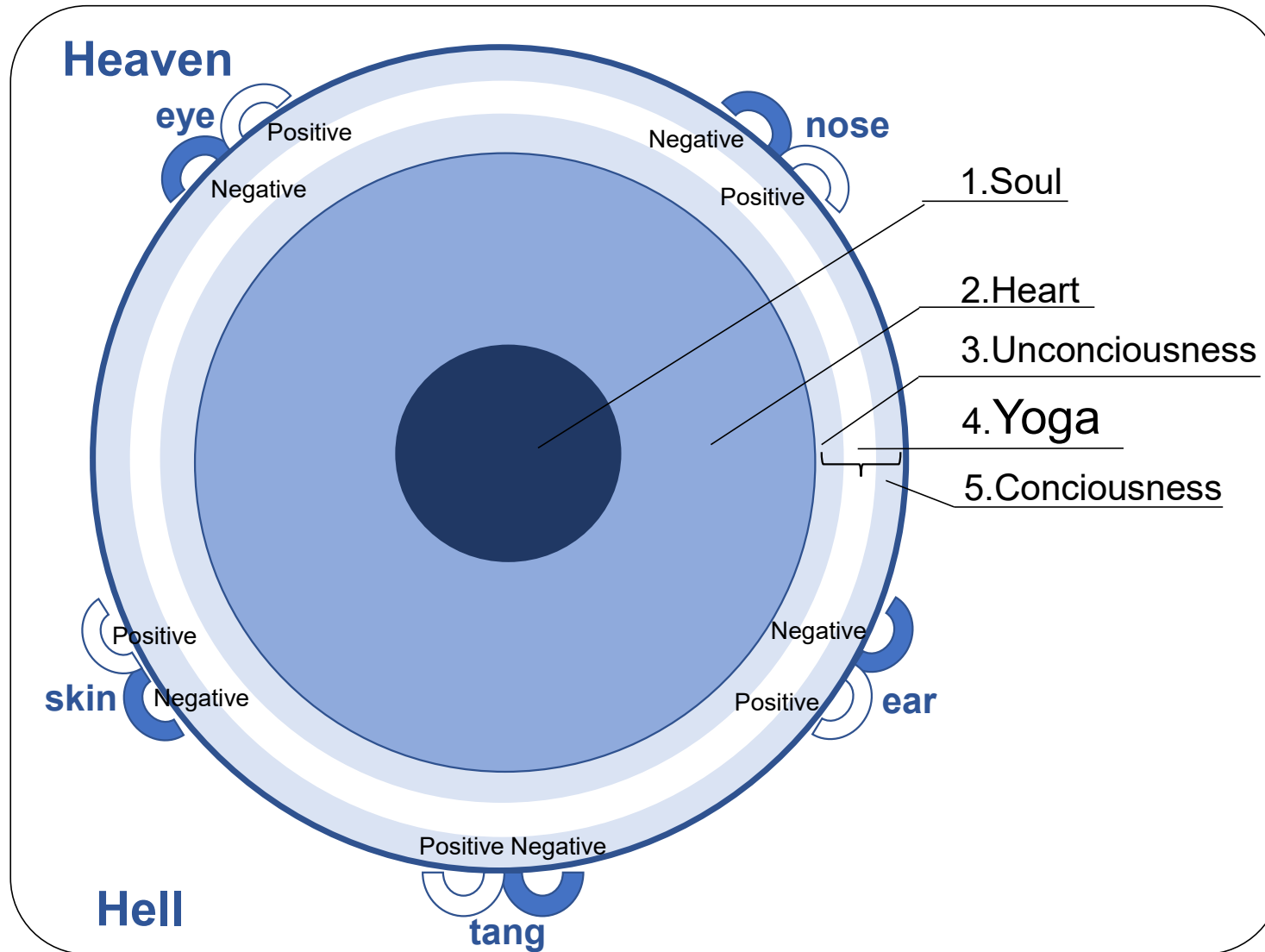


1. Knowledge



Mandala

Long time ago, Buddhist taught life of science to people for peaceful life.

1. Soul: Believe God and myself
2. Heart: Waving and unstable

Practice

3.
 - Asana
: Physical (practice)
4.
 - Pranayama
: Mental (breathing)
5.
 - Philosophy
: Yama, Niyama

After learning and practice
Consciousness to Unconsciousness