

# Art of Living

There are three types of life:

- 1) Life full of Desires
- 2) Balanced life
- 3) Spiritual Life

**Kaham Chare, Kaham Chitthe, Kahamase,  
Kaham Saye**

**Kaham Bhunjanto, Kaham Bhaasanto  
Paavakamam Ne Bandhai**

**Jayam Chare, Jayam Chitthe, Jayamase,  
Jayam Saye**

**Jayam Bhunjanto, Jayam Bhaasanto  
Paavakamam ne bandhai**

# Kaham chare – How to Walk?

- Walk Consciously
- To walk means to move. There are two types of movement
  1. Moving with legs
    - Gaman Yog – Mindful walking or Watchful walking
  2. Spiritual Progress
    - a. Stay in company of good people
    - b. Read good books
    - c. Respect all good things in life

# **Kaham chitthe, Kahamase – How to Stand? How to Sit?**

- Sit and stand consciously. Sitting and standing properly is an art. Be conscious of where you sit and stand.
- Proper sitting and standing posture positively impacts the entire personality. Energy is stored in the tail of the spine; by sitting and standing erect the energy has easy access to the brain. As a result memory power increases.
- A person's posture reflects his personality and state of mind. Sitting and standing relaxed and erect not only keeps one emotionally at ease but also energetic.

- Different situations call for different protocols of sitting and standing.

For example: how to sit or stand in meditation, at the temple, in a lecture, at an assembly etc.

- Your posture reflects your feelings; your feeling reflects your hormones, your hormones reflect your nature, and your nature reflects your attitude, behavior, and action.

# Kaham saye – How to Sleep?

- Sleep consciously.
- Darshanavarniya Karma and Karmavad.

There are three types of sleep: Insomnia, excess sleep, and balanced sleep (6 hrs.)

Insomnia and excess sleep are harmful to good health. Balanced sleep not only heals and relaxes the body but also gives rest to the mind.

Yog Nidra means balanced, sound, deep, and restful sleep. It recharges the battery. To have peaceful sleep, one should practice the following technique: during Yog Nidra try to visualize Om Arham mantra in every part of the body along with deep breathing and Kayotsarga.

## When to sleep?

9 pm – 12 am: One hour sleep gives the benefit of 3 hrs. of rest.

12 am – 3 am: One hour sleep gives the benefit of 1.5 hours of rest.

3 am – 5 am: One hour of sleep gives the benefit of 1 hour of rest.

So, if you sleep from 10 pm to 4 am you will have 11 – 12 hours of rest.

## When to wake up?

Waking up in Brahmamuhurat increases the life span, intelligence, strength, and health. It is also beneficial from a scientific view point.

# Importance of Directions

East: Face the east while doing bhajan, bhakti, swadhyaya, and studying.

South: Head should be in the south while sleeping. It results in wealth.

North: While eating your head should face the north.

West: Face the west while doing meditation

A spiritual person is consciously awake even during sleep. Conversely, one whose consciousness is asleep is deluded even while being physically awake.

# Kaham Bhunjanto – How to Eat?

You are what you eat. So, chew well and only when you are hungry.

There are 3 types of aahar (food):

1. Oja Aahar – at the moment of conception
2. Rom Aahar – absorbed by every pore of the body
3. Kaval Aahar – Food we ingest. It is of 3 types.
  - i. Hitaahar (wholesome food): Food with less sugar, salt, and oil. No junk or fried food.
  - ii. Mitaahar (moderate diet): Fill only half of the stomach leaving a quarter of the stomach for water and a quarter for air.
  - iii. Satvik aahar (strength giving): Consists of milk, milk products, nuts, fruits, etc. in moderation.

- Food produces innumerable chemicals in the body. Some of these chemicals form neuro-transmitters in the brain and different amino acids.
- Food also generates uric acids, toxic elements etc. which creates mental and emotional problems that causes violent activities.

# Kaham Bhaasanto? – How to Speak?

- Speak consciously
- 1. Speak intelligibly:
  - Kind words cost little but accomplish much
  - Weigh your words before they are uttered.
  - Reflect before speaking. Don't speak without awareness.
  - How and when you speak is as important as what you speak. Speaking intelligibly will make your message more effective.
- 2. Speaking sweetly:
  - A sweet and melodious voice soothes the burning heart. Calming words have the power to tame even the most aggressive people.
  - Loving and kind words are much more effective than the harsh reprimand.

### 3. Speaking truthfully:

Truth is God. It is like fragrant flower which can be enjoyed by all.

No austerity equals truth.

No offense equals lies. Liars can never be trusted.

Truth has the power to cultivate other good qualities. Even Godliness manifests through the practice of absolute truth.

### 4. Speaking economically or moderately:

An economical use of words is always more effective than using too many words. Silence is important, but knowing when to be silent and when to speak is imperative.