMPANY, GOOD LIFE



The people you spend time with
influence your thoughts, words,
actions and destiny.
CHOOSE WISELY.



SIGNS OF TRUE SATSANGA

- Encourages truth, compassion and discipline
- Helps you grow spiritually and mentally
- Brings clarity, peace and strength
- Inspires self-improvement
- Creates a positive and uplifting environment



GOOD COMPANY IS A TREASURE. WALK WITH WISDOM, LIVE IN HARMONY.



Study Together



Grow Together



Meditate
Together



Serve
Together



Transform
Together



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"Remembering
the Divine at all times
fills the heart with peace
and life with meaning."

- Ancient Wisdom

SMARANA - स्मरण

REMEMBRANCE OF THE DIVINE

Smarana is the practice of remembering
the Divine in thoughts, words and actions.
It keeps us connected with the sacred,
brings inner peace and helps us live
with gratitude, devotion and awareness.



WHAT IS SMARANA?

- ☛ Smarana means remembrance.
- ☛ It is the continuous awareness of the Divine.
- ☛ It can be through prayer, mantra, meditation, gratitude or service.
- ☛ It is not limited to temples or rituals; it is a way of living.
- ☛ It brings the Divine into our everyday life.



BENEFITS OF SMARANA



When we remember the Divine,
we are never truly alone.



WAYS TO REMEMBER THE DIVINE

- ☛ Chanting the Divine Name
- ☛ Prayer and heartfelt conversation
- ☛ Reading and listening to scriptures
- ☛ Gratitude and thankfulness
- ☛ Selfless service (seva)
- ☛ Meditation and contemplation
- ☛ Seeing the Divine in all beings



REMEMBER IN EVERY MOMENT

- ☀ When you wake up
- 👤 When you work
- 🍽 When you eat
- 🙏 When you help others
- 🌙 When you rest
- 🏠 When you face challenges

MAKE REMEMBRANCE A HABIT

SIMPLE PRACTICE OF SMARANA

- ⏸ PAUSE - Take a moment to pause.
- 🌬 BREATHE - Take a deep breath.
- 🕐 REMEMBER - Remember the Divine.
- 🙏 GIVE THANKS - Offer gratitude.
- ▶ CONTINUE - Continue your day with awareness.

IN JOY OR DIFFICULTY

Life has both joy and challenges.
In every situation,
Smarana helps us stay
balanced, calm and connected.



REMEMBER

Smarana is not just a practice.
It is a beautiful relationship
with the Divine.
The more we remember,
the more we are blessed.



तस्मात् सर्वेषु कालेषु मामनुस्मर युध्य च ।
मय्यर्पितमनोबुद्धिर्माभैर्वैष्यसंशयम् ॥
tasmāt sarveṣu kāleṣu mām anusmara yudhya ca ।
mayy arpitā-mano-buddhir mām evaiṣyasya saṁśayaṁ ॥
Therefore, remember Me at all times and fight.
With your mind and intellect surrendered to Me,
you will come to Me without doubt.

REMEMBER THE DIVINE. STAY CONNECTED. LIVE WITH DEVOTION.



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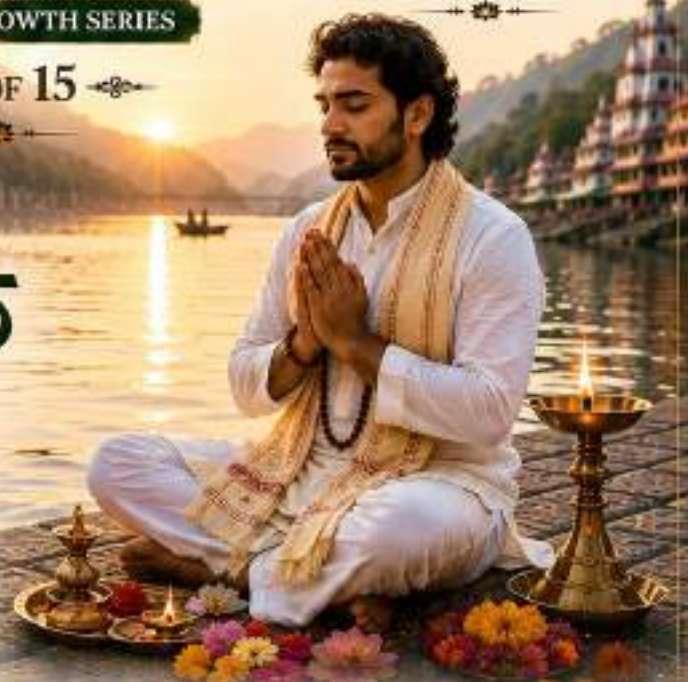
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“Devotion is
not just a feeling,
it is a way of life.”

– Ancient Wisdom

BHAKTI - भक्ति DEVOTION

Bhakti is devotion—love and heartfelt connection with the Divine. It is expressed through prayer, remembrance, worship, gratitude, service and surrender. Through Bhakti, the heart becomes pure, humble and filled with divine love.



WHAT IS BHAKTI?

- ❖ Bhakti means devotion.
- ❖ It is love for the Divine.
- ❖ It is remembering the Divine in all situations.
- ❖ It is offering your actions with love.
- ❖ It is surrendering the ego at the feet of the Divine.



THE ESSENCE OF BHAKTI



Love for
the Divine



Faith and
Trust



Surrender
and Humility



Remembrance
Always



Service with
Love

Where there is devotion,
there is peace.
Where there is surrender,
there is grace.



EXPRESSIONS OF BHAKTI

- ❖ Chanting the Divine Name
- ❖ Prayer and heartfelt conversation
- ❖ Worship and offering
- ❖ Reading and listening to scriptures
- ❖ Kirtan and bhajans
- ❖ Gratitude in every moment
- ❖ Serving living beings selflessly
- ❖ Surrendering the results of actions



HOW TO CULTIVATE BHAKTI

- 1 Start your day with gratitude.
- 2 Remember the Divine throughout the day.
- 3 Chant, pray or meditate regularly.
- 4 Offer your actions to the Divine.
- 5 Serve others with love and respect.
- 6 Surrender your worries and expectations.



BHAKTI IN DAILY LIFE



When you wake up – Remember



When you work – Offer



When you eat – Give thanks



When you help – Serve



When you rest – Surrender



BENEFITS OF BHAKTI

- ❖ Purifies the heart
- ❖ Brings inner peace
- ❖ Reduces stress and fear
- ❖ Increases compassion
- ❖ Strengthens faith
- ❖ Leads to divine grace
- ❖ Brings joy and contentment



INSPIRATION FROM SCRIPTURES

भक्त्या मामभिजानाति यावान्यथास्मि तत्त्वतः ।
ततो मां तत्त्वतो ज्ञात्वा विशते तदनन्तरम् ॥

– Bhagavad Gita 18.55

By devotion one truly knows Me –
who and what I am.



सर्वधर्मान् परित्यज्य मामेकं शरणं ब्रज ।
अहं त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥

– Bhagavad Gita 18.66

Surrender to Me alone.
I will liberate you from all worries.



LET DEVOTION FLOW FROM THE HEART AND LIGHT UP LIFE.



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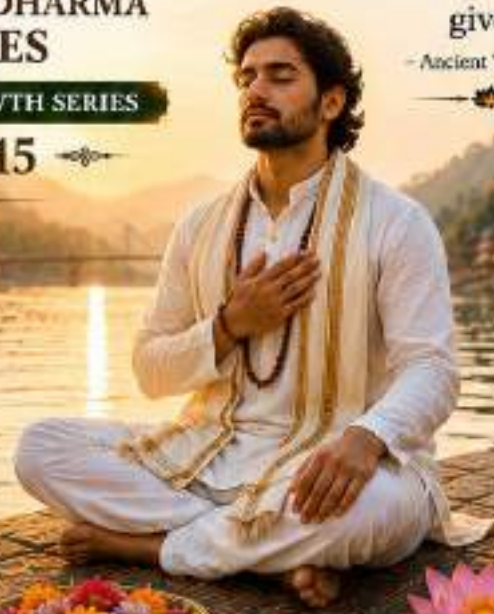
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“Love is not
what we get,
it is what we
give.”

— Ancient Wisdom

PREMA - प्रेम DIVINE LOVE

Prema is the highest form of love – selfless,
unconditional and pure. It is love for the Divine
present in all beings. It brings compassion,
kindness, forgiveness and unity.



WHAT IS PREMA?

- Love for the Divine in all forms.
- Love without expectation.
- Compassion for everyone.
- Seeing the good in all.
- Forgiveness and understanding.
- Serving selflessly.
- Unity and acceptance.



ESSENCE OF PREMA



When love flows from the heart,
division disappears and
Divinity shines.



EXPRESSIONS OF PREMA

- Chanting the Divine Name with love.
- Offering prayers with a pure heart.
- Caring for others with compassion.
- Helping without expecting anything in return.
- Respecting all beings.
- Seeing the Divine in everyone.



HOW TO CULTIVATE PREMA

- Begin each day with gratitude.
- Remember the Divine throughout the day.
- Practice kindness in small ways.
- Forgive yourself and others.
- Serve others selflessly.
- Offer all your actions to the Divine.



PREMA IN DAILY LIFE



Let your thoughts be loving,
your words be kind,
your actions be selfless,
and your heart be devoted.

BENEFITS OF PREMA

- Purifies the heart
- Brings inner peace
- Strengthens relationships
- Reduces anger and fear
- Awakens compassion
- Connects us to the Divine

INSPIRATION FROM SCRIPTURES

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहंकारः समदुःखसुखः क्षमी ॥

adveṣṭā sarvabhūtānāṃ maitraḥ karuṇa eva ca
nirmamo nirahaṅkāraḥ samaduḥkhasukhaḥ kṣamī

One who is free from hatred, friendly and compassionate towards all,
free from possessiveness and ego, equal in happiness and distress,
and forgiving – that devotee is dear to Me.

— Bhagavad Gita 12.13

“Where there is love,
there is life.

Where there is
selfless love, there
is God.”

— Sri Ramakrishna



LOVE DEEPLY. SERVE SELFLESSLY. SEE THE DIVINE IN ALL.



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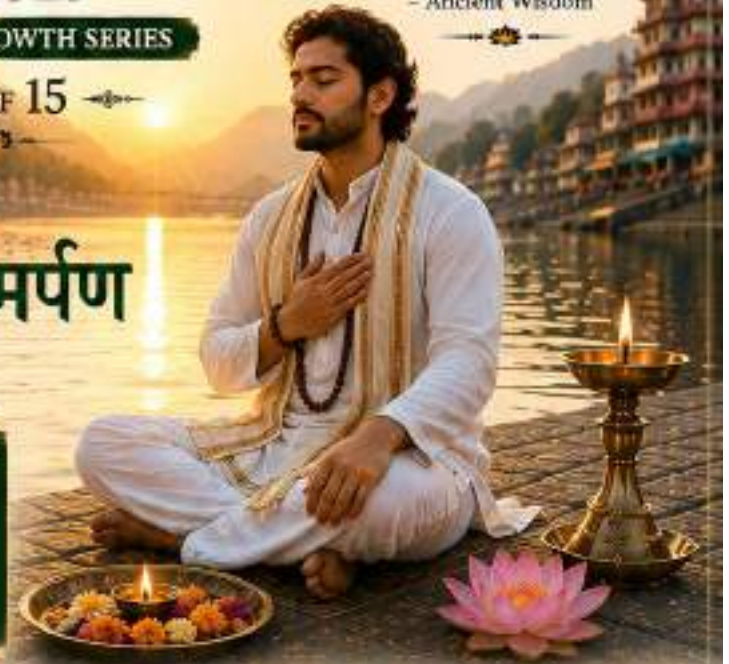
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"Surrender is
the bridge between
our limited effort
and Divine Grace."

— Ancient Wisdom

SAMARPANA - समर्पण SURRENDER

Samarpana means offering, dedication and surrender.
It is the art of doing our duty with sincerity and
giving our best, then offering the results to
the Divine with trust and humility.
It brings freedom from anxiety,
attachment and the burden of control.



WHAT IS SAMARPANA?

- Offering our actions to the Divine.
- Acting with sincerity and responsibility.
- Releasing attachment to the outcome.
- Accepting what is beyond our control.
- Trusting the Divine wisdom.
- Surrendering the ego and doership.
- Living with gratitude and humility.



THE ESSENCE OF SURRENDER



Do your
duty

Give
your best

Offer to
the Divine

Release
attachment

Trust the
Divine

You have control over your effort,
not over the results.
Do your best and leave the rest
to the Divine.



SAMARPANA IS NOT...

- It is not laziness or escapism.
- It is not avoiding responsibility.
- It is not saying "I don't care".
- It is not depending on luck.
- It is not giving up on challenges.

It is wisdom, faith and inner
freedom.



HOW TO PRACTICE SAMARPANA

- Start your day with clarity and prayer.
- Do your duty with full attention.
- Keep your intention pure and positive.
- Offer every action to the Divine.
- Accept success and failure with grace.
- Give thanks in every situation.



RELEASE WHAT YOU CANNOT CONTROL

- Other people's thoughts and actions
- Uncertain situations and outcomes
- The past that cannot be changed
- The future that is not in your hands



THE BENEFITS OF SAMARPANA

- Reduces stress and anxiety
- Brings inner peace and lightness
- Increases focus and efficiency
- Strengthens faith and patience
- Opens the heart to gratitude
- Connects us to Divine Grace



सर्वधर्मान् परित्यज्य मामेकं शरणं व्रज ।
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥
— भगवद्गीता 18.66

sarva-dharmān parityajya mām ekaṁ śaraṇaṁ vraja
aham tvā sarva-pāpēbhyo mokṣayisyāmi mā śucaḥ

Abandon all duties and surrender unto Me alone.
I will liberate you from all sins. Do not grieve.



Do your best.
Offer the rest.
Trust the Divine."

DO YOUR BEST. OFFER THE REST. LIVE IN PEACE.



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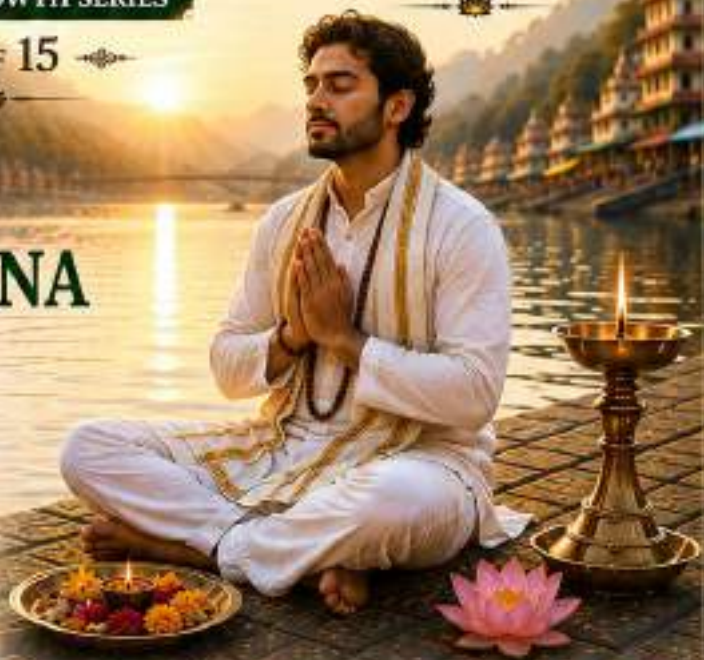
“Surrender to God
is not giving up,
it is trusting after
giving your best.”

— Ancient Wisdom

ĪŚVARA PRANIDHĀNA

ईश्वर प्रणिधान SURRENDER TO GOD

Īśvara Pranidhāna is the practice of dedicating oneself and one's actions to Īśvara – the Divine. It is sincere effort combined with humility, trust, devotion and release of excessive attachment to outcomes.



WHAT IS ĪŚVARA PRANIDHĀNA?

- ☛ Surrender to the Divine.
- ☛ Offering our actions to God.
- ☛ Acting with sincerity and responsibility.
- ☛ Releasing attachment to results.
- ☛ Trusting the wisdom of the Divine.
- ☛ Living with gratitude, humility and devotion.



THE ESSENCE OF SURRENDER



You have control over your effort,
not over the results.
Do your best and leave the rest
to the Divine.



ĪŚVARA PRANIDHĀNA IS NOT...

- ☛ It is not laziness or escapism.
- ☛ It is not avoiding responsibility.
- ☛ It is not saying “I don't care”.
- ☛ It is not depending on luck.
- ☛ It is not giving up on challenges.

It is wisdom, faith and
surrender to the Divine.



HOW TO PRACTICE EVERY DAY

1. Begin the day with prayer and remembrance.
2. Do your duty with full attention.
3. Keep your intention pure and positive.
4. Offer every action to the Divine.
5. Accept what is beyond your control.
6. Give thanks in every situation.



IN MOMENTS OF UNCERTAINTY

- ⏸ Pause and breathe.
- ॐ Remember the Divine.
- ☛ Do what you can.
- ☛ Release the rest.
- ☛ Trust that you are guided.



BENEFITS OF SURRENDER

- ☛ Reduces stress and anxiety
- ☛ Brings inner peace and calm
- ॐ Increases faith and devotion
- ☛ Strengthens humility
- ☛ Helps us accept life gracefully
- ☛ Connects us to Divine Grace



सर्वधर्मन् परित्यज्य मामेकं शरणं व्रज ।
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥
— भगवद्गीता 18.66

sarva-dharmān parityajya mām ekaṁ śaraṇaṁ vraja
aham tvā sarva-pāpebhyo mokṣayisyāmi mā śucaḥ
Abandon all duties and surrender unto Me alone.
I will liberate you from all sins. Do not grieve.

“Act with devotion.
Surrender with trust.
Experience the peace
of Divine Grace.”



DO YOUR BEST. OFFER THE REST. TRUST THE DIVINE.



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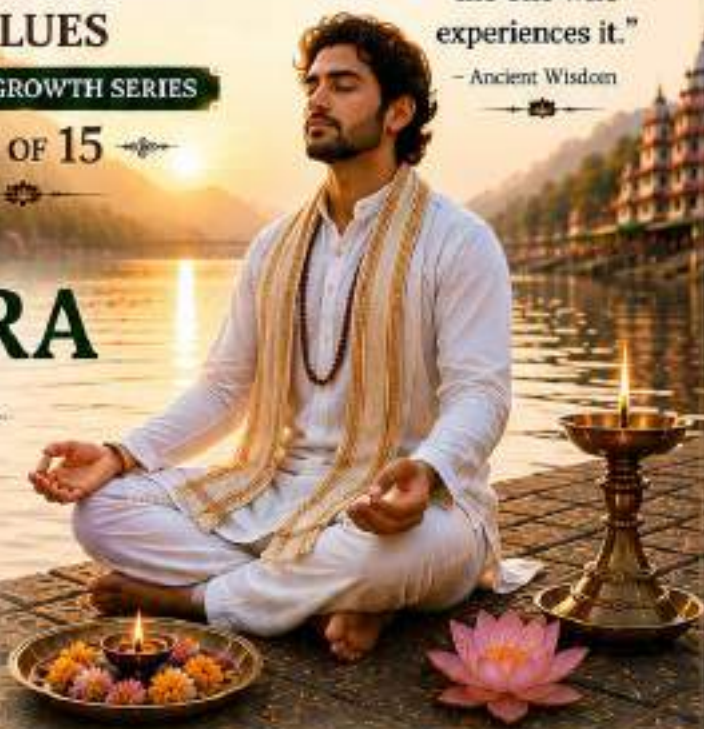
"The greatest inquiry is not into the world, but into the one who experiences it."

- Ancient Wisdom

ATMA-VICHĀRA

आत्मविचार SELF-INQUIRY

Atma-Vichāra is the inquiry into the Self. It is the practice of turning attention inward and asking, "Who am I?" It helps us discover our true nature beyond the body, mind, thoughts and emotions.



WHAT IS ATMA-VICHĀRA?

- 🕯 Inquiry into the Self.
- 🕯 Asking "Who am I?"
- 🕯 Going beyond changing thoughts and emotions.
- 🕯 Discovering the true, constant awareness within.
- 🕯 Living with clarity, peace and freedom.



THE ESSENCE OF SELF-INQUIRY



Thoughts come and go.
Emotions rise and fall.
But the awareness in which they appear remains the same. Who am I?



WHAT ATMA-VICHĀRA IS NOT

- 🕯 It is not thinking more.
- 🕯 It is not collecting more knowledge.
- 🕯 It is not suppressing thoughts.
- 🕯 It is not about finding an intellectual answer.
- 🕯 It is about experiencing the truth of who you are.



HOW TO PRACTICE

- 1 Sit quietly and relax the body.
- 2 Notice the thoughts as they arise.
- 3 Ask: "To whom has this thought arisen?"
- 4 Answer: "To me."
- 5 Ask again: "Who am I?"
- 6 Rest in the silence of awareness.

INQUIRY IN DAILY LIFE

- 1 Pause and become aware.
- 2 Notice the "I" sense.
- 3 Ask "Who am I?"
- 4 Return to the present.
- 5 Live from awareness.



BENEFITS OF ATMA-VICHĀRA

- 🕯 Brings clarity and self-understanding
- 🕯 Reduces stress and mental noise
- 🕯 Deepens inner peace
- 🕯 Increases focus and awareness
- 🕯 Helps dissolve ego and fear
- 🕯 Leads toward Self-realization

कोऽहम् ? इति विचारोण
नरः आत्मानुभवम् आप्नोति ॥

- योग संहिता

By the inquiry "Who am I?",
a person realizes the Self.

- Yoga Sāhita



मन एव मनुष्याणां कारणं बन्धमोक्षयोः ।
बन्धाय विषयासक्तं मोक्षाय निर्विषयं स्मृतम् ॥

- अमृतसिद्धि उपनिषद्

The mind is the cause of bondage
and liberation.
Bound by attachment to objects,
it is liberated when free from desire.

- Amritabindu Upanishad



TURN WITHIN. ASK DEEPLY. KNOW YOUR TRUE SELF.



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"The journey of life
is the journey of returning
to who you truly are."

— Ancient Wisdom

ATMA-VICHĀRA

आत्मविचार SELF-INQUIRY

Atma-Vichāra is the deep inquiry into the Self.
It is the practice of asking **"Who am I?"**
and turning attention towards the true nature
of the one who experiences everything.

"Ask not only 'What is this?'
but 'Who is the one who knows this?'"

— Sri Ramana Maharshi

WHAT IS ATMA-VICHĀRA?



- ✓ Inquiry into the Self
- ✓ Turning attention inward
- ✓ Discovering who you truly are
- ✓ Beyond body, mind and ego

THE CENTRAL QUESTION "WHO AM I?"



- ✓ Not intellectual.
- ✓ Not a quick answer.
- ✓ It is an inner journey.
- ✓ It leads to direct understanding.

WHAT TO INQUIRE?



- ✓ I am not the body.
- ✓ I am not the mind.
- ✓ I am not the thoughts.
- ✓ I am the awareness in which all arises.

HOW TO PRACTICE



- 1 Pause and be still.
- 2 Observe your thoughts.
- 3 Ask: "To whom does this arise?"
- 4 Answer: "To me."
- 5 Then ask: "Who am I?" and rest in awareness.

BENEFITS



- ✓ Clarity of mind
- ✓ Inner peace
- ✓ Freedom from fear
- ✓ Reduced ego
- ✓ Deep self-understanding
- ✓ True happiness

INSPIRATION FROM SCRIPTURES

"The Self is not attained by much learning, by intellect, or by hearing many teachings. It is realised by the one whom the Self chooses."

— Katha Upanishad

"Knower of the Self becomes peaceful at once."

— Bhagavad Gita 6.27



GREAT GUIDES



Adi Shankaracharya Sri Ramana Maharshi Swami Vivekananda

Their teachings guide us to discover our true nature through self-inquiry.

ATMA-VICHĀRA IN DAILY LIFE

- ✓ Before reacting, pause.
- ✓ Before judging, understand.
- ✓ Before worrying, inquire.
- ✓ Before sleeping, be grateful.
- ✓ Live as awareness, not as a label.



तत्त्वमसि – Tat Tvam Asi – "You Are That"

Remember who you truly are.



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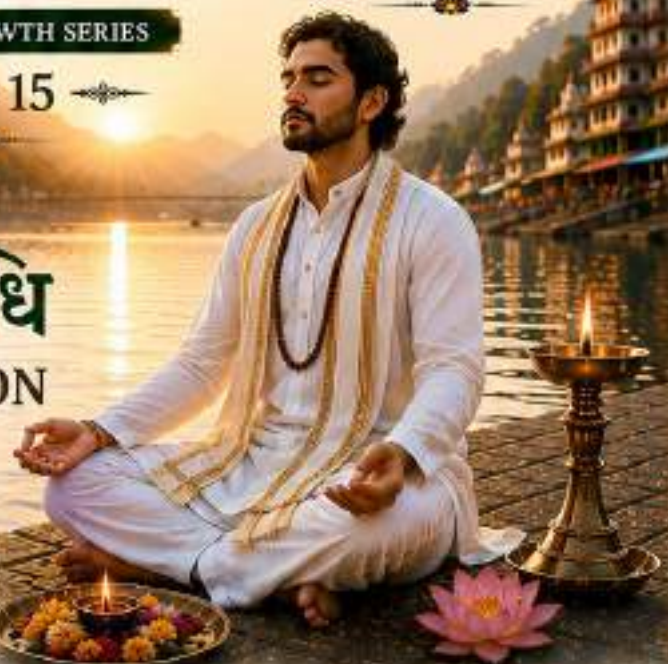
"When the mind becomes completely still, the Seer abides in its own nature."

— Yoga Sutras

SAMĀDHI - समाधि DEEP SPIRITUAL ABSORPTION

Samādhi is a profound state of meditative absorption in which the mind becomes deeply still and one abides in the awareness of the Self.

It is the natural flowering of sustained spiritual practice, devotion and Self-realization.



WHAT IS SAMĀDHI?

- A state of deep meditative absorption.
- The mind becomes one-pointed and then completely still.
- The Seer abides in the awareness of the Self.
- Beyond thoughts, beyond ego, beyond duality.
- The culmination of spiritual practice and inner purification.



THE JOURNEY TO SAMĀDHI



From scattered attention to one-pointed focus, from meditation to absorption, from illusion to inner freedom.



WHAT SAMĀDHI IS NOT

- It is not sleep or unconsciousness.
- It is not an escape from responsibilities.
- It is not forcing the mind to be blank.
- It is not an emotional high or temporary experience.
- It is not something to be claimed or shown off.



HOW TO PREPARE

1. Live with dharma and compassion.
2. Purify the body and mind.
3. Practice prāyāma and sense discipline.
4. Cultivate japa, devotion and surrender.
5. Meditate regularly with sincerity.
6. Seek guidance from a realized teacher.

SIGNS OF DEEPENING

- The mind becomes calm and steady.
- Less attraction to distractions.
- Inner joy without external reason.
- Clarity, compassion and humility grow.
- A natural longing for silence and truth.
- Abidance in the present moment.



BENEFITS OF SAMĀDHI

- Deep inner peace and contentment
- Freedom from mental restlessness
- Clear perception and wisdom
- Dissolution of ego and fear
- Experience of unity and oneness
- Abidance in the Self – ever free

योगस्थितवृत्तिनिरोधः ॥
तदा द्रष्टाः स्वरूपेऽवस्थानम् ॥
— योग सूत्र 1.2-3

Yoga is the stilling of the fluctuations of the mind. Then the Seer abides in its own nature.



यतो मनोऽभिनिवृत्तः योगोऽवति तदा तदा ।
यतो मनोऽविचलं तत् समाधिर्कथ्यते ॥
— भगवद्गीता 6.20

When the mind is absorbed in the Self, free from all desires and distractions, that state is called Samādhi.

Silence is not empty, it is full of answers. Samādhi is the language of the Soul."



PRACTICE SINCERELY. SURRENDER DEEPLY. ABIDE IN THE SELF.



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DIVINE LIVING

FROM INNER REALIZATION
TO SELFLESS LIVING

"Spirituality is
not only what you
experience in meditation—
it is how you live
every day."
— Ancient Wisdom

1 SAMĀDHI Deep Spiritual Absorption



The mind becomes completely still, and the Seer abides in its own nature.

2 ASTIKYA Reverence for the Divine



Having faith and trust in the Divine, the unseen order and higher purpose.

3 GURU BHAKTI Devotion to the Guru



Deep love, respect and devotion towards the Guru who shows the right path.

4 GURU SEVA Service to the Guru



Serving the Guru with humility and gratitude purifies the heart and deepens learning.

5 DEVA PUJA Worship of the Divine



Worship with devotion connects us with the Divine and purifies the mind.

6 YAJNA Sacred Offering



Offering selflessly for the well-being of all beings and for universal harmony.

7 HOMA Sacred Fire Offering



Offering into the sacred fire symbolizes purification, gratitude and surrender.

8 TIRTHA Reverence for Sacred Places



Visiting sacred places with reverence purifies and uplifts the mind.

9 PRASĀDA BUDDHI Receiving Results with Grace



Accepting all results with gratitude and inner balance as Divine Prasada.

10 KARMA YOGA Selfless Action



Performing one's duty with dedication and offering the results to the Divine.

11 NISKĀMA KARMA Action without Selfish Attachment



Acting without desire for personal gain, for duty, for Dharma, and for inner freedom.

12 LOKA SAṅGRAHA Welfare of Society



Working for the upliftment, harmony and welfare of the society.

13 SARVA BHŪTA HITĀ Welfare of All Beings



Wishing well-being, peace and happiness for all beings in all forms.

14 BHŪTA DAYĀ Compassion Toward Living Beings



Showing kindness, care and compassion to every living being, large or small.

15 ATITHI SEVA Honoring Guests



Welcoming and serving guests with respect, warmth and generosity.

16 MĀTRU DEVO BHAVA Reverence for Mother



Honoring and caring for one's mother as a living embodiment of Divine love.

LIVE THE DIVINE VALUES EVERY DAY

Reverence • Devotion • Offering • Service • Compassion • Selfless Action • Gratitude • Respect • Love

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"Faith is not
believing that God
can, it is knowing
that God will."

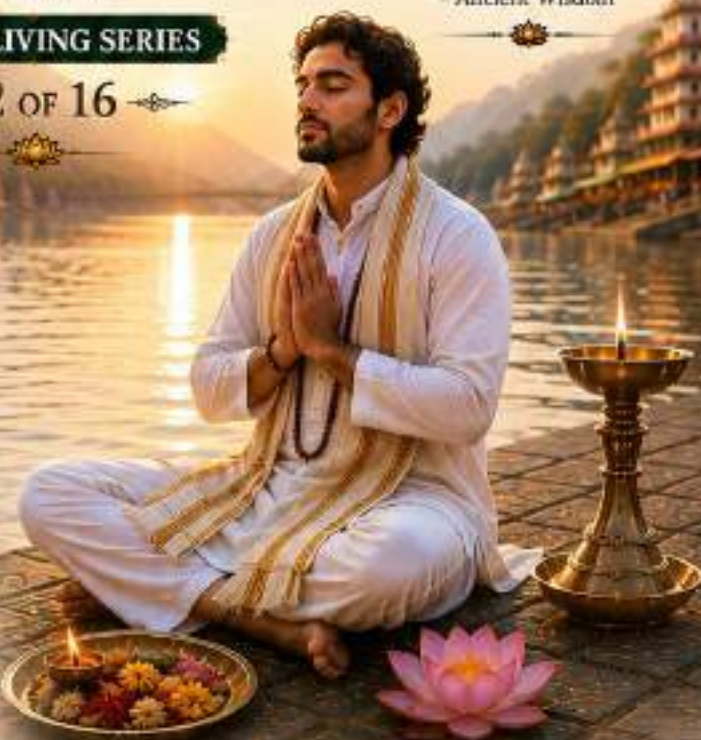
— Ancient Wisdom

ASTIKYA

आस्तिक्य

REVERENCE FOR THE DIVINE

Astikya means reverence, faith and trust in the Divine and in a higher spiritual reality. It is not blind belief, it is an open heart, humility, gratitude and the awareness that life is greater than the individual ego.



WHAT IS ASTIKYA?

- Reverence for the Divine.
- Trust in a higher reality.
- Living with humility.
- Gratitude for life.
- Awareness that life is greater than the ego.
- Openness to learning and guidance.

ASTIKYA IS NOT...

- Blind belief without inquiry.
- Rigid thinking or narrow-mindedness.
- Rejecting questions.
- Believing only for personal gain.
- Ignoring reason or wisdom.

HOW TO CULTIVATE ASTIKYA

- Begin and end the day with gratitude.
- Study wisdom texts with sincerity.
- Spend time in prayer or meditation.
- Respect all forms of life and nature.
- Serve selflessly without expectation.

BENEFITS OF ASTIKYA

- Inner peace and stability.
- Strength in difficult times.
- Humility and compassion.
- Deeper relationships.
- Clarity in life's purpose.

ASTIKYA IN DAILY LIFE

When we live with reverence, we make better choices, treat others with kindness, and walk through life with strength, trust and peace.



REMEMBER

You don't have to understand everything to live with reverence. Keep your heart open, your mind curious, and your spirit connected to the Divine.



LIVE WITH REVERENCE • WALK WITH FAITH • REMAIN OPEN TO THE DIVINE



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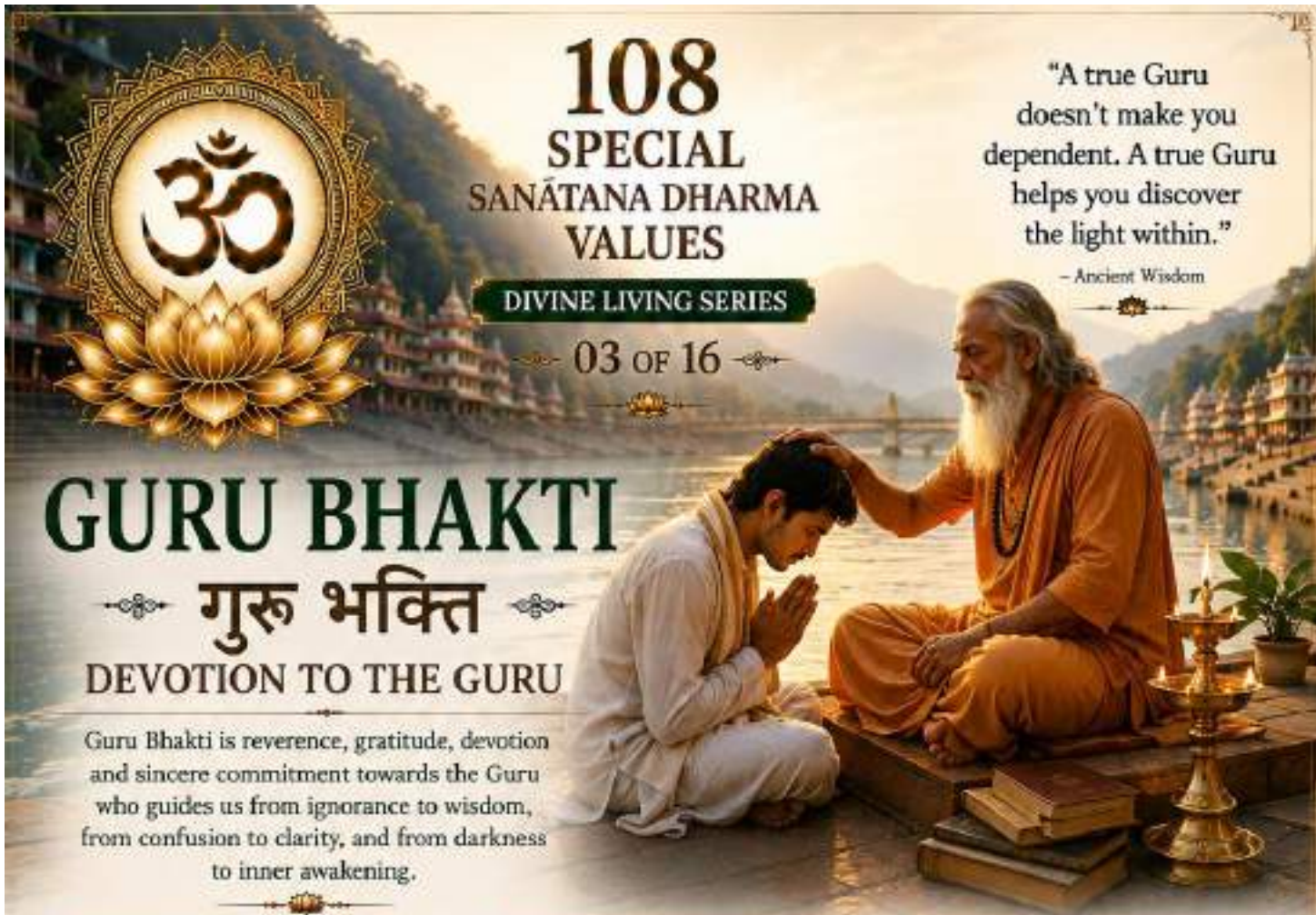
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"A true Guru
doesn't make you
dependent. A true Guru
helps you discover
the light within."

— Ancient Wisdom

GURU BHAKTI

गुरु भक्ति

DEVOTION TO THE GURU

Guru Bhakti is reverence, gratitude, devotion
and sincere commitment towards the Guru
who guides us from ignorance to wisdom,
from confusion to clarity, and from darkness
to inner awakening.

WHAT IS GURU BHAKTI?

- Devotion and reverence towards the Guru.
- Gratitude for the guidance received.
- Respect for the Guru's knowledge and wisdom.
- Sincere commitment to learn and grow.
- Applying the teachings in daily life.

THE TRUE MEANING



GURU BHAKTI IS NOT...

- ✗ Blind obedience.
- ✗ Following a person without discernment.
- ✗ Expecting miracles or favors.
- ✗ Ignoring your own responsibility.
- ✗ Dependence on the Guru instead of Self-growth.

HOW TO CULTIVATE GURU BHAKTI

- Find a Guru who is knowledgeable, compassionate and trustworthy.
- Approach with humility and a sincere heart.
- Listen deeply and ask with reverence.
- Serve selflessly with love and gratitude.
- Practice the teachings with consistency.
- Express gratitude daily.

BENEFITS OF GURU BHAKTI

- Removes ego and arrogance.
- Brings clarity and right understanding.
- Accelerates spiritual growth.
- Protects from wrong paths and confusion.
- Brings inner peace and stability.
- Leads towards Self-realization.

The highest gratitude to the Guru
is not just in words,
but in transformation of life."



The Guru shows the path, shares the knowledge,
and kindles the light of wisdom.
It is our sincerity, practice and devotion that leads us forward.

RESPECT DEEPLY • LEARN SINCERELY • PRACTICE CONSISTENTLY • LIVE THE WISDOM



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"The best way
to honor a Guru
is not just to touch
their feet—
it is to live their
wisdom."

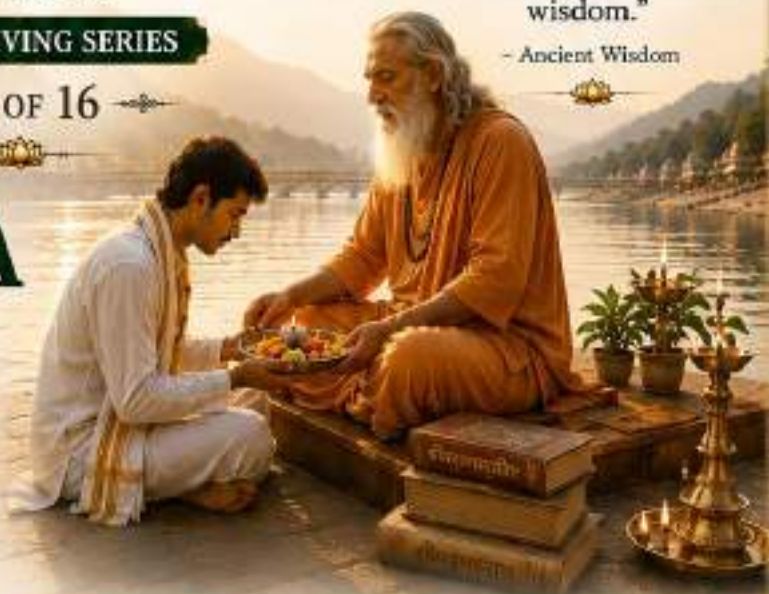
— Ancient Wisdom

GURU SEVA

गुरु सेवा

SERVICE TO THE GURU

Guru Seva is service to the Guru with humility, gratitude, sincerity and love. It is not only physical service, but also sincere learning, practicing the teachings and preserving the wisdom.



WHAT IS GURU SEVA?

- Serving the Guru with humility and devotion.
- Supporting the Guru's mission and the spiritual community.
- Caring for the ashram, the place and the sacred teachings.
- Offering your time, skills and energy selflessly.
- Practicing the teachings sincerely in daily life.



FORMS OF GURU SEVA



- Physical Service (cleaning, cooking, gardening)
- Supporting the Guru's Work and Events
- Preserving and Sharing the Teachings
- Helping Fellow Seekers and Guests
- Seva in Silence and Behind the Scenes

GURU SEVA IS NOT...

- ✗ Service done for recognition or praise.
- ✗ Service with expectation of rewards.
- ✗ Following blindly without understanding.
- ✗ Ego-based service.
- ✗ Comparing your service with others.



THE TRUE SPIRIT OF SEVA



- Do it with a grateful heart.
- Do it without ego.
- Do it with love.
- Do it as a form of worship.
- Do it as an offering to the Divine.

SEVA BEYOND PHYSICAL WORK



- Listening deeply to teachings.
- Studying and preserving wisdom.
- Practicing disciplined sadhana.
- Living a pure, truthful and responsible life.
- Inspiring and helping others through the teachings.

HOW TO CULTIVATE GURU SEVA

- Approach the Guru with reverence.
- Ask before taking initiative.
- Be regular, reliable and sincere.
- Learn, practice and live the teachings.
- Offer every action to the Guru and the Divine.

BENEFITS OF GURU SEVA

- Purifies the heart and mind.
- Destroys ego and arrogance.
- Brings the grace of the Guru.
- Deepens understanding and wisdom.
- Accelerates spiritual growth.
- Leads towards self-realization.



REMEMBER

The highest Guru Seva is not just serving the Guru, but allowing the teachings to transform your life and then serving the world with compassion.



SERVE WITH HUMILITY • LEARN WITH GRATITUDE • LIVE THE WISDOM



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DEVA PUJA

देव पूजा

WORSHIP OF THE DIVINE

Deva Puja is the devotional practice of worshipping and honoring the Divine through prayer, offerings, sacred symbols, mantra, gratitude and reverence.

"Puja is not just an offering to God—
it is an offering of the heart."

— Ancient Wisdom

WHAT IS DEVA PUJA?

- An act of devotion and reverence towards the Divine.
- Expressing gratitude for the gifts of life.
- Purifies the mind, heart and environment.
- Strengthens faith and inner connection.
- Transforms ordinary moments into sacred experiences.

COMMON OFFERINGS AND THEIR MEANING

- Water – Purity and Life
- Flowers – Beauty and Devotion
- Diya (Light) – Knowledge and Hope
- Incense – Sacred Atmosphere
- Naivedya (Food) – Gratitude
- Mantra – Sacred Remembrance
- Prayers – Surrender and Love

THE INNER PURPOSE OF PUJA

- Cultivates humility and gratitude.
- Deepens devotion and faith.
- Brings peace, positivity and clarity.
- Helps us remember the Divine in daily life.
- Purifies thoughts, emotions and intentions.

PUJA IS NOT ABOUT THE OBJECTS ALONE

It is about the sincerity, love and presence with which you offer everything.



TAKE PUJA INTO DAILY LIFE



Begin the day with prayer and gratitude.



Work with sincerity and honesty.



Serve others as a form of worship.



Respect and care for all life.



Remember the Divine always.

Let the altar remind you of the sacred,
and let your daily life become the offering.

SIMPLE PUJA, PROFOUND IMPACT

A simple puja with a sincere heart can bring immense peace and transformation.



BENEFITS OF DEVA PUJA



Brings mental peace and stability



Fills the heart with devotion and love



Enhances focus and clarity



Creates positive vibrations around you



Blessings and protection for the family



Spiritual growth and inner fulfillment

OFFER WITH LOVE • PRAY WITH GRATITUDE • LIVE WITH REVERENCE



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"Yajna is not just an act of ritual, it is an act of giving, sharing and selfless contribution for the greater good."

— Ancient Wisdom

YAJNA यज्ञ

SACRED OFFERING

Yajna is the sacred principle of offering. It purifies, uplifts and connects us with the Divine, the nature and the welfare of all beings.



WHAT IS YAJNA?

- A sacred offering made with devotion and gratitude.
- An act of giving and selfless contribution.
- An expression of respect towards nature, society and the Divine.
- A path to purification of the mind, body and environment.
- A bridge between the individual and the universal.

TRADITIONAL YAJNA

In Vedic tradition, offerings are made into sacred fire with mantras.



Fire



Mantra



Offerings



Intention



Devotion



Transformation

THE SPIRIT OF YAJNA

- Offer without expecting anything in return.
- Do your duty selflessly.
- Share your resources with those in need.
- Work for the welfare of all beings.
- Live in harmony with nature and the universe.

TYPES OF YAJNA (IN SCRIPTURES)

- Deva Yajna – Offering to the Divine
- Rishi Yajna – Honor to the Sages and Teachers
- Pitru Yajna – Gratitude to Ancestors
- Manushya Yajna – Service to Humanity
- Bhuta Yajna – Care for All Beings

YAJNA IN DAILY LIFE

Every act can become a Yajna.



Study with sincerity



Work with honesty



Serve with compassion



Protect nature



Speak with kindness



Live with gratitude

BENEFITS OF YAJNA

- Purifies the mind and heart
- Creates positive energy
- Brings harmony and prosperity
- Strengthens discipline and dedication
- Promotes well-being of individual and society

YAJNA IS NOT ONLY FIRE



It is your time, your knowledge, your skills, your resources, your love and your actions offered for a higher purpose.

When we offer with devotion and act with selflessness, our life becomes a continuous YAJNA for the world.



OFFER. SERVE. TRANSFORM.



Give with gratitude.
Serve without ego.
Offer with devotion.
Transform the world.

MAKE YOUR LIFE A SACRED OFFERING



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HOMA

होम

SACRED FIRE OFFERING

Homa is a Vedic ritual of offering into the sacred fire with mantras, devotion and pure intention. It purifies, uplifts and connects us with the Divine.

"The fire does not ask what you are offering. It transforms everything you offer with devotion."

— Ancient Wisdom

WHAT IS HOMA?

- A sacred fire ritual from the Vedic tradition.
- Offerings are made into the fire with mantras.
- It is an expression of devotion, gratitude and surrender.
- It creates a pure, positive and sacred atmosphere.
- It is performed for the welfare of all beings.

ELEMENTS OF HOMA



SACRED FIRE
(Agni)



MANTRA
(Sacred Sound)



OFFERINGS
(Dravya)



INTENTION
(Sankalpa)



DEVOTION
(Bhakti)



TRANSFORMATION
(Shuddhi)

COMMON OFFERINGS



Ghee (Clarified Butter)



Grains



Herbs



Flowers



Havan Samagri



Fruits and other
prescribed items

THE INNER OFFERING

Along with physical offerings, we can also offer within ourselves:

- ✦ Ego
- ✦ Anger
- ✦ Fear
- ✦ Attachment
- ✦ Negative habits

Let the inner fire transform and purify them.

THE PURPOSE OF HOMA

- Purification of the body, mind and environment.
- Cultivates discipline, devotion and gratitude.
- Brings peace, harmony and positive energy.
- Supports personal and collective well-being.
- Connects us with the Divine.

YAJNA, HOMA & DAILY LIFE

Every selfless action can be an offering.



Work with
sincerity



Serve with
compassion



Give with
gratitude



Protect
nature



Speak with
kindness



Live with
gratitude

BENEFITS OF HOMA

- Purifies the atmosphere
- Calms the mind
- Enhances positivity
- Strengthens determination
- Creates spiritual upliftment

Offer with devotion.
Release with trust.
Live with awareness.

GUIDELINES FOR HOMA

- Performed with purity and sincerity.
- Follow traditional methods and guidance.
- Focus on mantra, intention and awareness.
- Offer selflessly without expecting results.

OFFER WITH DEVOTION • RELEASE WITH TRUST • LIVE WITH AWARENESS



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TIRTHA

तीर्थ

REVERENCE FOR SACRED PLACES

Tirtha refers to sacred places approached with reverence, pilgrimage, remembrance, humility and devotion. These places uplift our mind, purify our heart and connect us with the Divine and the highest within.

"A sacred place
is not just somewhere
you visit...
It is somewhere you
learn to become still."
— Ancient Wisdom

WHAT IS TIRTHA?

- 🕯 Tirtha literally means a sacred crossing place or ford.
- 🕯 It can be a sacred river, temple, mountain, forest, shrine or holy city.
- 🕯 These places are associated with spiritual practices, sages, saints and sacred events.
- 🕯 Visiting a Tirtha can purify the mind, uplift the heart and awaken devotion.

EXAMPLES OF TIRTHA



Sacred Rivers
(Ganga, Yamuna,
Godavari)



Temples & Shrines
(Kashi, Rameswaram,
Badrinath)



Sacred Mountains
(Himalayas,
Kalash, Arunachala)



Holy Forests
(Naimisharanya,
Vrindavan)



Pilgrimage Cities
(Puri, Dwarka,
Ayodhya)



Other Sacred
Places & Sites

Each Tirtha carries a unique vibration
of peace, devotion and transformation.

HOW TO APPROACH A TIRTHA?

- 🕯 Go with humility and reverence.
- 🕯 Keep the place clean and pure.
- 🕯 Respect local traditions, culture and communities.
- 🕯 Observe silence and discipline where appropriate.
- 🕯 Pray with sincerity and an open heart.
- 🕯 Take from the place only what nourishes your spirit.

PILGRIMAGE IS AN INNER JOURNEY

Pilgrimage is not just
about reaching a destination.
It is an opportunity for:

- 🕯 Reflection
- 🕯 Discipline
- 🕯 Self-awareness
- 🕯 Devotion
- 🕯 Transformation

REVERENCE MEANS RESPONSIBILITY

- 🕯 Protect the river and environment.
- 🕯 Avoid plastic and harmful waste.
- 🕯 Respect nature and all living beings.
- 🕯 Preserve sacred heritage.
- 🕯 Support local communities with kindness.
- 🕯 Leave the place cleaner than you found it.

BENEFITS OF VISITING TIRTHA

- 🕯 Calms the mind and reduces stress.
- 🕯 Inspires positive thoughts and actions.
- 🕯 Deepens faith and devotion.
- 🕯 Creates connection with ancient wisdom.
- 🕯 Encourages gratitude and humility.

THE OUTER TIRTHA AWAKENS THE INNER TIRTHA

When we revere sacred places,
we remember the sacredness within.

REMEMBER

Travel with reverence.
Walk with gratitude.
Leave with transformation.
Let every Tirtha Yatra bring you
one step closer to the Divine
within and around you.

TRAVEL WITH REVERENCE • WALK WITH GRATITUDE • LEAVE WITH TRANSFORMATION



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PRASĀDA BUDDHI

प्रसाद बुद्धि

RECEIVING RESULTS WITH GRACE

Prasāda Buddhi is the attitude of receiving the results of our actions with grace, gratitude, equanimity and acceptance, while continuing to act with responsibility and sincerity.

"Do your best,
leave the rest to the Divine.
Receive every result
as His grace."

— Ancient Wisdom

WHAT IS PRASĀDA BUDDHI?

- It means receiving the results of our actions with grace.
- It brings balance in success and disappointment.
- It is not passivity or giving up.
- It is trust, acceptance and inner strength.
- It transforms every experience into spiritual growth.

EFFORT IS YOURS, RESULT IS NOT FULLY YOURS



Do your best with sincerity and intelligence.
Leave the final outcome to the Divine
and universal order.

ACCEPTANCE IS NOT GIVING UP

- Accept the result without frustration or anger.
- Learn the lesson it brings.
- Adapt wisely.
- Continue your journey with renewed focus.
- Turn every result into an opportunity for growth.

HOW TO PRACTICE PRASĀDA BUDDHI

- Before action:**
Set pure intention.
- During action:**
Give your best with full presence.
- After action:**
Release attachment to the result.
- Receive:**
Accept with gratitude and grace.
- Reflect & Learn:**
Grow from every experience.

WHEN RESULTS DISAPPOINT US

- Pause and breathe.
- Allow yourself to feel.
- Accept what has happened.
- Ask: What can I learn from this?
- Focus on what is still in my control.
- Move forward with faith and courage.

BENEFITS OF PRASĀDA BUDDHI

- Reduces stress and anxiety
- Brings inner peace and stability
- Increases gratitude and positivity
- Builds resilience and confidence
- Deepens trust in life and the Divine

DO YOUR BEST. • RECEIVE WITH GRACE. • LEARN FROM EVERYTHING. • KEEP WALKING.



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KARMA YOGA

कर्म योग

SELFLESS ACTION

Karma Yoga is the path of transforming action into spiritual practice – doing your duty sincerely while reducing selfish attachment to personal reward.

"You have the right to perform your duty, but you are not entitled to the fruits of your actions."

– Bhagavad Gita (2.47)

Do your best.
Serve with love.
Act without ego.
Offer the fruit.

WHAT IS KARMA YOGA?

- Act with sincerity and dedication.
- Perform your duties without expecting personal reward.
- Offer the results to the Divine.
- Maintain inner balance in success and failure.
- Transform daily work into spiritual practice.

THE PROCESS OF KARMA YOGA



Your effort is in your hands,
the result is in the hands of the Divine.

IT IS NOT...

- Not laziness or avoidance.
- Not ignoring responsibilities.
- Not being careless about results.
- Not suppressing ambition.
- Not depending on fate alone.

KARMA YOGA IN DAILY LIFE

- Student** – Study sincerely, without stress over the result.
- Professional** – Work honestly, give your best, without ego.
- Parent** – Care for family with love, without expectation.
- Society** – Serve others and contribute to the welfare.
- Self** – Keep learning, growing and improving everyday.

BENEFITS OF KARMA YOGA

- Reduces stress and anxiety
- Brings inner peace and contentment
- Increases focus and productivity
- Builds humility and compassion
- Strengthens character and discipline
- Helps in spiritual growth

HOW TO PRACTICE

- Do your work with full presence.
- Set your intention before action.
- Avoid comparison and competition.
- Accept the outcome gracefully.
- Learn, adapt and move forward.
- Keep offering every action.

Karma Yoga turns ordinary actions into an offering
and our life into a path of purpose and peace.

Work as Worship • Serve as Duty • Live with Awareness



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"You have the right to
perform your duty,
but you are not entitled
to the fruits of your actions."

— Bhagavad Gita (2:47)

NIṢKĀMA KARMA निष्काम कर्म

ACTION WITHOUT SELFISH ATTACHMENT

Niṣkāma Karma is the practice of performing our duties sincerely without selfish attachment to the fruits or personal reward of the action. It is not indifference or lack of ambition — it is wholehearted action with less ego-driven dependence on the outcome.

WHAT IS NIṢKĀMA KARMA?

- Perform actions as your duty.
- Give your best with sincerity and dedication.
- Offer the results to the Divine.
- Remain steady in success and failure.
- Reduce selfish attachment to personal reward.



ACTION IS IN YOUR HANDS, RESULT IS NOT FULLY YOURS



Do your duty with sincerity.
Let go of excessive attachment to the result.
Trust the Divine order.

IT DOES NOT MEAN...

- It is not laziness or giving up.
- It is not ignoring responsibilities.
- It is not lack of ambition.
- It is not indifference to results.
- It is not doing just enough.



NIṢKĀMA KARMA IN DAILY LIFE

- Student** – Study sincerely, without stress over the result.
- Professional** – Work honestly, give your best, without ego.
- Parent** – Care for family with love, without expectation.
- Society** – Serve others and contribute to the welfare.
- Self** – Keep learning, growing and improving everyday.



BENEFITS OF NIṢKĀMA KARMA

- Reduces stress and anxiety
- Brings inner peace and contentment
- Increases focus and productivity
- Builds humility and compassion
- Strengthens character and discipline
- Helps in spiritual growth



HOW TO PRACTICE

- Set clear intention before action.
- Focus on the quality of your effort.
- Avoid comparisons and competition.
- Do not be attached to praise or blame.
- Accept the outcome gracefully.
- Offer every action to the Divine.



Work as Worship.
Serve as Duty.
Live with Awareness.
Offer the Fruit.

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LOKA SAṆGRAHA लोकसंग्रह

WELFARE OF SOCIETY

Loka Saṅgraha is the principle of acting for the welfare, harmony and well-being of society.

It is about contributing to the greater good and creating a better world for all.

"Whatever the
best people do,
others follow."

— Bhagavad Gita (3.21)

WHAT IS LOKA SAṆGRAHA?

- Acting for the welfare and harmony of society.
- Uplifting others through our thoughts, words and actions.
- Using our skills, resources and knowledge for the greater good.
- Promoting justice, compassion and collective well-being.
- Building a better world for present and future generations.



WHY IS IT IMPORTANT?

- Creates a harmonious society
- Promotes sustainability and environmental care
- Strengthens trust and social unity
- Inspires compassion and responsibility
- Helps future generations thrive

Your actions today shape
the world of tomorrow.

HOW TO PRACTICE LOKA SAṆGRAHA?

- Serve your family and community with love.
- Perform your work honestly and responsibly.
- Share knowledge and support those in need.
- Protect nature and all living beings.
- Participate in social and environmental initiatives.
- Encourage others to do good and lead by example.



LOKA SAṆGRAHA IN DAILY LIFE



EDUCATE
and empower



CARE
for the vulnerable



SUPPORT
sustainable livelihoods



PROTECT
our environment



SERVE
with compassion

THE SPIRITUAL DIMENSION

When we work for the welfare of others without selfish motives, our hearts become pure and our actions become an offering to the Divine.



BENEFITS

- Inner peace and fulfillment
- Stronger communities
- Meaningful and purposeful life
- Alignment with Dharma



REMEMBER

Loka Saṅgraha is not just an idea,
it is a way of life.
Start where you are.
Use what you have.
Do what you can.
Together, we can create a world
of harmony and light.



"The welfare of society is the highest Dharma."



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SARVA BHŪTA HITA सर्वभूतहित

WELFARE OF ALL BEINGS

Sarva Bhūta Hita means working for the welfare and well-being of all beings—human, animal, plant and the entire living world.

It is the expansion of our heart, compassion and responsibility towards all creation.

"He who sees Me in all beings
and all beings in Me,
he never hates anyone."

— Bhagavad Gita (6.29)



WHAT IS SARVA BHŪTA HITA?

- Acting for the welfare of all beings.
- Living with compassion and empathy.
- Reducing harm in thoughts, words and actions.
- Protecting nature and all forms of life.
- Promoting harmony, peace and coexistence.



HOW TO PRACTICE SARVA BHŪTA HITA?

- Treat every being with respect.
- Avoid causing unnecessary harm.
- Feed and care for animals.
- Plant trees and protect nature.
- Conserve water, energy and natural resources.
- Support and serve those who are in need.
- Spread love, peace and understanding.



WHO ARE "ALL BEINGS"?



HUMANS



ANIMALS



BIRDS



PLANTS



INSECTS



NATURE

Every being has a right to live
and thrive with dignity.

WHY IS IT IMPORTANT?

- It develops compassion and kindness.
- It creates balance in nature.
- It reduces suffering and fear.
- It builds a peaceful and harmonious society.
- It aligns us with Dharma and universal order.



WHEN WE PRACTICE SARVA BHŪTA HITA...

- Our heart becomes pure.
- Our mind becomes peaceful.
- Our actions create positive impact.
- We live in harmony with nature.
- We move closer to the Divine.



COMPASSION IS THE HIGHEST DHARMA

When we work for the welfare
of all beings, we are truly
living a life of purpose and
spiritual evolution.

LET ALL BEINGS
BE HAPPY.
LET ALL BEINGS
BE FREE FROM SUFFERING



CARE FOR ALL LIFE. • HARM LESS. • SERVE MORE. • LET THE WORLD FLOURISH.



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BHŪTA DAYĀ भूत दया

COMPASSION TOWARD LIVING BEINGS

Bhūta Dayā means compassion, kindness and care toward living beings. It inspires us to reduce harm, relieve suffering and protect life in all its forms.

"He who sees Me in all beings and all beings in Me, he never hates anyone."

— Bhagavad Gita (6.29)

WHAT IS BHŪTA DAYĀ?

- Compassion toward all living beings.
- Kindness, empathy and care in action.
- Reducing unnecessary harm in thoughts, words and deeds.
- Relieving suffering whenever possible.
- Respecting and protecting life in all forms – small or big.
- Living with responsibility and awareness.



WHO ARE "LIVING BEINGS"?



HUMANS



ANIMALS



BIRDS



PLANTS



INSECTS



NATURE

Every being has the right to live and deserves care and respect.

WHY IS IT IMPORTANT?

- It develops a compassionate heart.
- It creates harmony in society and nature.
- It reduces violence, cruelty and suffering.
- It brings inner peace and joy.
- It is in alignment with Dharma and universal order.



PRACTICE BHŪTA DAYĀ EVERY DAY



CARE FOR PEOPLE
Help, support and be kind to others.



CARE FOR ANIMALS
Feed, protect and treat them with love.



CARE FOR PLANTS
Plant trees and nurture nature.



CARE FOR NATURE
Keep rivers clean, reduce waste.



SHARE AND SERVE
Share knowledge, resources and time.

GUIDING PRINCIPLES

- Do no harm.
- Be gentle.
- Be responsible.
- Be aware.
- Be of service.



THE SPIRITUAL DIMENSION

When we extend compassion to all beings, our heart becomes pure, our ego becomes smaller, and we experience the unity of life. Compassion becomes a pathway to the Divine.

REMEMBER

Compassion is not weakness. It is strength. Compassion is not an option. It is our Dharma. A small act of kindness can change a life.



SEE SUFFERING. RESPOND WITH KINDNESS. • REDUCE HARM. • LET COMPASSION BE YOUR ACTION.



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ATITHI SEVA अतिथि सेवा HONORING GUESTS

Atithi Seva is the sacred duty of welcoming and serving guests with respect, warmth, generosity and care. In the spirit of "Atithi Devo Bhava" — the guest is worthy of reverence.

"Atithi Devo Bhava"

— Taittiriya Upanishad

WELCOME WITH A SMILE.
SERVE WITH LOVE.
HONOR WITH HUMILITY.

WHAT IS ATITHI SEVA?

- Welcoming guests as a divine opportunity to serve.
- Offering comfort, food, and heartfelt hospitality.
- Treating every guest with respect and dignity.
- Serving without expectation or pride.
- Creating a safe, peaceful and joyful experience.



HOW TO PRACTICE ATITHI SEVA?

- Welcome with warmth and a kind heart.
- Offer water, a seat and comfort.
- Share food with love.
- Listen and be attentive.
- Help the guest's needs sincerely.
- Make them feel at home.

WHY IS IT IMPORTANT?

- Builds love, trust and strong relationships.
- Reflects our culture and values.
- Purifies the heart and brings blessings.
- Encourages humility and gratitude.
- Aligns us with Dharma.



ATITHI SEVA IN DAILY LIFE

- Welcome friends, family and travelers.
- Be kind to those who visit our home, workplace or community.
- Support guests in times of need.
- Respect people from different backgrounds.
- Practice hospitality with simplicity.



THE SPIRITUAL DIMENSION

Serving guests is serving the Divine in human form. When we practice Atithi Seva selflessly, we cultivate compassion, generosity and inner joy.



REMEMBER

A guest may come to our home for a moment, but the kindness we offer can stay in their heart forever.

LET US HONOR EVERY GUEST AS A BLESSING.



OPEN YOUR DOOR. OPEN YOUR HEART. SERVE WITH LOVE.



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MĀTRU DEVO BHAVA मातृ देवो भव

REVERENCE FOR MOTHER

Mātr Devo Bhava means regarding your mother as worthy of reverence like the Divine. A mother nurtures us, protects us, guides us and makes countless sacrifices with love. Honoring her is honoring the Divine in our lives.

“Mātr Devo Bhava”

— Taittiriya Upanishad

Revere your mother
as Divine.

A MOTHER GIVES...

- Life and unconditional love
- Care, nurturing and protection
- Values, wisdom and guidance
- Strength in every situation
- Countless sacrifices silently

HOW TO HONOR YOUR MOTHER

- Respect her and her feelings
- Listen to her with patience
- Spend quality time with her
- Care for her needs and wellbeing
- Express gratitude every day
- Support her in every way

WHY IS IT IMPORTANT?

- It fulfills a sacred duty (Dharma)
- It brings blessings and happiness
- It builds a loving and strong family
- It develops compassion and humility
- It connects us with our roots

PRACTICE MĀTRU DEVO BHAVA IN DAILY LIFE



Seek her blessings with love and respect.



Talk to her and value her words.



Care for her health and comfort.



Help and support her in every situation.



Make her smile every day.



Be grateful for her, always.

“A mother’s love is the purest form of love.
Honor her today, tomorrow and always.”

A small act of reverence
makes a big difference in
her heart.



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"Mother is the first
teacher, the first guide
and the first form of
unconditional love."

— Hindu Tradition

MĀTRU DEVO BHAVA

मातृ देवो भव

REVERENCE FOR MOTHER

"Mātr Devo Bhava" –
May you regard your mother as worthy
of reverence like the Divine.

— Taittiriya Upanishad

"WHAT MOTHER GIVES"

- Care and nurturing
- Protection and safety
- Guidance and wisdom
- Sacrifice and unconditional love

HONOR HER. CARE FOR HER. LISTEN TO HER. BE GRATEFUL FOR HER.

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FAMILY & RELATIONSHIPS

13 VALUES FOR A HARMONIOUS LIFE

Strong families are built not by wealth or perfection,
but by Dharma, respect, responsibility, love,
trust, communication and harmony.
These values guide us to live together
with understanding and compassion.

"In the harmony of family life,
Dharma is lived
and love is shared."



1 PITRU DEVO BHAVA Reverence for Father



2 ACHARYA DEVO BHAVA Reverence for Teacher



3 ATITHI DEVO BHAVA Guest as Divine



4 RINA JNANA Awareness of Responsibilities



To Parents
To Teachers
To Society
To Nature
To Future
Generations

5 KULA DHARMA Family Responsibility



6 PUTRA DHARMA Responsibility Toward Children



7 MITRA DHARMA Loyalty in Friendship



8 PREMA Loving Relationships



9 SAMMAN Respect



10 VISHVASA Trust



11 SAHISHNUTA Tolerance



12 SAMVADA Respectful Dialogue



13 MEL-MILAP Harmony & Togetherness



LET US PRACTICE EVERY DAY

- Honour your parents and elders.
- Learn from your teachers.
- Welcome and serve guests with respect.
- Fulfill your responsibilities.
- Love your children and guide them.
- Be loyal to friends.
- Build relationships with respect, trust and patience.
- Speak with kindness and listen with an open heart.
- Live together in harmony and uplift one another.



LOVE IS THE HEART.
DHARMA IS THE FOUNDATION.

"When we practice
these values,
our homes become
places of peace,
our relationships
become meaningful
and our lives
become sacred."

RESPECT • RESPONSIBILITY • LOVE • TRUST • DIALOGUE • HARMONY



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FAMILY & RELATIONSHIPS

PITRU DEVO BHAVA पितृ देवो भव

REVERENCE FOR FATHER

Pitru Devo Bhava is the sacred teaching from Taittiriya Upanishad that reminds us to revere, respect and be grateful to our father. A father guides us, protects us, supports us and helps us become who we are.

WHAT A FATHER GIVES US



PROTECTION

He protects us in every stage of life.



GUIDANCE

He guides us with his wisdom and experience.



NURTURING

He nurtures our growth with care and patience.



STRENGTH

He teaches us to be strong, courageous and responsible.



SACRIFICE

He makes countless sacrifices silently for our happiness.

ONE DAY, THE ROLES CHANGE

He held your hand when you were learning to walk.



One day, you may be the one who holds his hand.

THE FOUNDATION OF A STRONG RELATIONSHIP



RESPECT



GRATITUDE



CARE



PRESENCE



UNDERSTANDING



RESPONSIBILITY



LOVE



Talk to him. He may be waiting to share.



Learn from him. His experiences are invaluable.



Care for him. Small acts of care mean a lot.



Show your love. A hug, a call, a kind word matters.



Be present. Your time is the greatest gift.

"A father's blessings are a shield that protects us through life."

"Honoring your father is honoring the Divine in your life."



HOW TO HONOR YOUR FATHER

- 1. Speak to him with respect and kindness.
- 2. Listen to his advice and life experiences.
- 3. Spend quality time with him.
- 4. Support him in his needs.
- 5. Value his efforts and sacrifices.
- 6. Express gratitude and appreciate him.
- 7. Care for him with love, especially as he grows older.



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ACHĀRYA DEVO BHAVA आचार्य देवो भव

REVERENCE FOR TEACHER

Acharya Devo Bhava is the sacred teaching from Taittiriya Upanishad that reminds us to revere, respect and be grateful to our teacher, who guides us from ignorance to knowledge and helps us become who we are.

WHAT A TEACHER GIVES US



KNOWLEDGE
He removes ignorance and shows the right path.



GUIDANCE
He teaches values, wisdom and life lessons.



DISCIPLINE
He helps us build focus, character and self-control.



INSPIRATION
He encourages us to believe in our potential.



TRANSFORMATION
He guides us from darkness to light.

HOW TO HONOR YOUR TEACHER



Listen with full attention and respect.



Learn sincerely and practice regularly.



Accept corrections with humility.



Complete your responsibilities.



Show gratitude in words and actions.



Apply the teaching in your life.



Support and respect your teacher always.

THE TEACHER-STUDENT BOND



It is built on trust, respect and commitment.



It goes beyond studies, it shapes a life.



A true teacher does not create dependence.



He helps you become independent and wise.

THE JOURNEY OF LEARNING IS A SACRED JOURNEY



Respect the teacher.



Listen and learn.



Practice with discipline.



Express gratitude.



Share and give back.

“The best way to honor a teacher is to live the teaching.”



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ATITHI DEVO BHAVA अतिथि देवो भव

GUEST AS DIVINE

Atithi Devo Bhava is the sacred teaching from Taittiriya Upanishad that reminds us to treat every guest as Divine. It is the heart of Indian hospitality, rooted in respect, kindness and seva.



"A guest is not just a visitor, but an opportunity to serve the Divine."



WHAT DOES ATITHI DEVO BHAVA MEAN?

It means welcoming a guest with honor, offering our best with love and humility, and making them feel respected, comfortable and cared for.



RESPECT



WARM WELCOME



HOSPITALITY



KINDNESS



GENEROSITY



DIVINE ATTITUDE



WAYS TO PRACTICE ATITHI DEVO BHAVA

- Welcome every guest with a smile.
- Offer water, food and a comfortable seat.
- Listen to their needs with patience.
- Speak with kindness and respect.
- Share what you have with gratitude.
- See the Divine in every guest.
- Let your home be a place of peace.



Offer water and refreshment.



Share food with love.



Offer comfort and respect.



Listen with an open heart.

"Hospitality is not measured by wealth. It is measured by the size of your heart."



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WELCOME WITH RESPECT • SERVE WITH HUMILITY • SHARE WITH GENEROSITY • SEE THE DIVINE IN EVERY GUEST

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RINA JÑĀNA ऋण ज्ञान

AWARENESS OF ONE'S RESPONSIBILITIES

Rina Jñāna is the awareness that our lives are supported by many through love, knowledge, resources and opportunities. It invites us to live with gratitude and give back through responsible and meaningful action.



"Gratitude is the memory of the heart.
Responsibility is the expression of gratitude."



WE RECEIVE MORE THAN WE REALIZE



FAMILY

Love, care and support from our parents and elders.



TEACHERS

Knowledge, guidance and wisdom that shape our lives.



SOCIETY

Infrastructure, opportunities and the support of many people.



NATURE

Air, water, food, resources and beauty that sustain us.



THE WORLD

Countless beings and systems working for the greater good.

GRATITUDE BECOMES RESPONSIBILITY

Rina Jñāna turns gratitude into meaningful action.

Instead of asking
"What can I receive?",
we begin asking
"How can I give back?"

OUR RESPONSIBILITY AT HOME



- Care for our parents and elders.
- Support and guide our siblings.
- Create a loving and respectful home.
- Share time, attention and kindness.
- Pass on values to the next generation.

OUR RESPONSIBILITY IN SOCIETY



- Respect and help everyone.
- Contribute our skills and time.
- Support those in need.
- Uplift others and create opportunities.
- Be honest, responsible and kind.

OUR RESPONSIBILITY TO NATURE



- Protect the environment.
- Conserve water and natural resources.
- Reduce waste and avoid harm.
- Plant trees and protect wildlife.
- Live in harmony with nature.

INNER TRANSFORMATION

- Gratitude removes arrogance.
- Responsibility removes selfishness.
- Service creates purpose.
- Humility opens the heart.
- Awareness brings harmony.

When we recognize our obligations and act with sincerity,
life becomes meaningful and
our relationships become stronger.

RECEIVE WITH GRATITUDE.
LIVE WITH RESPONSIBILITY.
GIVE BACK WITH LOVE.

RINA JÑĀNA IS THE PATH FROM GRATITUDE TO SERVICE.



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FAMILY & RELATIONSHIPS

KULA DHARMA कुल धर्म

FAMILY RESPONSIBILITY

Kula Dharma is the responsibility we share towards our family — caring for one another, honoring our elders, guiding our children, supporting each other and passing on values that create a better future.



"A strong family is built not by blood alone, but by values, responsibility and love."



CARE

Care for each family member with love and compassion.



RESPECT

Honor and respect elders for their wisdom and sacrifices.



SUPPORT

Support one another in difficult times and celebrate together.



GUIDE

Guide children with values, discipline and kindness.



VALUES

Preserve and pass on good values, traditions and culture.



HARMONY

Maintain harmony, understanding and healthy relationships.

CARE FOR ELDERS



Their blessings are our strength. Their well-being is our responsibility.

GUIDE CHILDREN



Teach them values, not just success. Shape their character with patience.

SHARE RESPONSIBILITY



A healthy family shares work, decisions and responsibilities with fairness.

SUPPORT EACH OTHER



Stand by each other in every situation. Unity makes the family strong.

PRESERVE TRADITIONS



Continue traditions that uplift the family and connect us to our roots.

OUR FAMILY DHARMA

- ✓ Be truthful and honest in all actions.
- ✓ Speak with respect and kindness.
- ✓ Resolve conflicts with patience.
- ✓ Protect each other's dignity and trust.
- ✓ Create a loving, peaceful home environment.
- ✓ Contribute to the family according to ability.
- ✓ Think not just about today, but generations ahead.



"When each member lives their dharma, the whole family flourishes. This is the beauty of Kula Dharma."

**LIVE WITH RESPONSIBILITY.
LOVE WITH HEART.
BUILD A LEGACY OF VALUES.**

A HAPPY FAMILY IS A FOUNDATION FOR A HAPPY SOCIETY.



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ONE FAMILY • ONE PURPOSE • ONE DHARMA • ONE LEGACY

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PUTRA DHARMA पुत्र धर्म

RESPONSIBILITY TOWARD CHILDREN

Putra Dharma is the sacred responsibility of parents and elders to nurture, protect, educate, guide and prepare children to become compassionate, capable and responsible human beings.



"Children are not our possessions to control; they are lives entrusted to our care."



WHAT TRUE RESPONSIBILITY TOWARD CHILDREN MEANS



LOVE

Give them unconditional love and make them feel safe and valued.



PROTECTION

Protect them physically, mentally and emotionally in every way.



EDUCATION

Provide good education and encourage lifelong learning.



GUIDANCE

Teach values, discipline and right from wrong.



LISTENING

Listen to them patiently and understand their feelings.



VALUES

Cultivate kindness, respect, honesty, compassion and responsibility.

BE A GOOD EXAMPLE



Children learn more from what we do than from what we say.

TEACH RESPONSIBILITY



Give them age-appropriate tasks and teach them to contribute at home and in society.

ENCOURAGE & SUPPORT



Encourage their dreams and support their efforts with patience and positive words.

GIVE ROOTS & WINGS



Give them strong roots in values and culture, and wings to explore their potential.

PREPARE FOR LIFE



Prepare them to face challenges with courage, wisdom and ethical choices.

CORE PRINCIPLES OF PUTRA DHARMA

- ✓ Show love, not just expectations.
- ✓ Discipline with kindness, not with anger.
- ✓ Correct without humiliating.
- ✓ Celebrate efforts, not just results.
- ✓ Respect their individuality.
- ✓ Guide them to become good human beings and responsible citizens.



The goal of Putra Dharma is not to raise a child who simply obeys, but a human being who thinks wisely, acts responsibly, loves deeply and contributes meaningfully."

WHAT CHILDREN NEED MOST

- 🕒 Your Time
- 👁️ Your Attention
- 👂 Your Listening Ear
- 🧭 Your Guidance
- ❤️ Your Presence
- ★ Your Belief in Them

LOVE THEM TODAY • GUIDE THEM TODAY • EMPOWER THEM FOR TOMORROW



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MITRA DHARMA मित्र धर्म

LOYALTY IN FRIENDSHIP

Mitra Dharma is the sacred responsibility of honoring friendship through loyalty, trust, honesty, support, respect and genuine care for one another.

WHAT MAKES A TRUE FRIEND?



LOYALTY

Staying true in good times and challenging times.



TRUST

Having faith in each other and keeping confidences.



HONESTY

Speaking the truth with kindness and courage.



SUPPORT

Standing beside your friend in times of need.



RESPECT

Respecting thoughts, choices, boundaries and individuality.



CARE

Genuinely caring about your friend's well-being.

PRACTICE MITRA DHARMA EVERY DAY



LISTEN DEEPLY

Be there to listen without judgment.



ENCOURAGE

Inspire and motivate your friend to grow.



BE THERE

Show up when your friend needs you.



SHARE WISDOM

Guide with good advice and support.



CELEBRATE

Rejoice in your friend's success sincerely.



FORGIVE

Let go of mistakes with a pure heart.

QUALITIES OF A TRUE FRIEND

- ✓ Loyal and dependable
- ✓ Honest and trustworthy
- ✓ Kind and compassionate
- ✓ Supportive and uplifting
- ✓ Respectful and humble
- ✓ Happy for your success
- ✓ Stays connected with love

Friendship rooted in dharma is a bond that strengthens our lives, uplifts our character and helps us walk the path of truth together.

AVOID IN FRIENDSHIP

- ✗ Betrayal and dishonesty
- ✗ Gossip and backbiting
- ✗ Jealousy and competition
- ✗ Using friendship for gain
- ✗ Ignoring in times of need
- ✗ Disrespect and arrogance
- ✗ Taking without giving

A TRUE FRIEND IS A GIFT FROM THE DIVINE. BE THAT GIFT TO OTHERS.



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PREMA प्रेम

LOVING RELATIONSHIPS

Prema is pure, selfless love expressed through kindness, respect, trust, understanding and compassion. It nurtures harmony and helps relationships grow with patience, acceptance and care.



"Love is not about possessiveness, it is about appreciation and allowing freedom to grow together."



THE ESSENCE OF PREMA



LOVE

Love unconditionally without expectations or demands.



RESPECT

Respect each other's thoughts, feelings and individuality.



TRUST

Build trust with honesty, loyalty and transparency.



UNDERSTANDING

Understand each other with empathy, patience and acceptance.



COMPASSION

Be kind and compassionate in words and actions.



GROW TOGETHER

Encourage and support each other's growth and happiness.

PRACTICE PREMA IN DAILY LIFE



LISTEN DEEPLY

Listen with your heart, value their words and feelings.



EXPRESS KINDNESS

Small acts of kindness create a big impact in relationships.



BE PATIENT

Patience turns differences into deeper understanding.



FORGIVE

Forgiveness heals hurts and builds a stronger bond.



SUPPORT GROWTH

Give space and support for each other's dreams and journey.

PREMA IS NOT

- ✗ Possessiveness
- ✗ Control
- ✗ Jealousy
- ✗ Manipulation
- ✗ Conditional Love



Where there is Prema,
there is peace.
Where there is respect,
there is harmony.
Where there is understanding,
there is a lasting relationship.

PREMA IS

- ✓ Freedom
- ✓ Respect
- ✓ Trust
- ✓ Compassion
- ✓ Unconditional Love

LOVE DEEPLY • RESPECT ALWAYS • GROW TOGETHER • SPREAD PREMA



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"Respect is not about honoring someone for what they have, but for who they are."

SAMMĀN सम्मान RESPECT

Sammān is treating every person with dignity, kindness and consideration. It is expressed in how we speak, listen, behave and recognize the value of every individual.

WHAT RESPECT LOOKS LIKE



LISTEN

Listen attentively without interrupting or judging.



KINDNESS

Speak with kindness, not with harsh or hurtful words.



CONSIDERATION

Value others' feelings, time and effort.



DIGNITY

Honor every person, regardless of status, age or background.



PATIENCE

Be patient with differences and mistakes.



APPRECIATION

Appreciate sincere effort and good intentions.

PRACTICE SAMMĀN EVERY DAY



Respect elders and learn from their experience.



Respect others' opinions, even if you disagree.



Respect every profession and every person.



Respect each family member's thoughts and boundaries.



Respect by supporting, not by criticizing or belittling.



Respect creates love, trust and lasting relationships.

RESPECT IS NOT

- ✗ Humiliation
- ✗ Disrespectful language
- ✗ Ignoring or interrupting
- ✗ Belittling or judging
- ✗ Taking someone for granted
- ✗ Using power to control



When we respect others,
we create harmony.
When we respect ourselves,
we live with dignity.

BENEFITS OF SAMMĀN

- ✓ Builds strong relationships
- ✓ Creates trust and understanding
- ✓ Encourages positive communication
- ✓ Brings peace and harmony
- ✓ Reflects good character
- ✓ Creates a better society



RESPECT EVERY PERSON. HONOR EVERY RELATIONSHIP. LIVE WITH SAMMĀN.



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VISHVĀSA विश्वास

TRUST

Vishvāsa is the confidence and faith we place in others. It is built with truthfulness, consistency, reliability and respect. It creates the foundation of strong and meaningful relationships.



"Trust is the bridge that connects hearts and builds lasting relationships."

WHAT BUILDS TRUST?



TRUTHFULNESS

Be honest in words and actions.



CONSISTENCY

Be reliable and consistent in your behavior.



RELIABILITY

Do what you say you will do.



RESPECT

Value others and respect their feelings.



CONFIDENTIALITY

Protect the information entrusted to you.



ACCOUNTABILITY

Take responsibility for your words and actions.



CARE

Show genuine care and concern.

PRACTICE VISHVĀSA EVERY DAY



KEEP PROMISES

Small promises build great trust.



LISTEN DEEPLY

Listen with attention and without judgment.



BE SUPPORTIVE

Stand by others in good times and difficult times.



BE HONEST

Speak the truth with kindness and clarity.



RESPECT BOUNDARIES

Give space and respect each other's limits.



BUILD FAITH

Trust grows in an environment of love and respect.

TRUST IS NOT

- ✗ Blind belief
- ✗ Ignoring red flags
- ✗ Accepting disrespect
- ✗ Oversharing
- ✗ Taking others for granted
- ✗ Expecting without giving

Trust takes time to grow, but it makes relationships strong, peaceful and lasting.

BENEFITS OF TRUST

- ✓ Stronger relationships
- ✓ Better communication
- ✓ Emotional safety
- ✓ Deeper connection
- ✓ Peace of mind
- ✓ Support in every journey

BUILD TRUST. STRENGTHEN RELATIONSHIPS. CREATE A BETTER WORLD.



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SAHIṢNUTĀ सहिष्णुता TOLERANCE

Sahiṣnutā means patience, forbearance and the ability to stay respectful when faced with differences, criticism or disagreement. It brings harmony, understanding and peace in our relationships.



"Tolerance is the ability to remain calm and respectful when faced with differences. It is strength, not weakness."

WHAT IS SAHIṢNUTĀ?



ACCEPT DIFFERENCES
Understand that everyone has different thoughts, backgrounds and experiences.



LISTEN PATIENTLY
Listen without interrupting and try to understand before reacting.



CONTROL REACTIONS
Stay calm in difficult situations. Your reaction shows your inner strength.



RESPECT OTHERS
Treat every person with dignity, even when you disagree.



BE COMPASSIONATE
Show kindness and empathy. Everyone is fighting a battle we know nothing about.



KNOW YOUR BOUNDARIES
Tolerance does not mean accepting injustice. Stand firm with wisdom and self-respect.

PRACTICE SAHIṢNUTĀ EVERY DAY



DISAGREE RESPECTFULLY
You can have different opinions without offending each other.



BE PATIENT WITH OTHERS
Give people time to learn, grow and improve.



FORGIVE SMALL MISTAKES
Choose forgiveness over holding grudges for small things.



SPEAK KINDLY
Use words that build up, not break down.



AVOID JUDGMENT
Don't judge quickly. See the whole situation first.



CHOOSE HARMONY
Peace in relationships is more valuable than being right.

INTOLERANCE LEADS TO

- ✗ Arguments and conflicts
- ✗ Stress and negative emotions
- ✗ Broken relationships
- ✗ Hatred and separation
- ✗ Loss of inner peace



Where there is tolerance,
there is peace.
Where there is patience,
there is understanding.
Where there is understanding
there is love.

BENEFITS OF TOLERANCE

- ✓ Stronger relationships
- ✓ Better understanding
- ✓ Emotional balance
- ✓ Peaceful environment
- ✓ Spiritual growth
- ✓ A more harmonious world

TOLERANCE IS NOT WEAKNESS – IT IS STRENGTH UNDER CONTROL.



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SAMVĀDA संवाद

RESPECTFUL DIALOGUE

Samvāda is the art of meaningful conversation where we speak honestly, listen deeply and treat every voice with respect and compassion.



"The quality of our relationships is determined by the quality of our conversations."



THE PRINCIPLES OF SAMVĀDA



LISTEN DEEPLY

Give full attention. Listen to understand, not just to reply.



SPEAK HONESTLY

Express your thoughts clearly and truthfully with kindness.



RESPECT DIFFERENCES

Different opinions are natural. Respect every perspective.



BE EMPATHETIC

Try to feel what the other person is feeling.



PAUSE BEFORE REACTING

Take a moment to think. Respond with calm and wisdom.



SEEK UNDERSTANDING

Look for understanding and harmony, not for winning.

PRACTICE SAMVĀDA IN DAILY LIFE



WITH PARENTS

Listen to their experience and share your thoughts with respect.



WITH FRIENDS

Share openly and listen without interrupting or judging.



WITH PARTNER

Communicate your feelings and needs with love and understanding.



WITH TEACHERS

Ask questions, seek guidance and listen to their wisdom.



WITH CHILDREN

Encourage them to speak. Listen and guide with patience and love.



AT WORKPLACE

Discuss ideas, solve problems and respect everyone's contribution.

WHAT SAMVĀDA IS NOT

- ✗ Interrupting or talking over others
- ✗ Raising voice or showing anger
- ✗ Insulting or humiliating
- ✗ Making assumptions
- ✗ Trying to win or prove superiority



When we communicate with respect and sincerity, relationships grow stronger, conflicts reduce and hearts come closer.

BENEFITS OF SAMVĀDA

- ✓ Stronger and healthier relationships
- ✓ Better understanding and trust
- ✓ Peaceful and joyful environment
- ✓ Effective problem solving
- ✓ Emotional connection and harmony
- ✓ Personal growth and wisdom

LISTEN TO UNDERSTAND. SPEAK WITH KINDNESS. CONNECT WITH RESPECT.



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"Unity does not require sameness.
It asks us to find a way to
live together with dignity
and love."

MEL-MILĀP मेल-मिलाप

HARMONY & TOGETHERNESS

Mel-Milāp is coming together with harmony, reconciliation, understanding and goodwill. Let us build relationships based on respect, forgiveness, cooperation and shared happiness.

WHAT MEL-MILĀP MEANS



UNITY

Stand together with love and acceptance.



RESPECT

Value each other's feelings, beliefs and differences.



FORGIVENESS

Let go of grudges and move forward with a pure heart.



UNDERSTANDING

Listen, empathize and see through one another's eyes.



COOPERATION

Work together for the good of the family and community.



GOODWILL

Wish happiness and well-being for everyone.

PRACTICE MEL-MILĀP EVERY DAY



EAT TOGETHER

Share meals, share your hearts.



LISTEN & CONNECT

Give time and attention to each other.



RESOLVE & RECONCILE

Talk, understand and heal differences.



SERVE TOGETHER

Serve the society and protect nature together.



SUPPORT & ENCOURAGE

Celebrate each other's growth and happiness.



CELEBRATE TOGETHER

Celebrate festivals, milestones and small moments.

WHAT BREAKS HARMONY

- ✗ Ego and pride
- ✗ Holding grudges
- ✗ Lack of communication
- ✗ Judgment and criticism
- ✗ Selfishness and comparison



Where there is harmony,
there is peace.
Where there is togetherness,
there is strength.
Where there is love,
there is a home.

BENEFITS OF MEL-MILĀP

- ✓ Stronger family bonds
- ✓ Peaceful and joyful environment
- ✓ Better understanding and trust
- ✓ Emotional support for all
- ✓ More unity in community
- ✓ A happier and healthier life

COME TOGETHER. UNDERSTAND EACH OTHER. FORGIVE WITH WISDOM. WALK TOGETHER IN HARMONY.



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SOCIETY & HUMANITY

लोकाः समस्ताः सुखिनो भवन्तु

LOKAH SAMASTAH SUKHINAH

*May all beings everywhere
be happy and free from suffering.*

DIVINE LIVING SERIES

12 CORE VALUES FOR A HARMONIOUS & COMPASSIONATE SOCIETY

01 LOKAH
SAMASTAH SUKHINAH
Welfare & happiness
of all



02 SARVODAYA
Welfare of
everyone



03 NYĀYA
Justice



04 NĪTI
Ethical
conduct



05 KARTAVYA
Duty



06 RAJADHARMA
Responsible
leadership



07 SAMATĀ
Equality and
balance



08 EKATĀ
Unity



09 SAHAKĀRA
Cooperation



10 PAROPAKĀRA
Helping
others



11 DĀNA-SEVA
Giving and
serving



12 DIGNITY OF LIFE
Respect for every
being



WHEN WE LIVE THESE
VALUES, WE CREATE A WORLD
WHERE EVERYONE CAN
LIVE WITH DIGNITY, PEACE
AND OPPORTUNITY.

LIVE FOR LOKA KALYĀNA
BE A LIGHT TO THE WORLD



THINK FOR ALL



WORK FOR ALL



SERVE FOR ALL



CARE FOR ALL



RESPECT ALL LIFE



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लोकाः समस्ताः
सुखिनो भवन्तु
LOKAH SAMASTAH
SUKHINAH

**MAY ALL BEINGS
EVERYWHERE BE HAPPY
AND FREE FROM SUFFERING.**

This ancient Vedic prayer teaches us
to think beyond ourselves and work
for the welfare, happiness and dignity
of all beings — without any difference.



A UNIVERSAL ASPIRATION • A UNIVERSAL RESPONSIBILITY



WELFARE OF ALL

Work for the
wellbeing and
happiness of
everyone.



JUSTICE

Stand for fairness,
truth and equal
opportunities
for all.



ETHICAL CONDUCT

Choose honesty,
integrity and
righteous
behavior.



DUTY

Fulfill your
responsibilities
towards family,
society and
nature.



RESPONSIBLE LEADERSHIP

Lead with integrity,
compassion and
a spirit of
service.



EQUALITY & BALANCE

Treat everyone
with respect,
dignity and
fairness.



UNITY

See the one
human family
beyond all
differences.



COOPERATION

Join hands and
create a better
world through
teamwork.



HELPING OTHERS

Serve selflessly
and uplift those
in need.



GIVING & SERVING

Give with love.
Serve with
humility.



DIGNITY OF LIFE

Respect all life –
human, animal,
plant and every
living being.



RESPECT NATURE

Protect the Earth
for ourselves and
future generations.

Think for All.
Care for All.
Serve for All.
Respect All Life.



Let our thoughts
bring peace,
our actions bring
kindness, and our lives
be a blessing to
the world.

LIVE FOR LOKA KALYĀṆA – THE WELFARE OF THE WORLD.



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SARVODAYA सर्वोदय WELFARE OF EVERYONE

When everyone rises,
humanity truly progresses.



**A SOCIETY IS STRONG
WHEN ITS PROGRESS INCLUDES EVERYONE.**

MEANING

Sarvodaya means
'the welfare of all'.

It is a vision where every individual has the opportunity to live with dignity, happiness and freedom – leaving no one behind.

THE SPIRIT OF SARVODAYA



WELFARE OF ALL

Work for the
wellbeing of
every being.



JUSTICE & EQUALITY

Ensure fairness,
equal rights and
opportunities
for everyone.



DIGNITY & RESPECT

Respect every
individual,
irrespective of
status or background.



COOPERATION & TOGETHERNESS

Work together
for the good of
the society and
nature.



SERVICE & COMPASSION

Help others
selflessly and
uplift those in
need.

HOW TO PRACTICE SARVODAYA IN DAILY LIFE



EDUCATE

Share knowledge
and empower
others.



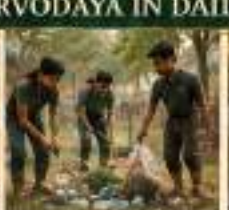
SHARE

Share food,
resources and
opportunities.



SUPPORT

Support local
communities and
vulnerable people.



PROTECT

Protect nature
and the
environment.



RESPECT

Respect every
life – human,
animal and plant.



COOPERATE

Join hands to
create a better
world.

REMEMBER

Your happiness is
incomplete if it does
not contribute to the
happiness of others.



Let us dream of a world where
everyone has food, education,
health, respect and the opportunity
to flourish in peace.

**LET EVERYONE RISE.
LET HUMANITY SHINE.**

BENEFITS OF SARVODAYA

- Stronger and happier society
- Reduced inequality and injustice
- Peaceful and harmonious world
- Collective growth and progress
- A life of purpose and fulfillment

THINK FOR ALL. CARE FOR ALL. SERVE ALL. RESPECT ALL LIFE.



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NYĀYA न्याय

JUSTICE

Justice is not about who is powerful.
It is about what is right.



NYĀYA TEACHES US TO CREATE A JUST, FAIR & HARMONIOUS SOCIETY.



FAIRNESS



Treat everyone
with fairness
and impartiality.



TRUTH



Speak the truth
and stand for
what is right.



EQUALITY



Everyone is equal
and deserves
dignity and respect.



RIGHT JUDGMENT



Think wisely,
understand fully,
then decide justly.



RESPONSIBILITY



Use power and
position with
responsibility.



COMPASSION



Justice is complete
only when it is
filled with compassion.

NYĀYA IN DAILY LIFE



BE FAIR

Be fair in your
words, actions and
decisions.



HEAR BOTH SIDES

Listen carefully to
everyone before
forming a judgment.



KEEP PROMISES

Follow your word.
Honesty is the
foundation of justice.



RESPECT DIGNITY

Respect every person,
regardless of their
background.



PROTECT THE WEAK

Stand up for those
who cannot stand up
for themselves.



SEEK JUST SOLUTIONS

Find solutions that
bring harmony and
healing.

REMEMBER

A just society is built
by just individuals.

When we choose what is
right, even when it is not
easy, we bring true justice
into the world.



When justice is blind,
society is strong.

When justice is fair,
humanity flourishes.

When justice is compassionate,
peace prevails.

LET JUSTICE PREVAIL.
LET DHARMA SHINE.

BENEFITS OF NYĀYA

- ✓ Creates trust and harmony
- ✓ Reduces inequality and injustice
- ✓ Strengthens families and communities
- ✓ Builds a peaceful and safe society
- ✓ Brings inner peace and clarity
- ✓ Helps everyone flourish with dignity

BE FAIR. SEEK TRUTH. PROTECT DIGNITY. STAND FOR WHAT IS RIGHT.



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NĪTI नीति ETHICAL CONDUCT

Choosing what is right,
truthful, responsible and
beneficial in thought, word
and action.

CHARACTER IS REVEALED BY OUR CHOICES,
ESPECIALLY WHEN NOBODY IS WATCHING.



INTEGRITY

Be honest and
consistent in
thought, word
and action.



TRUTHFULNESS

Speak the truth
with courage and
accept the truth
with humility.



HONESTY

Be sincere in
dealings and
transparent in
intentions.



FAIRNESS

Treat everyone
with justice,
impartiality and
equal respect.



RESPONSIBILITY

Fulfill your duties,
own your actions
and accept the
consequences.



COMPASSION

Consider the
wellbeing of all
in your thoughts
and actions.

NĪTI IN DAILY LIFE



BE FAIR

Deal fairly in all
situations. Do not
take advantage of
others.



KEEP YOUR WORD

A promise is a
reflection of your
character.



ADMIT YOUR MISTAKES

Accepting mistakes
builds trust and
inner strength.



DON'T EXPLOIT TRUST

Respect the trust
placed in you by
others.



DO WHAT IS RIGHT

Choose the right
thing even when
nobody is watching.



THINK BEFORE YOU ACT

Let your conscience
guide your decisions.

REMEMBER

Ethics is knowing the
difference between what
you have a right to do
and what is right to do.



NĪTI is the silent
foundation of a
peaceful, trustworthy
and harmonious society.

LIVE WITH VALUES.
INSPIRE THE WORLD.

BENEFITS OF NĪTI

- ✓ Builds strong character
- ✓ Creates trust and respect
- ✓ Strengthens relationships
- ✓ Leads to inner peace
- ✓ Creates a just and harmonious society

CHOOSE TRUTH. LIVE WITH INTEGRITY. ACT RESPONSIBLY.



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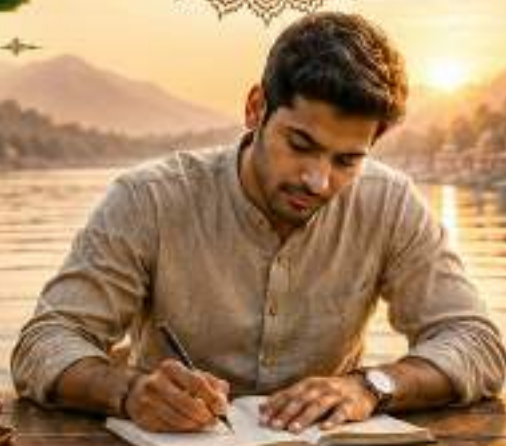
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KARTAVYA कर्तव्य DUTY

Duty is the bridge between
values and a meaningful life
Do what is right,
not what is easy.



KARTAVYA MEANS FULFILLING OUR RESPONSIBILITIES
WITH SINCERITY, INTEGRITY AND CARE.

DUTY IN DIFFERENT AREAS OF LIFE



TOWARDS
FAMILY



Love, respect and care
for family members.
Be present, supportive
and dependable.



TOWARDS
EDUCATION



Study sincerely,
be disciplined and
keep growing in
knowledge and wisdom.



TOWARDS
WORK



Do your work with
honesty, dedication
and excellence.
Take responsibility.



TOWARDS
SOCIETY



Contribute to the
wellbeing of society.
Be a responsible
and kind citizen.



TOWARDS
NATURE



Protect the environment.
Use resources wisely
and live in harmony
with nature.



TOWARDS
SELF



Take care of your body,
mind and character.
Practice self-control
and self-improvement.

PRACTICE KARTAVYA EVERY DAY



DO WHAT
IS RIGHT

Choose what is
right, not what is
easy or convenient.



KEEP YOUR
PROMISES

Be a person of
your word.



BE
DEPENDABLE

Others should be
able to trust you.



SERVE WITHOUT
EXPECTATION

Do your duty without
seeking praise or
reward.



DON'T AVOID
RESPONSIBILITY

Accept your duties
and complete
them well.



GIVE
YOUR BEST

Do your best in
every task,
whatever it is.

REMEMBER

A life of purpose
is built on duty.
When we do our duty
selflessly, we create
harmony within and
contribute to a
better world.



DO YOUR DUTY.
LIVE YOUR DHARMA.
INSPIRE THE WORLD.

Doing your duty is not a burden.
It is a sacred contribution to life.

BENEFITS OF LIVING YOUR DUTY

- Brings inner peace and clarity of mind
- Builds strong character and discipline
- Creates trust and respect
- Improves relationships
- Leads to a meaningful and fulfilling life



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RĀJADHARMA राजधर्म RESPONSIBLE LEADERSHIP

Leadership is not about power,
it is about responsibility.
A true leader serves for the
welfare of all.

RĀJADHARMA IS THE ETHICAL RESPONSIBILITY
OF THOSE ENTRUSTED WITH LEADERSHIP AND AUTHORITY.



JUSTICE

Ensure fairness
and equal treatment
for every citizen.



PROTECTION

Protect the weak,
vulnerable and
their rights.



SERVICE

Serve the people
selflessly for their
welfare and growth.



WISDOM

Make thoughtful
decisions for the
long-term good.



INTEGRITY

Lead with honesty,
truthfulness and
strong character.



ACCOUNTABILITY

Accept responsibility
for actions and be
answerable to all.



HUMILITY

Stay grounded,
respect everyone
and value every life.

RĀJADHARMA IN ACTION



LISTEN TO PEOPLE

A leader listens before
he decides.



WORK FOR WELFARE

Focus on the well-being
and development of all.



MAKE WISE DECISIONS

Choose what is right,
not what is easy.



BE TRANSPARENT

Be open, honest and
clear in all actions.



LEAD BY EXAMPLE

Inspire others through
your actions.

A TRUE LEADER...

- ✔ Puts people first
- ✔ Upholds justice and dharma
- ✔ Uses power responsibly
- ✔ Encourages growth and unity
- ✔ Builds trust and confidence
- ✔ Leaves a positive legacy



Authority without dharma
leads to suffering.
Leadership with dharma
leads to harmony.

LEAD WITH DHARMA.
SERVE WITH LOVE.
PROTECT WITH COURAGE.
DECIDE WITH WISDOM.

BENEFITS OF RĀJADHARMA

- ✔ Creates a peaceful and just society
- ✔ Builds strong and united communities
- ✔ Encourages trust and respect
- ✔ Reduces conflict and injustice
- ✔ Brings prosperity and well-being
- ✔ Inspires future generations



POWER IS TEMPORARY, BUT DHARMA IS ETERNAL.
LEAD FOR THE WELFARE OF ALL.



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SAMATĀ समता EQUALITY & BALANCE

Samatā is seeing the same Divine essence in every being and treating everyone with equality, respect and fairness.



DIFFERENT ROLES, DIFFERENT ABILITIES, DIFFERENT PATHS –
BUT EQUAL DIGNITY, EQUAL RESPECT, EQUAL OPPORTUNITY FOR ALL.



EQUALITY

Every human being deserves equal respect and dignity, without discrimination.



BALANCE

Stay balanced in success and failure, praise and blame, joy and sorrow.



FAIRNESS

Be just and impartial in your words, actions and decisions.



INCLUSION

Include everyone. Value every voice. Respect every perspective.



RESPECT

Treat everyone with kindness, compassion and fundamental respect.



EQUANIMITY

See the Divine in all. Cultivate inner peace and even-mindedness.

PRACTICE SAMATĀ IN DAILY LIFE



AT HOME

Listen to everyone. Do not favor or judge unfairly.



AT WORK

Value colleagues. Give fair opportunities. Avoid ego & bias.



IN SOCIETY

Respect all professions. Support equality and social harmony.



TOWARDS NATURE

See all life as equal. Protect and care for all beings.



WITHIN YOURSELF

Control reactions. Cultivate patience and understanding.

REMEMBER

Equality does not mean everyone is the same. It means **everyone matters**.

Balance within,
Fairness without,
Harmony in life.



When we practice Samatā, we build a peaceful mind, healthy relationships and a harmonious society.

SEE THE SAME DIVINE
IN EVERYONE.

BENEFITS OF SAMATĀ

- ✓ Creates peace within and around
- ✓ Strengthens relationships
- ✓ Promotes social harmony
- ✓ Reduces conflicts and judgment
- ✓ Builds a just and compassionate society
- ✓ Brings happiness and fulfillment

BE BALANCED WITHIN. BE FAIR WITHOUT. LET EVERYONE MATTER.



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EKATĀ एकता UNITY

Different paths,
different voices,
one human family.
Together, we create
a better world.



UNITY IS OUR STRENGTH. TOGETHER WE CAN ACHIEVE THE EXTRAORDINARY.



RESPECT

Respect every individual regardless of differences.



ACCEPTANCE

Accept people as they are. Value diversity and inclusiveness.



COOPERATION

Work together towards shared goals and the greater good.



TOGETHERNESS

We are stronger when we stand united with one another.



EQUALITY

Ensure fairness and equal opportunities for all.



COMPASSION

Show kindness, empathy and care for every being in society.



HARMONY

Build harmony in society, nature and with the world.

PRACTICE EKATĀ IN DAILY LIFE



At Home

Listen to everyone.
No favoritism.
Build understanding.



At Work

Value every team member. Collaborate with trust.



In Society

Contribute to your community and support each other.



For Nature

Protect and nurture nature together for future generations.



In Service

Help selflessly. Share, care and uplift others.

REMEMBER

Unity does not mean we are the same. It means we respect our differences and choose to grow together.



When we unite with love, respect and a shared purpose, we create peace, prosperity and harmony for all.

ONE EARTH.
ONE HUMANITY.
ONE FUTURE.

BENEFITS OF EKATĀ

- ✓ Builds strong and peaceful society
- ✓ Promotes social harmony
- ✓ Creates trust and cooperation
- ✓ Reduces conflicts and divisions
- ✓ Achieves progress and prosperity
- ✓ Inspires collective happiness



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SAHAKĀRA सहकार COOPERATION

When we come together with goodwill and respect, our individual strengths become collective strength and great things become possible.



TOGETHER WE CAN DO MORE.
COOPERATION TURNS SMALL EFFORTS INTO GREAT CHANGE.



MUTUAL RESPECT

Respect each other despite differences of opinion, background or ability.



SHARED PURPOSE

Work with a common goal that benefits individuals and the community.



TEAMWORK

Combine talents, skills and resources to achieve greater results.



LISTEN & UNDERSTAND

Listen to every voice. Understanding leads to trust and better decisions.



SUPPORT & HELP

Support one another in challenges and celebrate each other's success.



SHARE RESPONSIBILITY

Share the work, responsibilities and credit equally.



BUILD TOGETHER

Build a better family, community and world through cooperation.

PRACTICE SAHAKĀRA IN DAILY LIFE



AT HOME

Share responsibilities, help one another and value every contribution.



AT WORK

Collaborate with colleagues, respect ideas and support team goals.



IN SOCIETY

Participate in community activities and work together for the common good.



FOR NATURE

Protect the environment by working together to keep our earth healthy.



HELPING OTHERS

Extend a helping hand, serve selflessly and uplift those in need.

REMEMBER

The strength of a community is measured by how well people work together with trust, care and cooperation.



ONE EFFORT, MANY HANDS, COUNTLESS BLESSINGS.

Unity is strength...

when there is teamwork and collaboration, wonderful things can be achieved.

BENEFITS OF COOPERATION

- ✓ Builds strong relationships and trust.
- ✓ Increases efficiency and effectiveness.
- ✓ Solves problems better and faster.
- ✓ Creates a positive and supportive environment.
- ✓ Leads to collective growth and happiness.



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SAHAKĀRA सहकार COOPERATION

When we work together with respect and support, our individual strengths become collective strength and great things become possible.



TOGETHER WE CAN DO MORE.
COOPERATION TURNS SMALL EFFORTS INTO GREAT CHANGE.



MUTUAL RESPECT

Respect each other despite differences. Value every person.



SHARED PURPOSE

Work together for a common goal that benefits everyone.



TEAMWORK

Combine talents, skills and resources to achieve greater results.



LISTEN & UNDERSTAND

Listen with patience. Understanding leads to trust and better decisions.



SUPPORT & HELP

Support one another in challenges. Celebrate each other's success.



SHARED RESPONSIBILITY

Share the work and responsibilities. No one left behind.



BUILD TOGETHER

Build a better family, community and world through cooperation.

PRACTICE SAHAKĀRA IN DAILY LIFE



AT HOME

Share responsibilities, help one another and support family members.



AT WORK

Collaborate with colleagues, respect ideas and achieve team goals.



IN COMMUNITY

Participate in community activities and support the well-being of others.



FOR NATURE

Protect and nurture nature together for a healthy and green future.



HELPING OTHERS

Extend a helping hand, serve selflessly and uplift those in need.

REMEMBER

Cooperation is the key that unlocks the power of unity, trust and collective progress.

Alone we can do so little; together we can do so much.



Our strength is multiplied when we cooperate.
Our problems are reduced when we stand together.



ONE TEAM. ONE DREAM.
ONE FUTURE.

BENEFITS OF COOPERATION

- ✓ Builds strong relationships and trust
- ✓ Increases efficiency and productivity
- ✓ Solves problems better and faster
- ✓ Encourages creativity and innovation
- ✓ Creates a positive and harmonious environment
- ✓ Leads to collective growth and happiness



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PAROPAKĀRA परोपकार HELPING OTHERS

Paropakāra is the selfless service of helping others with kindness, compassion and humility, without any expectation in return.

**HELPING OTHERS IS NOT JUST A GOOD DEED,
IT IS A SACRED RESPONSIBILITY TOWARDS LIFE.**



COMPASSION

Feel others' struggles and respond with kindness.



SELFLESSNESS

Give help without expecting anything in return.



SERVICE

Use your time, skills and resources to uplift others.



KINDNESS

Small acts of kindness can create a big impact.



SUPPORT

Be there for someone in their time of need.



RESPECT

Help others with dignity, respect and humility.



BETTER WORLD

When we help others, we build a better and kinder world.

PRACTICE PAROPAKĀRA IN DAILY LIFE



HELP THE NEEDY

Support those who are in need.



SHARE KNOWLEDGE

Teach, guide and encourage others.



SERVE THE COMMUNITY

Participate in activities that benefit society.



CARE WITH LOVE

Show love and care to everyone.



GIVE WITHOUT PRIDE

Help without showing off or seeking recognition.

REMEMBER

The body earns its sustenance through food, but the soul finds nourishment through service to others.

When we help others,
we help ourselves grow.
When we uplift others,
we uplift humanity.

**ONE ACT OF KINDNESS
CAN INSPIRE MANY LIVES.**

BENEFITS OF HELPING OTHERS

- ✓ Brings inner peace and happiness
- ✓ Builds strong and compassionate society
- ✓ Creates trust and good relationships
- ✓ Reduces stress and self-centeredness
- ✓ Inspires others to do good
- ✓ Leads to a meaningful and fulfilling life

BE A REASON SOMEONE SMILES TODAY.



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PAROPAKĀRA परोपकार HELPING OTHERS

Paropakāra is the selfless act of helping others with kindness, compassion and humility, without expecting anything in return.



**HELP WHEN YOU CAN. GIVE WHAT YOU CAN.
SERVE WITH HUMILITY. MAKE SOMEONE'S LIFE BETTER.**



COMPASSION

Feel others' struggles and respond with kindness.



KINDNESS

Small acts of kindness can create a big impact.



SERVICE

Use your time, skills and resources to uplift others.



SUPPORT

Be there for someone in their time of need.



SELFLESSNESS

Help without expecting anything in return.



RESPECT

Help others with dignity and honor every individual.



BETTER WORLD

When we help others, we build a better and kinder world.

PRACTICE PAROPAKĀRA IN DAILY LIFE



HELP THE NEEDY

Support those who are in need of basic essentials.



SHARE KNOWLEDGE

Teach, guide and encourage others to grow.



SERVE SOCIETY

Participate in activities that benefit your community.



CARE WITH LOVE

Show love and care to every living being.



GIVE WITHOUT PRIDE

Help without showing off or seeking recognition.

REMEMBER

The body earns its sustenance through food, but the soul finds nourishment through service to others.



When we help others,
we help ourselves grow.
When we uplift others,
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**ONE ACT OF KINDNESS
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BENEFITS OF HELPING OTHERS

- ✔ Brings inner peace and happiness
- ✔ Builds strong and compassionate society
- ✔ Creates trust and good relationships
- ✔ Reduces stress and self-centeredness
- ✔ Inspires others to do good
- ✔ Leads to a meaningful and fulfilling life



BE A REASON SOMEONE SMILES TODAY.



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TRAVEL & TOURISM**
For a Divine Journey

108 SPECIAL SANĀTANA DHARMA VALUES

DIVINE LIVING SERIES

SOCIETY & HUMANITY



DĀNA-SEVĀ दान-सेवा GIVING & SERVING

Dāna is giving with love.
Sevā is serving with humility.
Together, Dāna-Sevā creates
compassion, dignity and
a better world.



**GIVE WHAT YOU CAN. SERVE WHERE YOU CAN.
TOUCH LIVES. MAKE A DIFFERENCE.**



GENEROSITY

Give with an open heart and a spirit of abundance.



SELFLESSNESS

Give without expecting anything in return.



SERVICE

Use your time, skills and resources to uplift others.



COMPASSION

Understand others' pain and respond with kindness and care.



RESPECT

Give in a way that protects dignity and honors every individual.



SUPPORT

Be there for someone in their time of need and struggle.



BETTER WORLD

When we give and serve, we build a kinder, stronger world.

PRACTICE DĀNA-SEVĀ IN DAILY LIFE



HELP THE NEEDY

Support those who are less fortunate with food, clothes or essentials.



SHARE KNOWLEDGE

Teach, guide and inspire others to learn and grow.



SERVE YOUR COMMUNITY

Participate in activities that benefit society and the environment.



SHARE FOOD

Feed others with love. No one should sleep hungry.



CARE WITH LOVE

Take care of elders, children, animals and all living beings.



LISTEN & SUPPORT

Sometimes your time and listening ear can be the greatest gift.

REMEMBER

Wealth decreases by sharing, but love and blessings increase.
A life of giving and service brings inner peace, purpose and true happiness.



When we give, we create hope.
When we serve, we spread light.
Together, we build a world
filled with compassion.

**GIVE WITH GRATITUDE.
SERVE WITH HUMILITY.
LIVE WITH LOVE.**

BENEFITS OF DĀNA-SEVĀ

- ✓ Brings inner peace and joy
- ✓ Purifies the heart
- ✓ Builds strong communities
- ✓ Creates trust and harmony
- ✓ Reduces stress and ego
- ✓ Inspires others to do good
- ✓ Leads to a meaningful and fulfilling life



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DIGNITY OF LIFE

RESPECT FOR EVERY BEING

Every life is sacred.
Every being has a right to live
with dignity, respect and compassion.
Let us honor life in every form –
human, animal, plant and nature.
When we respect life,
we create a world of harmony,
kindness and peace.



RESPECT LIFE. PROTECT LIFE. HONOUR LIFE.
COMPASSION TODAY, HARMONY TOMORROW.



RESPECT EVERYONE
Treat every person
with dignity regardless
of age, gender,
wealth or status.



BE COMPASSIONATE
Show kindness,
empathy and care
towards all living
beings.



PROTECT ANIMALS
Animals feel pain
and fear. Let us
protect them and
not harm them.



CARE FOR NATURE
Trees, rivers, mountains
and all of nature
sustain life.
Protect them.



LIVE RESPONSIBLY
Reduce waste,
conserve resources
and live in a way that
helps the planet.



ACT WITH INTEGRITY
Make choices that
support life, justice
and the well-being
of all.

DIGNITY OF LIFE IN DAILY PRACTICE



HELP HUMANITY
Support the needy,
volunteer and
uplift others.



EDUCATE & INSPIRE
Share knowledge
and inspire the next
generation.



PLANT & PRESERVE
Plant trees and
preserve the beauty
of the Earth.



KEEP CLEAN
Keep our rivers,
streets and surroundings
clean and green.



SERVE ANIMALS
Feed, protect and
care for animals
with love.



PRACTICE KINDNESS
Small acts of kindness
can create a big
difference.

REMEMBER

The quality of a civilization
is measured by how it treats
its most vulnerable –
not the most powerful.



We are all connected.
When we respect life,
we respect our existence.



ONE EARTH • ONE FAMILY • ONE FUTURE

BENEFITS OF RESPECTING LIFE

- ✓ Creates peace within and around us
- ✓ Builds a compassionate society
- ✓ Protects the environment
- ✓ Strengthens relationships
- ✓ Leads to a happier and meaningful life



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RESPECT EVERY BEING. PROTECT EVERY LIFE. CREATE A BETTER WORLD.

NATURE & SACRED ECOLOGY

Living in Harmony with Nature

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SOCIETY & HUMANITY



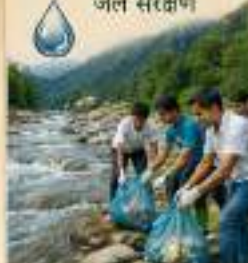
8 VALUES FOR A SUSTAINABLE & COMPASSIONATE WORLD

1. BHŪMI SAMMAN
भूमि सम्मान



Respect for Earth.
Protect the soil,
land and all that
sustains life.

2. JALA SAMRAKSHANA
जल संरक्षण



Protection of water.
Save every drop,
keep rivers, lakes
and streams clean.

3. VRIKSHA RAKSHA
वृक्ष रक्षा



Protection of trees.
Plant, protect and
preserve trees for
a greener future.

4. GO-SEVĀ
गो-सेवा



Compassionate care
of cows. Support their
well-being and treat
them with kindness.

5. JĪVA DAYA
जीव दया



Compassion for
living beings.
Protect animals
and reduce harm
in every form.

6. PANCHABHŪTA SAMMAN
पंचभूत सम्मान



Reverence for the
five elements – earth,
water, fire, air and space.
Honour the foundations
of life.

7. SUSTAINABLE LIVING
सतत जीवन



Live responsibly
with nature.
Reduce, Reuse,
Recycle and choose
eco-friendly living.

8. SARVA-JĪVA MAITRI
सर्वजीव मैत्री



Friendship with
all living beings.
See the same life
in every soul and
every form.

ONE EARTH • ONE LIVING WORLD • ONE SHARED RESPONSIBILITY

Respect. Protect. Restore. Live in Harmony.



SAVE
WATER



PLANT
TREES



AVOID
PLASTIC



CARE FOR
ANIMALS



CONSERVE
ENERGY



KEEP EARTH
CLEAN

"The earth does not belong to us;
we belong to the earth. Let us live
with gratitude, compassion and wisdom."

— Ancient Wisdom



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ONE EARTH
ONE LIVING WORLD
ONE SHARED
RESPONSIBILITY

1. BHŪMI SAMMAN भूमि सम्मान



Respect for Earth.
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the land and all that
sustains life.

2. JALA SAMRAKSHANA जल संरक्षण



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Save every drop.
Keep rivers, lakes
and streams clean.

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Live responsibly
with nature.
Reduce, Reuse,
Recycle and choose
eco-friendly living.

8. SARVA-JĪVA MAITRI सर्वजीव मैत्री



Friendship with
all living beings.
See the same life in
every soul and
every form.

WAYS TO LIVE IN HARMONY WITH NATURE



PLANT TREES
Create green
and healthy
surroundings.



SAVE WATER
Conserve every
drop of water.



REDUCE WASTE
Avoid plastic and
unnecessary
consumption.



SAVE ENERGY
Use natural
resources
wisely.



EAT RESPONSIBLY
Choose local,
seasonal and
sustainable.



RECYCLE & COMPOST
Return to the earth
what the earth
has given.



WALK, CYCLE, SHARE
Choose simple
ways to reduce
pollution.

“When we care for nature,
we care for ourselves and
for generations to come.”

- ✓ Respect Earth
- ✓ Protect Water
- ✓ Protect Trees
- ✓ Be a Friend to All Life



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BHŪMI SAMMAN

भूमि सम्मान

RESPECT FOR EARTH

• NATURE & SACRED ECOLOGY •

• SOCIETY & HUMANITY •

The Earth is our mother.
She nourishes, protects and
sustains all life.

Let us show gratitude
by living responsibly
and caring for the land,
the soil and
all natural resources.

RESPECT THE EARTH TODAY, FOR A BETTER TOMORROW



RESPECT THE SOIL

Healthy soil
is the foundation
of food, life and
our future.



PROTECT THE LAND

Use land
responsibly.
Avoid pollution
and degradation.



PLANT & PROTECT TREES

Trees give life.
Plant more and
protect the trees
we already have.



REDUCE, REUSE RECYCLE

Reduce waste,
reuse resources
and recycle for
a cleaner Earth.



CONSERVE WATER

Save every drop.
Water is precious
and essential
for all living beings.



SUPPORT FARMERS

Value and support
farmers who
work hard to feed
our world.

“

When we care
for the Earth,
the Earth cares
for us.



SIMPLE ACTIONS, LASTING IMPACT

- ❖ Avoid chemical pollution and harmful practices
- ❖ Compost organic waste
- ❖ Grow food naturally
- ❖ Choose sustainable living
- ❖ Teach children to love nature
- ❖ Be grateful. Be responsible.



BHŪMI SAMMAN IS GRATITUDE IN ACTION.

Respect • Protect • Restore • Nourish • Sustain



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JALA SAMRAKSHANA

जल संरक्षण



PROTECTION OF WATER

Water is not just a resource, it is life.
Every drop counts. Every action matters.

SAVE
WATER
SAVE
LIFE

WHY WATER IS SACRED

- It sustains all living beings.
- It purifies our body, mind and environment.
- Rivers are the lifelines of nature and civilization.
- It connects communities and cultures.

OUR RIVERS, OUR RESPONSIBILITY



KEEP OUR RIVERS CLEAN

Do not litter.
Do not pollute.
Keep it pure.



JOIN COMMUNITY EFFORTS

Participate in cleanups.
Restore lakes, ponds and water bodies.



PROTECT SOURCES OF WATER

Protect forests, wetlands and groundwater.



RESPECT NATURE & WILDLIFE

Healthy water supports plants, animals and life.



HONOUR OUR SACRED RIVERS

Ganga, Yamuna and all rivers are our spiritual heritage.

SIMPLE ACTIONS, BIG IMPACT



Turn off taps when not in use.



Fix leaks immediately.



Use water mindfully.



Harvest rainwater.



Reuse and recycle water.



Take shorter showers.



Water plants efficiently.



Every drop you save today ensures a better tomorrow for generations to come.

“When we protect water,
we protect life, health, nature
and the future.”



SAVE
WATER



PROTECT
LIFE



RESTORE
NATURE



LIVE
RESPONSIBLY



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VRIKSHA RAKSHA



वृक्ष रक्षा

PROTECTION OF TREES

NATURE & SACRED ECOLOGY

TREES ARE LIFE. PROTECT THEM.

When we protect
trees, we protect
the earth, the air,
the water and
every life on it.

WHY TREES MATTER



PRODUCE OXYGEN

Trees provide the
oxygen we breathe.



COMBAT CLIMATE CHANGE

They absorb carbon
and help cool
the planet.



PROTECT SOIL

Roots prevent
erosion and
improve soil
health.



CONSERVE WATER

Trees maintain the
water cycle and
recharge
groundwater.



SUPPORT BIODIVERSITY

They provide food
and shelter for
birds, animals and
insects.



ENHANCE WELL-BEING

Trees reduce stress,
improve health
and bring peace
and joy.

OUR RESPONSIBILITY

- Plant native trees.
- Protect young saplings.
- Water and nurture regularly.
- Avoid cutting trees unnecessarily.
- Prevent soil compaction around roots.
- Keep surroundings clean.
- Teach children the value of trees.



PLANT • PROTECT • NURTURE
PRESERVE

A small action today,
a forest tomorrow.

EVERY ACTION COUNTS



Plant a tree today.



Care for the trees around you.



Say NO to tree cutting
and forest destruction.



Join and support green initiatives
in your community.



Leave a greener, healthier planet
for future generations.

PROTECT TREES. PROTECT LIFE.



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GO-SEVĀ गो-सेवा

COMPASSIONATE CARE OF COWS

NATURE & SACRED ECOLOGY

Compassion in Action.
Sevā in Every Heart.



CARE • PROTECT • NOURISH • RESPECT

When we care for cows, we care for life.

WHY GO-SEVĀ MATTERS



Cows give us nutrition, strength and many resources.



They are gentle beings who deserve our kindness.



Caring for cows creates compassion and peaceful living.



Go-Sevā builds a better society and a better future.

FOOD

Provide fresh, nutritious and clean food.



WATER

Ensure clean and fresh water always.



SHELTER

Provide safe, clean and comfortable shelter.



HEALTH CARE

Regular health check-ups and timely medical care.



LOVE & RESPECT

Treat with love, patience and respect always.



HOW WE CAN PRACTICE GO-SEVĀ



Feed with care.



Keep water always available.



Keep the surroundings clean.



Protect from harm and neglect.



Support veterinary care.



Support cows and cow shelters.



Spread awareness and compassion.



A small act of compassion can make a big difference in their lives.



“

The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

— Mahatma Gandhi



Compassionate care today,
a peaceful world tomorrow.



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JĪVA DAYA

जीव दया

COMPASSION FOR
LIVING BEINGS

KINDNESS IN THOUGHT, WORD & ACTION

Every life is precious.
Every being deserves compassion.

JĪVA DAYA MEANS



Compassion for all
living beings.



Protection from harm,
fear and suffering.



Responsible care
and nurturing.



Respecting the right
of every being to live.



COMPASSION CAN BE PRACTISED EVERY DAY



OFFER FOOD & WATER

Provide clean water
and appropriate
food to animals
and birds.



SHELTER & PROTECTION

Ensure safe
shelter and
protection from
extreme weather
and danger.



HEALTH & CARE

Seek timely
veterinary care
and maintain
clean living
spaces.



RESPECT & KINDNESS

Treat all beings
with patience,
love and
understanding.



REDUCE HARM TO NATURE

Avoid pollution,
littering and
actions that harm
living beings
and habitats.



EDUCATE & INSPIRE

Teach children and
communities the
value of compassion
and responsible
living.

“

The greatness
of a nation and
its moral progress
can be judged by
the way its animals
are treated.

– Mahatma Gandhi



EVERY ACT OF KINDNESS COUNTS

- Help injured animals with care.
- Support animal shelters and cow shelters.
- Adopt stray animals responsibly.
- Avoid cruelty in any form.
- Respect the natural habitats of all beings.
- Practice Ahimsa (non-violence) in thought, word and action.
- Live with empathy and awareness.



When we choose
compassion, we choose
a peaceful world for
all living beings.

COMPASSION IS A FORM OF SEVA

SEE LIFE. RESPECT LIFE. SERVE LIFE.



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PANCHABHUTA SAMMAN

पंचमहाभूत सम्मान

REVERENCE FOR THE FIVE ELEMENTS

We are not separate from nature.
We are part of it.



PRTHVĪ
EARTH

Provides the foundation of life. Nourishes, supports and gives us stability.



JALA
WATER

Flows through every living thing. Essential for growth, purity and balance.



AGNI
FIRE

Represents energy, transformation and illumination. Use energy with wisdom.



VĀYU
AIR

The breeze of life. It connects all living beings with every breath.



ĀKĀŚA
SPACE

The vast space that holds and allows everything to exist and expand.

FIVE ELEMENTS. ONE LIVING CONNECTION.

Honouring the elements is honouring the life they sustain.

OUR RESPONSIBILITY



PROTECT EARTH

Care for soil, forests and all living ecosystems.



SAVE WATER

Conserve every drop and keep water sources clean.



USE ENERGY WISELY

Reduce waste and choose sustainable energy.



PROTECT AIR

Plant trees, reduce pollution and support clean air.



PRESERVE NATURAL SPACES

Respect and protect rivers, mountains and wildlife habitats.



“

When we honour the elements, we protect the world and ensure a better future for all living beings.

”

SIMPLE ACTIONS, DEEP IMPACT



Plant more trees



Use water mindfully



Save electricity & energy



Choose clean transport



Keep rivers & surroundings clean



Live with awareness & gratitude

THE ELEMENTS ARE WITHIN YOU



- EARTH** Stability in our body
- WATER** Flow in our emotions
- FIRE** Energy in our actions
- AIR** Breath in our life
- SPACE** Awareness in our being

LIVE IN HARMONY WITH NATURE. THIS IS PANCHABHUTA SAMMAN.



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SUSTAINABLE LIVING

Living Responsibly With Nature

LIVE SIMPLY • WASTE LESS • CARE MORE

Small choices today, a better world tomorrow.

“We do not inherit the Earth from our ancestors, we borrow it from our children.”

SUSTAINABLE LIVING IS A WAY OF LIFE



CONSUME MINDFULLY

Buy what you need. Choose quality over quantity. Support local and ethical choices.



REDUCE WASTE

Reduce, Reuse, Repair and Recycle. Say no to single-use plastic. Choose reusables.



CONSERVE WATER

Save every drop. Fix leaks. Use water mindfully. Harvest rainwater where possible.



USE ENERGY WISELY

Switch off when not in use. Use natural light and ventilation. Choose renewable energy.



EAT RESPONSIBLY

Eat seasonal, local and organic food. Reduce food waste. Compost.



PROTECT NATURE

Plant trees. Protect biodiversity. Keep our air, water and land clean and healthy.



BUILD CONSCIOUS COMMUNITIES

Inspire others. Share knowledge. Work together for a greener and kinder world.



RESPECT ALL LIFE

Every living being has a role in this beautiful ecosystem. Let us live with compassion and kindness.



LOWER YOUR FOOTPRINT

Choose sustainable transport. Walk, cycle or use public transport whenever possible.



CLOSE THE LOOP

Composting turns waste into nourishment. Return to the Earth what the Earth gave you.



CHOOSE SUSTAINABLE

Use eco-friendly products. Small choices can create a big impact.



THINK OF TOMORROW

Our actions today determine the future of our planet and future generations.

BENEFITS OF SUSTAINABLE LIVING

- Cleaner environment
- Better health
- Stronger communities
- Lower expenses
- Peace of mind
- A better future

“The greatest threat to our planet is the belief that someone else will save it.”

— Robert Swan

BE THE CHANGE

Start small. Start now. Start with yourself.



Be Grateful



Be Aware



Reduce Your Footprint



Make Better Choices



Inspire Others



Heal the Earth



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SARVA-JĪVA MAITRI

सर्वजीव मैत्री

“

The greatness
of a nation
and its moral
progress can
be judged by
the way its
animals are
treated.

— Mahatma Gandhi

FRIENDSHIP WITH ALL LIVING BEINGS

KINDNESS BEYOND BOUNDARIES

Every being has a right to live.
Every life deserves respect.
Every heart can choose compassion.



WE ARE ALL CONNECTED. WE ARE ALL ONE FAMILY.



SEE WITH KINDNESS

Recognize the life
in every creature,
big or small.



RESPECT EVERY LIFE

Treat all beings
with compassion,
patience and care.



PROTECT THEM

Protect habitats
and provide safety
from harm.



HELP RESPONSIBLY

Help animals and
nature wisely and
responsibly.



COEXIST IN HARMONY

Share space and
resources with
understanding.



BE A VOICE OF MAITRI

Speak up for those
who cannot speak
for themselves.

WAYS TO PRACTICE SARVA-JĪVA MAITRI

EVERY ACT
OF KINDNESS
CREATES A
BETTER WORLD.



Provide clean water
for birds and animals



Be gentle and
respectful



Plant trees and
support nature



Keep our rivers,
streets and land clean



Protect wildlife
and their habitats



Teach children
compassion



Choose food
mindfully



Reduce, reuse
and recycle

“

When we learn
to love all beings,
we naturally
learn to live
in peace.

THE SPIRITUAL ESSENCE OF SARVA-JĪVA MAITRI

- It expands our heart.
- It reduces harm.
- It builds compassion.
- It creates harmony.
- It brings us closer to Dharma.



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Rishikesh, Uttarakhand, India



108 SPECIAL
SANĀTANA DHARMA VALUES



108-VALUE ESSENCE

12 PRINCIPLES FOR A DHARMIC, COMPASSIONATE & DIVINE LIFE

ONE JOURNEY. ONE LIFE. ENDLESS GROWTH.

These values are not just to be known.
They are to be lived.

KNOW • PRACTICE • BECOME

1 SPEAK TRUTH



Speak truth with honesty, courage and kindness.

2 FOLLOW DHARMA



Let your actions be guided by what is right and responsible.

3 PRACTICE AHIMSA



Choose peace and reduce unnecessary harm.

4 SHOW COMPASSION



Let kindness become something you practice every day.

5 SERVE SELFLESSLY



Serve without expecting recognition or reward. Seva purifies the heart.

6 PROTECT NATURE



Respect the Earth. Conserve water. Protect trees & ecosystems.

7 RESPECT ALL LIFE



Cultivate friendship and goodwill toward every living being.

8 CONTROL THE MIND



Develop awareness, discipline and inner stillness.

9 SEEK WISDOM



Learn continuously. Question sincerely. Transform knowledge into understanding.

10 LIVE WITH DEVOTION



Cultivate gratitude, humility and remembrance of the Divine.

11 WALK WITH HUMILITY



Let your character speak louder than your status.

12 REALIZE THE DIVINE



Recognize the sacred within and around you. Live in unity with existence.

HOW THESE VALUES CONNECT

- Truth brings clarity.
- Dharma gives direction.
- Ahimsa brings peace.
- Compassion opens the heart.
- Seva connects us to humanity.
- Nature reminds us of our responsibility.



These values are interconnected. Together they create a beautiful and meaningful life.

THE RESULT OF LIVING THESE VALUES

- Inner peace
- Strong character
- Positive relationships
- A better society
- A healthier planet
- A deeper connection with the Divine

TRUTH IN WORDS. DHARMA IN ACTIONS. COMPASSION IN HEART.
WISDOM IN MIND. DEVOTION IN LIFE.



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108 SPECIAL
SANĀTANA DHARMA VALUES



108-VALUE ESSENCE

FIVE PRINCIPLES FOR A MEANINGFUL & DIVINE LIFE

These values are not just to be known.
They are to be lived.

SIMPLE LIVING • HIGH THINKING • SELFLESS SERVICE
COMPASSIONATE ACTION • DIVINE REALIZATION

1 SIMPLE LIVING



Live with simplicity
and gratitude.
Choose what you need,
not what you want.

2 HIGH THINKING



Think deeply.
Seek wisdom.
Elevate your thoughts
and expand
your understanding.

3 SELFLESS SERVICE



Serve without
expecting return.
Give your time, skills
and care for the
well-being of others.

4 COMPASSIONATE ACTION



Let compassion
move you to action.
Understand the pain
of others and
help wherever you can.

5 DIVINE REALIZATION



Know yourself.
Realize the Divine
within and around you.
Live in awareness,
unity and devotion.

THE ESSENCE OF 108 VALUES



SIMPLE LIVING
Brings Clarity



HIGH THINKING
Brings Wisdom



SELFLESS SERVICE
Brings Purpose



COMPASSIONATE
ACTION
Brings Humanity



DIVINE REALIZATION
Brings Freedom



LIVE SIMPLY. THINK DEEPLY. SERVE SELFLESSLY.
ACT COMPASSIONATELY. REALIZE THE DIVINE.

The purpose of values is not merely
to know what is right,
but to become the kind of person
who naturally lives it.

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ONE VALUE • ONE VIDEO • ONE POSTER • ONE STEP TOWARDS TRANSFORMATION



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