



Anxiety and Vedic Wisdom

Vedas



- 1. Rig – Creation of the universe, Knowledge, Ayurveda**
- 2. Sama – Devotional, Worship and contemplation**
- 3. Yajur – Veda of Rituals, Priests learn these in Vedic school**
- 4. Atharva - magical part of the universe, Disease cure, fulfilling desires, trade, penance**

Upanishads

- 1) Isha
- 2) Katha
- 3) Kena
- 4) Mundaka
- 5) Aitareya
- 6) Brihadaranyaka
- 7) Chandogya
- 8) Mandukya
- 9) Taittiriya
- 10) Prashna
- 11) Bhagavad-Gita – focus, Mindfulness, duties



Solutions for Anxiety – Vedic Philosophy



Solutions for mental, physical and spiritual wellbeing as well as to understand the specific Vedic approaches for treating anxiety

Nine Steps for managing Anxiety



- 1. Role of pure mind**
- 2. Building Resilience**
- 3. Performing rituals and Prayers**
- 4. Spiritual counseling for handling challenges**
- 5. Importance of Religious support**
- 6. Concepts of *Seva* and Karma**
- 7. Spiritual strength for the Hindu Youth**
- 8. Preventative Vedic practices**
- 9. Proposed Practices.**

Vedic Philosophy



Vedas also emphasize the importance of Resilience, ethical values, rituals and worship such as reciting Sanskrit *mantras* and performing *Yajya*.

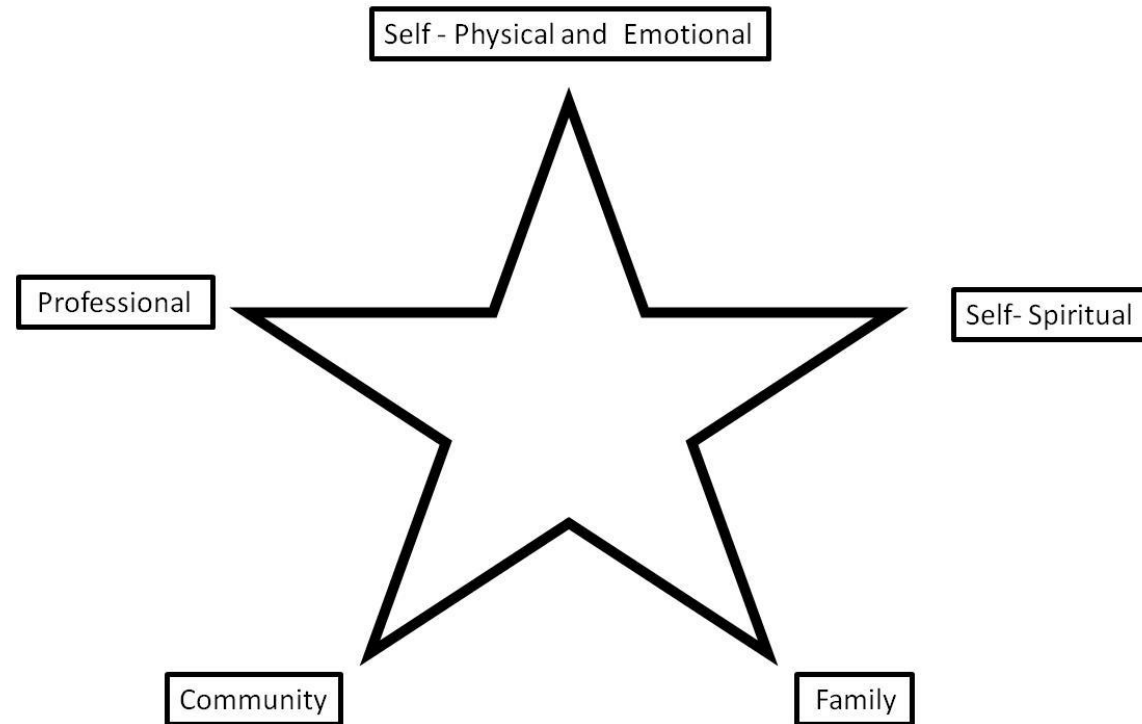
Stellar Model



A WAY FOR BALANCED LIFE)



The Stellar Model





**“Success is working for living, creating joy in life and following your dharmic duties, living a balanced life”
Madhu Sharma**

