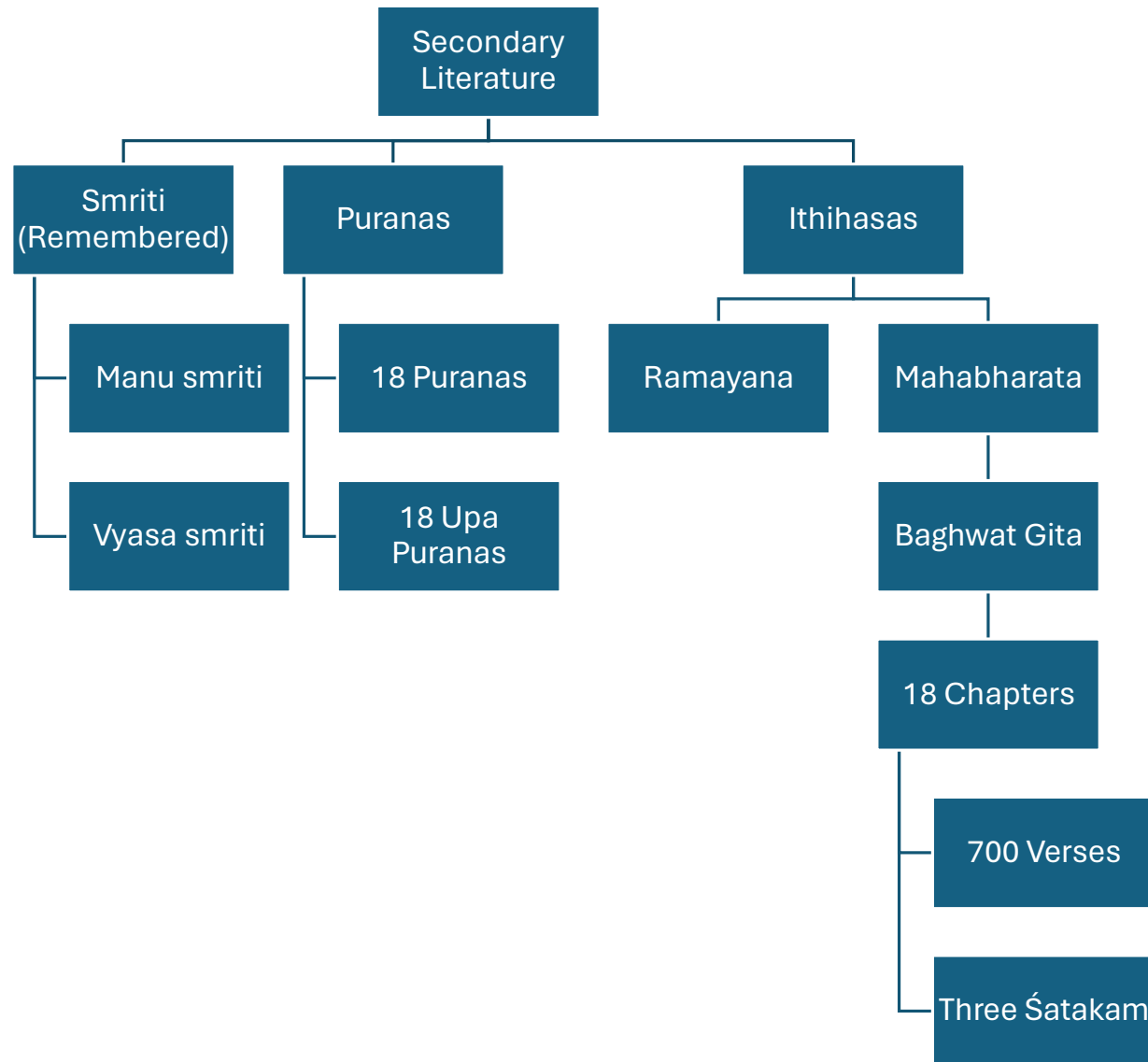




Prathama Śatakam

First Six Chapters

1. *The Yoga of Arjuna's Dejection (arjuna-viṣāda-yoga)*
2. *The Yoga of Analysis (sāṅkhya-yoga)*
3. *The Yoga of Action (karma-yoga)*
4. *The Yoga of Knowledge (jñāna- karma-sannyāsa-yoga)*
5. *The Yoga of Renunciation (sannyāsa-yoga)*
6. *The Yoga of Meditation (dhyana-yoga)*

Jiva Swaroopam
Karma Yoga
Individual Efforts



Madhyama Śatakam

Second Six Chapters

- 7. *The Yoga of Wisdom (jñāna-vijnana-yoga)*
- 8. *The Yoga of Liberating Spirit (akṣāra-brahma-yoga)*
- 9. *The Yoga of Royal and Hidden Knowledge (rāja-vidyā-rāja-guhya-yoga)*
- 10. *The Yoga of Excellence (vibhūti-yoga)*
- 11. *The Yoga of Seeing the Cosmic Form (viśva-rūpa-darśana-yoga)*
- 12. *The Yoga of Devotion (bhakti-yoga)*

Eeswara Swaroopam
Upasana Yoga
Eeswara Anugraha



Charama Śatakam

Last Six Chapters

13. *The Yoga of Distinguishing Matter from Spirit (kṣetra-kṣetrajñā-vibhāga-yoga)*

14. *The Yoga of the Threefold Modalities (guṇa-traya-vibhāga-yoga)*

15. *The Yoga of the Ultimate Person (puruṣottama-yoga)*

16. *The Yoga of Differentiating Godly and Ungodly Assets (daivāsura-sampad-vibhāga-yoga)*

17. *The Yoga of Differentiating Threefold Faith (śraddhā-traya-vibhāga-yoga)*

18. *The Yoga of Liberation (mokṣa-yoga)*

Eeswara Jiva Swaroopa Aikyam
Jñāna Yoga
Important Virtues



	Our Nature (Tat Tvam Asi)	Sadhana Practices & discipline	Virtues and Effort
Prathama Śatakam	Jiva Swaroopam	Karma Yoga	Individual Effort
Madhyama Śatakam	Eeswara Swaroopam	Upasana Yoga	Eeswara Anuraga
Charama Śatakam	Eeswara Jiva Swaroopam Aikyam	Jñāna Yoga	Important Virtues 