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PURUSHARTH (MEANING OF HUMANITY)

- **ART (कला)**
 - YOGA (ART OF COMBINATIONS) is employed to to **balance** the energies in the **body/mind**.
 - According to Bhagvat gita
 - Four Yogas, also known as the Four paths to realization
 - **Gyan yoga (path of self-realization")** ,
 - **karma yoga (path to action)** , Law of karma, rebirth and final liberation
 - **bhakti yoga (path to devotion) path** to god , immortality
 - **Raja yoga (Path of Meditation)**
 - **MANTRA OR ARS COGNITIONIS (MNEMONIC OR TECHNIQUES OF MIND)**
 - Mantras: reciting syllables, words, and phrases
 - **CHITRA (DRAWING OR ABSTRACT ART)**
 - **kamasutra (ART OR FORMULAS OF SEXUAL PLEASURE)**
 - **YATRA OR ART OF JOURNEY OR TRAVEL** , pilgrimage, processions
 - **ASTRA AND SHASTRA OR ART OF WEAPONS**
- Puruṣārtha) literally means **object(ive)** of men
 - Dharma (righteousness, moral values),
 - Artha (prosperity, economic values),
 - Kama (pleasure, love, psychological values)
 - Moksha (liberation, spiritual values, self-actualization)
- Dakshina: Donation or gift to one's teacher
- Guru **yoga** and Guru devotion (bhakti)

DHARMASUTRA

- The four Āśrama (stages) are:
 - Brahmacharya (student **life**)
 - from birth till 25 years of age
 - goes to school , gurukul
 - work to earn dakshina to give to guru
 - Entry ritual
 - Upanayana (initiation) , janau
 - Admission
 - leaving ritual
 - Samavartana or snana (ceremonial bath) and guru dakshina is given
 - Graduation or convocation ceremony
 - Gṛhastha (householder)
 - from 25- 50 years of age
 - Entry ritual (wedding ceremony)
 - Leaving ritual (Divorce ceremony)
 - Vanaprastha (forest walker/forest dweller)
 - from 50 - 75 years of age
 - retired **life**
 - Sannyasa (renunciate)

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