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

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Solutions for Anxiety – Vedic Philosophy

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

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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

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Vedic Philosophy

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

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Stellar Model

A WAY FOR BALANCED LIFE)
The Stellar Model

Self - Physical and Emotional

Professional

Community

Family

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