

ओ३म्

तमसो मा ज्योतिर्गमय । तमसो मा ज्योतिर्गमय ।

*I follow Vedic Dharma*

## PANCH MAHA YAJNA

RIG  
VEDA  
YAJUR  
VEDA  
SAMA  
VEDA  
ATHARVA  
VEDA

These '5 Duties' are integral to my Spiritual Journey

### BRAHMA Yajna



- 1 For at least 10 minutes everyday, I either silently meditate or collectively as a family, chant mantras & shlokas and internalise the meaning.

### DEVA Yajna



- 2 I do Agnihotra at least once a month.

### PITRU Yajna



- 3 I wish Namaste to my parents and grandparents everyday.
- 4 I do at least one helpful task for my parents and grandparents every week.

### ATITHI Yajna



- 5 I serve a guest at home at least once a month.

### BALI VAISHVADEV (BHOOTA) Yajna



- 6 Everyday, I offer food to birds and animals.
- 7 I am a vegetarian to avoid animal cruelty and protect my environment.
- 8 I visit and serve at a destitute home / orphanage / goshala at least once a quarter.

*If I follow at least 5 of the 8 duties, I will move firmly in the path of spirituality*