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तमसो मा ज्योतिर्गमय । तमसो मा ज्योतिर्गमय ।

I FOLLOW VEDIC DHARMA

PANCH MAHA YAJNA

is integral to my Spiritual Journey

RIG
VEDA
YAJUR
VEDA
SAMA
VEDA
ATHARVA
VEDA

BRAHMA Yajna

1 I meditate every day for at least 10 minutes



DEVA Yajna

2 I do Agnihotra at least once a month



PITRA 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 Yajna

6 Everyday, I offer food to birds and animals

7 I am a vegetarian - 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