

success or failure

B. Passionate, greedy, seeker of fruits of action, victim of violence and impure conduct, affected by duals of joys and sorrows

C. Piety, vulgarity, arrogance, deceit, procrastination, laziness and lack of self-control

Are your actions justified by good reasons?

A. Reason that knows the difference between right and wrong; shoulds and should nots; fear and fearlessness; and liberation and bondage

B. Reason by which one incorrectly understands what is right or wrong or what must or must not be done

C. Reason embedded in ignorance, regards wrong as right and everything contrary to the prescriptions

What is the nature of your firmness?

A. The unshaken firmness that is accomplished through the Yoga of meditation and by control of the mind, breathing and senses.

B. The firmness by which an individual seeks the fruits of action and values virtue, prosperity and pleasure.

C. The firmness that makes one not to abandon sleep, fear, grief, arrogance or depression.

What type of joy do you enjoy?

A. Joy that gets rid of sorrow; poison of initiation becomes nectar in the end and is born with placid mind.

B. The sensual joy that appears like nectar at first and poison in the end.

C. The joy that is derived from sleep, idleness, indulgence and carelessness.

As you probably guessed, if your answers were primarily "A," the Sattvic quality prevails in you. If "B" was your most common answer, then the Rajasic guna is prevalent in you. And if you answered mostly "C," the Tamasic quality is your prevailing guna. This quiz was not meant to be puzzling, as it can be easily understood and manipulated. It is meant to be answered honestly, so that self-improvement can incur. If your goal is to lead a good life, you should strive for the Sattvic level in all your thoughts and actions.

In the *Bhagavadgita*, Lord Krishna (a proponent of karma philosophy) asserts that one cannot perfect knowledge without action. Therefore, action is superior to knowledge. The 15 triads in the last two chapters of the Gita, along with the concepts of prescriptive lifestyle in the first 16, clearly establish the parameters and directions that can serve as the guiding light for those

A Vedic Prayer for Universal Peace

presented by Dr. Usha Chowdhary

Om Dyauḥ śāntir antarikṣam
śāntiḥ pṛthivī śāntir āpaḥ śāntir oṣadhayaḥ śāntiḥ
vanaspatayaḥ śāntir viśve devāḥ
śāntir brahma śāntiḥ sarvaḥ śāntiḥ
śāntir eva śāntiḥ sā mā śāntir edhi
Om śāntiḥ, śāntiḥ, śāntiḥ

Oh God! Bring Peace through the unique elements of space, earth, water and medicines. Provide Peace to the gods of the universe through vegetation. Bestow peace on everyone through Brahma and all the human virtues! Oh Creator, Preserver and Re-Creator of the Universe: Bless us all with Peace, Peace, Peace.

who wish to follow it as their path. This path of karma can elevate their state of mind (socialized or cultured brain).☉

"I have found that the life persists in the midst of destruction. Therefore, there must be a higher law than that of destruction. Only under that law would well-ordered society be intelligible and life worth living.

"If that is the law of life, we must work it out in daily existence. Wherever there are wars, wherever we are confronted with an opponent, conquer by love. I have found that the certain law of love has answered in my own life as the law of destruction has never done.

"It takes a fairly strenuous course of training to attain a mental state of nonviolence. It is the disciplined life like the life of a soldier. The perfect state is reached only when the mind, body and speech are in proper coordination. Every problem would lend itself to solution if we determined to make the law of truth and nonviolence the law of life."

— Paramahansa Yogananda
Autobiography of a Yogi, 1989, p.440

