



*Control of thought waves of the mind is Yoga.*  
(Yoga Sutra 1.2)

**PURUSHA**

*Ishwara (God)*

OM

**PRAKRITI**

*The Gunas in Balance*  
Sattva – Rajas – Tamas

**BUDDHI**

**AHAMKARA**

*Sattvic*

*Rajasic*

*Tamasic*

**5 Jnanendriyas**  
*(Subtle Organs of Perception)*

**MANAS**  
*(mind)*

**5 Karmendriyas**  
*(Subtle Organs of Action)*

**5 Tanmatras**  
*(Subtle Essence of Elements)*

**5 Mahabhutas**  
*(5 Great Elements)*

# Samkhya Philosophy:

*Principles of Cosmic Manifestation*

Happiness  
Wisdom  
Compassionate

Self-control  
Concentrated  
Gratitude

# SATTVA

# RAJAS

Energy  
Excitement  
Workaholic  
Ambitious

Desire  
Fear  
Egotism  
Self-centered

# TAMAS

Illusion  
Ignorance  
Mental dullness  
Laziness

Greed  
Confusion  
Attachment  
Heaviness



# Five States of Mind

1. *Mudha* – stupefied, dull
2. *Kshipta* – restless, agitated
3. *Vikshipta* – oscillating, distracted
4. *Ekagra* – one-pointed
5. *Niruddha* – controlled, absorbed



*Until one is committed, there is hesitancy, the chance to draw back.*

*Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans.*

*That the moment one definitely commits oneself, then Providence moves too.*

*All sorts of things occur to help one that would never otherwise have occurred.*

*A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.*

*Whatever you can do, or dream you can do, begin it.*

*Boldness has genius, power, and magic in it.*

*Begin it now.*