

Live as Brahman (God)

Sat means Existence

Chit means Knowledge, Consciousness

Ananda means Bliss

Sat (Existence)

- Become Fearless
- Practice Courage

Chit (Knowledge)

- Non Dependence
- Mental Objects
- Replace with Higher Thoughts and Actions

Ananda (Bliss)

- Desire-less-ness (Contentment)
- Practice DIS-Contentment
- Leads to Peace