



## **D2D Atma Gynam (Gyan) / Vicharanai (Vichar) Series: Bhagavad Gita**

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### **The Vichars for Chapter 17 [Three Kinds of Faith]**

1. What kind of faith do you have regarding the Divine?
  - a. Sattwic
  - b. Rajasic
  - c. Tamasic
2. What kind of worship do you do? Explain it.
  - a. Sattwic
  - b. Rajasic
  - c. Tamasic
3. What kinds of food do you eat? List them.
  - a. Sattwic
  - b. Rajasic
  - c. Tamasic
4. What kind of sacrifice (rituals, offerings) do you do? Explain.
  - a. Sattwic
  - b. Rajasic
  - c. Tamasic
5. What kind of gifts do you give to people? List them.
  - a. Sattwic
  - b. Rajasic
  - c. Tamasic
6. How is your body or physical cleanliness?
7. How is your speech and mind?
8. Exercise:
  - a. Do breathing/meditation taught by Lord Krishna for 1 week and share your experience
  - b. Practice chanting the mantra "OM TAT SAT" for 1 week and share your experience.